

A close-up portrait of actor Eddie Redmayne, looking directly at the camera with a slight smile. He has short, wavy brown hair and is wearing a dark blue suit jacket over a white shirt and a dark blue tie. The background is a plain, light grey.

# Together

magazine

OCTOBER 2015 #62

*Cinema*  
STARS IN  
VENICE

TRAVEL  
*Indian retreat*  
*Ski Les Arcs*  
*Tokyo by design*

PERSONAL  
DEVELOPMENT  
*Slowing down*  
*Get a six-pack*  
*The truth about carbs*

*MONEY*  
Deflation

*FASHION SHOOT*  
Fashion attitude

MOTORING  
*Jaguar XF 2016*

Eddie  
Redmayne  
INTERVIEW



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### YESTERDAY'S STATE

Today, football and its fans have been forgotten, pushed back to the terraces for nothing but cheers and chants. Far removed from the action and the passion, they watch the game from a distance, their presence on the pitch more about the show than anything else. Truth is, most fans today are made to enjoy the beautiful game from giant flat screen TVs, making the entire act of watching their favourite players' latest tricks and tackles impersonal. And it's high time for a change. It's high time for the game to be given back to the people. It's high time for the sport to also be about its fans. That's right, we the people, the fans, have spoken, and it's high time for a revolution.

### TODAY'S REVOLUTION

Engage, enlist and enroll people, because the time has come to reclaim what is yours and make the game beautiful. Declare your love for the round ball as the moment has now come for us, the people that make this game, the people that are this game, to speak up and fight for the future of football. Fight for our right to football. Beginning in 2016, the revolution will happen in the streets and squares of Paris, uniting the people under one same motto: Euro colors revolution. The pitch, our pitch, is the new battlefield. Nothing, nothing, will come in our way and diminish our will for the game to be ours again. We are the new warriors, we are the new leaders. And our band of brothers, united by our common love of football, will win.

### TOMORROW'S MANIFESTO

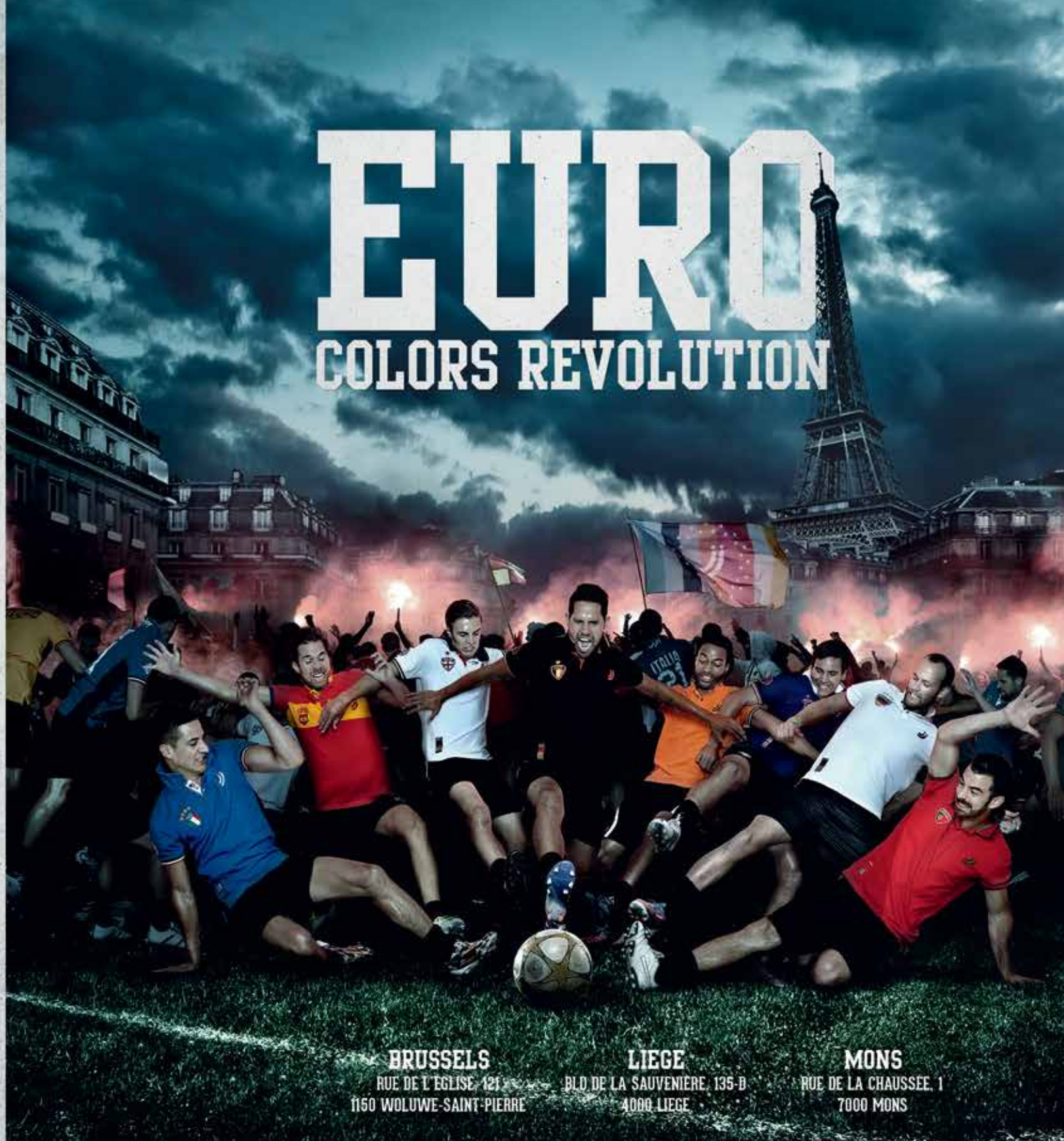
Following the battle of Paris 2016, the rules of the game were rewritten. Yes, we the people, the fans, have spoken and have redefined the game. This is what we declare, this is what we proclaim:

Fans and football come first.  
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**IMPACT**

## JUST LIKE EMBERS

### Editor's LETTER

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

### ON THE COVER



Eddie Redmayne stars in  
*The Danish Girl*

"Leaves are falling, just like embers,  
In colours red and gold they set us on  
fire..."

These are the words of John Prine in his song *Killing The Blues*, and every year around this time I think of those lyrics and rejoice that autumn (or, as our American cousins more poetically call it, the fall) must be on its way.

Autumn is by far my favourite season. In winter you can't rely on snow these days, spring can be slow to flower and summer sometimes forgets to shine on us. But autumn never fails us: the trees shed their cover in dramatic fashion, and the leaves are, indeed, sometimes set on fire in glorious fashion.

If you're new to town, Parc du Cinquantenaire is a great spot to witness a new ground cover of many colours, one that rivals even the glorious carpet that is laid out in Brussels' Grand Place. So, if you're struggling for inspiration, or trying to make your mind up about that new job offer, or perhaps just feeling a little bit down, head for the park, kick some leaves in the air and kill those blues. You might just spot me there, too...

**Paul Morris**  
EDITOR







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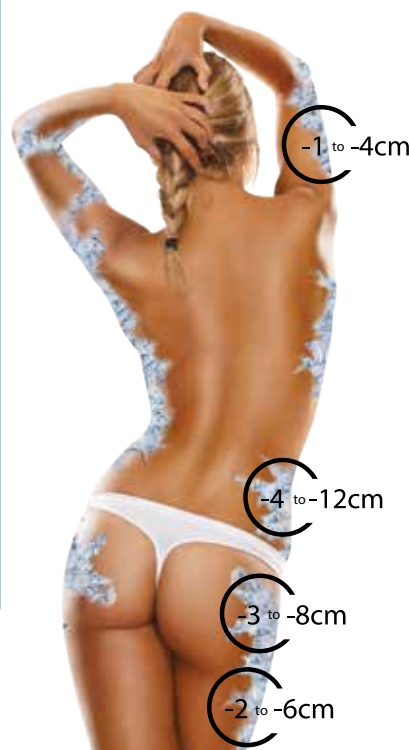
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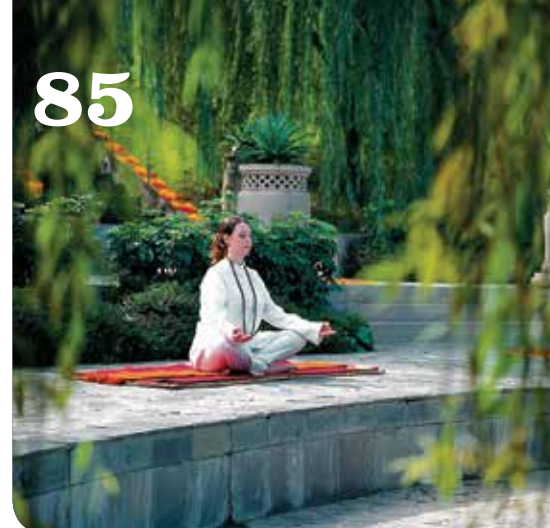
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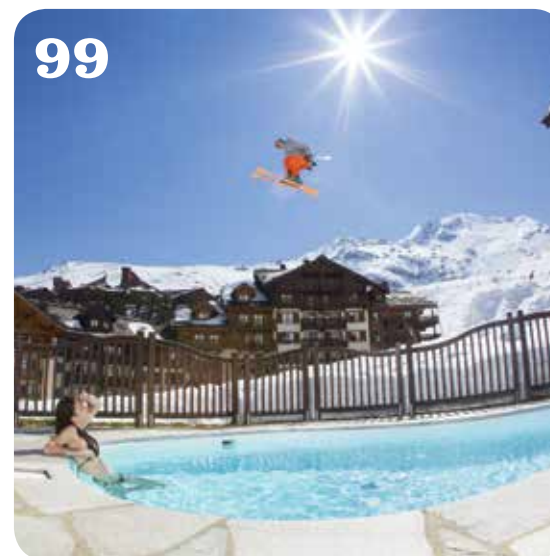
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# Starring in Belgium

WHAT HOTEL?



## Father John Misty

On his second album *I Love You, Honeybear* – and with a flair à la Nick Cave – ex Fleet Foxes member Joshua Tillman (Father John Misty's real name) waltzes through a subversive world full of orchestral indie-pop/rock doused in lush romance and ambiguous lyrics full of irony and sarcasm.

**10 November.** Ancienne Belgique.

**Tickets: €25**

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## Judas Priest

The masters of Heavy Metal are back with a new seventeenth album *Redeemer of Soul* and an autumn tour.

**16 December.** Forest National. **Tickets: €60**

[www.livenation.be](http://www.livenation.be)



## Roisin Murphy

Roisin is very popular here and this time she brings songs from her new album *Hairless Toys*. As she says: "It's gonna be hot, it's gonna be sweaty and it's gonna be intense!"

**21 November.** Forest National. **Tickets: €39**



## Death Cab For Cutie

After nine long years of absence, these pioneers of alternative indie-pop/rock finally return to the AB, with material including their eighth album *Kintsugi*. "They're funny, and slightly goofy, and gently vulgar, and they play with an appealingly loose, relaxed confidence." – Pitchfork. **12**

**November.** Ancienne Belgique. **Tickets: €30**

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## CHARITY

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Through its Nature Discovery Workshop, GoodPlanet teaches youngsters and adults alike how to lead a sustainable life. Every day it shares its know-how and passion for sustainable development, developing projects, training courses and teaching packages on all sustainability themes (water, energy, mobility, consumption, nature, green jobs, etc.).

The money raised in Thon Hotels has helped GoodPlanet with their workshop projects where children get to reconnect with nature and the planet. This exchange also promotes an attitude of responsibility and respect for the environment. Last year, 30 local classes benefited from the workshop. All outdoor activities are based on the principles of Education for Sustainable Development (ESD).

### The activities

The GoodPlanet Nature Discovery Workshop offers:

- A chance for children to see, touch, hear, taste and smell nature.
- Outdoor games and activities that stimulate the imagination and encourage creativity.
- Opportunities for the younger generation to think about a sustainable planet.
- Learn not only about plants and animals but also social skills, language and science.

### Contact

[goodplanet.be](http://goodplanet.be)  
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**PERSONAL**  
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Fitness

# Getting a six-pack

Aspria Personal Coach  
**Sofia Beloka** talks about  
improving our 'core'



**W**e all know the effects that prolonged sitting can have on our bodies, but if your exercise goals entail getting a shredded six-pack, here are 10 key things you need to know if you do a desk office job.

As a holistic exercise and corrective kinesiologist, I see the long-term effects of a sedentary lifestyle in my clients' bodies and their exercise goals. The changes begin subtly — a stiff neck, a mild headache, or a twinge in your lower back. Gradually, the symptoms increase in intensity, until you have a serious level of pain that stops you in your tracks. Does this sound familiar? Here are my tips:

## 1. Core's Job

The rectus abdominis (abs) are just one part of your core, together with the back muscles, pelvis and others. The core has a significant responsibility, helping to stabilize you when you're standing and controlling your head, neck and pelvis, even when you're sitting in your office chair. The movement of your arms and legs starts from the core. So keeping your core strong and healthy is important in many areas of your daily life.

## 2. Body Fat

The way your abs look in your mirror comes down to how much body fat you have. But how strong and functional your abs are doesn't



depend on whether they are more or less pronounced. You can still have a strong core even if it's covered by excess fat.

### 3. Reducing body fat requires commitment

Busting away your belly fat is the key to letting your abs show. The average woman has about 40% body fat and the average man has about 28%. To make your six-pack visible, a woman would have to get lean enough to be in the correct body fat range, which depends on individual circumstances.



### 4. Shedding body fat means fewer calories

Use a calories calculator to find out how many calories you need to cut in order to reach your goals. The calculator helps you to plan out meals and figure out a good calorie intake which won't cause a drop in energy and nutrition level. But the greater indicator of shedding your body fat is 'self-scanning': check your energy levels after each meal instead of checking calories.

### 5. Strength training is a must for women and men

Squats, deadlifts, chin-ups, rows and presses are all vital to building up and maintaining a hard six-pack. Full body workouts can do wonders for carving your core and are quick and simple. They are also easy to stick to and can be done almost anywhere. Do not spend your time on endless crunches.

### 6. There is no spot-reduction exercise for fat

If you really want to get rid of a little extra body fat around your belly, I'm sorry to say that there is not a single localized movement that will target it specifically. However, there are exercises that can enhance the look of abs, and these can be useful tools for achieving your desired look.

### 7. Recovery

At the gym for about two hours every day, work, social life, family obligations, late work meetings, lack of sleep? If you don't take time out to recover, then all your work has gone to waste. When you overload your muscles with hard-hitting workouts they need time to rest and rebuild.

### 8. Bye-bye to certain foods

Goodbye, ice cream and patisserie! If you're a woman and you think that you deserve a nice dessert after a hard work out, think again! Women have to balance more hormones that are affected by sugar and processed fat and do less strength training. Guess where that dessert goes after your workout, ladies! Men are not excluded from this rule, but they have higher levels of testosterone and do more strength training than women. Do not be surprised if you eat the same things as your partner but you get fat while your man stays the same weight; check what kind of training you're doing and your specific needs.

### 9. You'll need to catch up with 'Mr. Sleep'

Muscles are built...by sleeping of course! Getting enough sleep is a vital part of building a beautiful six-pack.

### 10. Respect your breathing

Do you breathe normally? Do you know how to inhale and exhale properly? Do you have a shallow or diaphragmatic 3D breathing? Correcting your inhale-exhale function trains your core and six-pack abs properly, both inside and outside the gym – non-stop, 24 hours a day! Check your breathing ratio.

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# Do carbs make you fat?

Dietician **Sophie Bruno** delves into the murky debate about carbohydrates



**I**t is quite common nowadays to be confronted with strongly upheld dietary convictions such as "carbohydrates are bad for you". Digging a little further to better understand the foundations behind such beliefs reveals widespread puzzlement and dubious assertions that carbohydrates, also widely known as carbs, make you fat. It is very common for people, especially those attempting to lose weight, to completely cut out or radically reduce carb consumption because of their 'supposed' association with weight gain and fat accumulation. But is there robust science to support this type of dietary behaviour? Or is it yet again another diet hype? This article will explore whether the science supports the claim that carbohydrates make you fat or whether, on the contrary, it refutes it.

## 'The carbs are bad' misguided philosophy

Diets such as the Atkins, Dukan and South Beach have certainly not done carbs any favours; on the contrary, the connotations surrounding carbs are very negative. 'The carbs are bad' philosophy from the above-mentioned diets has created widespread misperceptions about carbohydrates and their importance for health. Carbs represent such a broad food category; not all carbs are the same, and it is the type and quantity of carbohydrates that matters.

## What are carbohydrates?

Carbohydrates are a primary source of energy. The body converts most carbohydrates into glucose (sugar), which fuels cells such as those of the brain and muscles. Carbohydrates are one of three macronutrients found in food, along with fat and protein. There are three different types of carbohydrate: sugar, starch and fibre.



Sugar is the simplest type of carbohydrate as it consists of one single sugar molecule; it is naturally present in some foods, including fruit, honey and milk (lactose). Other forms of sugar (for example table sugar) can be added to food and drink such as sweets, chocolates, biscuits and soft drinks during manufacture, or added when cooking or baking at home. Remember: sugar is a carbohydrate but not all carbs are sugars.

Starch is a complex carbohydrate as it is composed of many sugar units linked together; starch is found in foods that originate from plants. Starchy foods (bread, rice, potatoes and pasta) provide a slow and constant release of energy throughout the day.

Fibre is only found in foods that come from plants. Fibre is a non-digestible carbohydrate; the sugar units in fibre are bonded together in such a way that your body can't break the bonds and digest them. Instead, fibre transits through your small intestines and reaches the large intestine intact. Rich sources of fibre include vegetables with skins on, wholegrain bread, wholewheat pasta and pulses (beans and lentils).

## Health benefits of carbohydrates

Carbs are important for health, and as part of a healthy balanced diet they embody the body's main source of energy, providing about 4kcal per gram. Carbohydrates contain fewer calories per gram than fat, and starchy foods can be a good source of fibre, which renders them a valuable component in weight loss plans. By replacing fatty, sugary foods and drinks with high-fibre starchy foods, it is more likely you will reduce the number of calories consumed. Moreover, high fibre starchy carb foods add bulk, ensure a slower release of sugar into the blood compared with sugary foods and drinks, giving you that feeling of fullness.

Vegetables, pulses and wholegrain varieties of starchy foods and potatoes consumed with their skins on are good sources of fibre. Fibre is an important part of a healthy balanced diet as it promotes bowel health and reduces risk of constipation. Some types of fibre have been shown to have cholesterol-lowering properties. Research shows diets high in fibre are associated with a lower risk of cardiovascular disease, type 2 diabetes and bowel cancer. Many people are not meeting daily fibre

“ THE  
CONVERSION OF  
CARBOHYDRATES  
TO FAT REQUIRES  
SIGNIFICANT  
AMOUNT OF  
ENERGY ”



requirements, making it all the more important to include sources of fibre in your diet.

### Should you cut out carbs?

It would prove to be very difficult to eliminate carbs entirely from your diet. In the absence of carbohydrate, your body will utilise protein and fat to generate energy. Healthy sources of carbs such as starchy foods, vegetables, fruits, legumes and dairy products are an important source of nutrients such as calcium, iron and B vitamins. Cutting out carbohydrates and replacing those calories with fats and higher fat sources of protein could increase your intake of saturated fat, which in turn raises the amount of cholesterol in your blood – an established risk factor for heart disease.

Cutting out a whole food group (such as starchy foods) as some diets advocate could put your health at risk because it could ultimately lead to nutritional deficiencies, unless the shortfall in nutrients are substituted with healthy alternatives. It may also be hard to consume adequate levels of fibre, which is important for a healthy digestive system.

Furthermore, when you are low on glucose, the body breaks down stored fat, converting it into energy. This process causes a build up of ketones in the blood, resulting in ketosis. Ketosis as a result of a low carbohydrate diet can be accompanied by symptoms such as headaches, weakness, nausea, dehydration, dizziness and irritability particularly in the short term.

### Do carbs make you fat?

Any food can be fattening if over-consumed. It does not seem to be of great consequence whether your diet is high in fat or carbs; what counts is how much you consume in total. In fact, gram for gram, carbohydrates contain fewer than half the calories of fat. Eating too many calories – whether they are carbs, protein or fat – will contribute to weight gain. To maintain a healthy weight cut down on sugary foods that have a high energy content in favour of fruit, vegetables, pulses, wholegrain starchy foods and potatoes with skins intact, while still keeping an eye on portion size.

Carbohydrates will seldom be stored as fat. Unused glucose is typically converted to glycogen found in the liver and muscles. If unused, glucose can be converted to fat, for long-term storage of energy; however, this only happens if you frequently exceed total calorie requirements in your diet. The conversion of carbohydrates to fat requires a significant amount of energy and is a complex process. As such, your body prefers to utilise carbohydrates as a primary fuel source.

### Role of carbohydrates in exercise?

Carbohydrates, fat and protein all provide energy, but exercising muscles rely on carbohydrates as their main source of fuel. However, muscles have limited carb stores (glycogen), and they need to be topped up regularly to keep your energy up. A diet low in carbs can lead to a lack of energy during exercise, early fatigue and delayed recovery. Fat and protein are harder to turn into energy than carbs, which means you may feel low on energy during your exercise session.

### What carbs should I be eating?

Sweets, chocolates, biscuits, cakes and soft drinks with added sugar are usually high in sugar and calories, which can increase the risk of tooth decay and can contribute to weight gain if consumed frequently, while being nutrient poor. Fruit, vegetables, pulses and starchy foods, especially wholegrain varieties, provide a wider range of nutrients, which confer health benefits.

### Carbohydrate recommendations

Most national food-based dietary guidelines advise that a third of your diet should be made up of starchy foods, such as bread, rice, potatoes and pasta, and another third should be fruit and vegetables. This means that about half of your daily calorie intake should come from starchy foods, fruit and vegetables. Try to aim for at least five portions of a variety of fruit and veg a day and select wholegrain starchy foods whenever possible.

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## PERSONAL DEVELOPMENT

Self help

# Taking it slow

**Gemma Rose** champions  
the slow movement

**T**his morning I took 30 minutes to eat two slices of toast. All last week, I suffered from both a sharp pain stuck in what felt like an air gap in my right shoulder blade and an insurmountable amount of wind, making me burp every couple of minutes. I had trouble swallowing and when I did manage to, it felt like the food was awkwardly trudging through my digestive system, taking a detour down the right side of my back to my stomach.

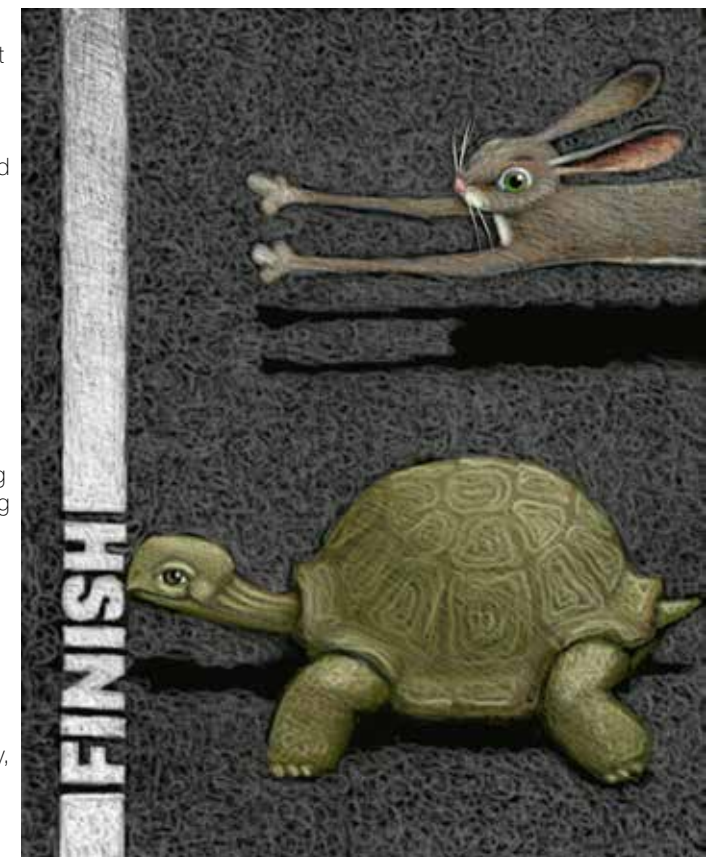
I thought back on what and how I had been eating over the last week. Things had been hectic at work so I very often gobbled up lunch in a couple of mouthfuls desperately trying to beat the clock. Breakfasts often consisted of stuffing toast down my throat while simultaneously gulping down hot tea, trying to get to work on time.

My suffering was an alarm bell from my body screeching at me to "EAT MORE SLOWLY OTHERWISE I WILL KEEP SUBJECTING YOU TO PAIN". I got the message. I started taking more time during meals, chewing several times, as recommended by nutritionists. A few days on, the pain in my shoulder has gone, my ability to swallow properly is returning and the wind reduced.

Being slow at something has always been regarded negatively, but as I've recently experienced, eating slowly not only helps the body digest food comfortably, it

helps prevent weight gain, and it enables you to fully appreciate each bite. But when someone is 'a bit slow', this is usually synonymous with stupidity, whereas being quick is positive: a sign of intelligence. Perhaps it's evolutionary: those who were fastest out-ran the others, leaving the slower ones vulnerable to predators.

But just as the tortoise – who went steadily and slowly – eventually overtook the hare, the slow movement is overtaking the fast one, slowly.





According to Carl Honore, the rehabilitated speedaholic author of *In Praise of Slowness: Challenging the Cult of Speed*, a slow revolution is taking place: people are rethinking their relationship with time and slowing down.

The slow movement has been ignited across the board: slow food is becoming fashionable and slow cities are developing. Even news is becoming slow. A pioneer in slow journalism, the quarterly publication *Delayed Gratification* reports on news that happened in the previous quarter, so that facts are checked and careful analysis is done. Too often, quick coverage of stories means that stories are at best badly written or, at worse, untrue. *Delayed Gratification* refers to one story reported this summer. The *Daily Mail* claimed that an Algerian

"It's hyper reductionism – they just reduce a story to five sentences or five words. Some stories can't be reduced to five words."

However, let's not discount fast so easily. Fast-thinking can save lives, as we saw this August when two men managed to subdue a heavily armed man on the Thalys in France. Fast has allowed us to reduce travel times; to get more things done in less time; and to connect to one another instantaneously anywhere in the world.

A downside is that all this fastness has meant the loss of quality. "Inevitably, a life of hurry can become superficial. When we rush, we skim the surface and fail to make real connections with the world or other people," opines Honore. Honore is not completely against the fast

## "WE SKIM THE SURFACE AND FAIL TO MAKE REAL CONNECTIONS WITH THE WORLD OR OTHER PEOPLE"

groom was suing his wife for psychological harm because she looked ugly without make-up on the day after their wedding. The *Mail* quoted the UAE paper Emirates 24/7 which in turn quoted a "north African Arab Newspaper". The story turned out to be a hoax, but the press – quick to get a tantalising or absurd story – failed to check the facts, a failure most common amongst news outlets these days.

Brooke Gladstone, managing director of a news show on the American National Public Radio, said in an interview with *Delayed Gratification*: "There's sometimes just a desperation to the reporting. The worst thing, or the hardest thing for a news operation to do is wait." She says that with 24-hour news broadcasting and strong competition to break the story first, the basic facts are wrong and the crux of the story is lost.

movement, he just champions balance, a key which this column has trumpeted before.

"Steady and slow, steady and slow, will win the race," the tortoise hummed to himself almost onomatopoeically as he crawled along the concourse. Whenever I feel like life is getting a bit too hectic, or my body is warning me to slow down, I think of the tortoise's words.

So for the moment, as I recover, I'm taking it slow.

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# Greece: Changing the balance

**Gerry Callaghan** reflects on what the latest Greek election means for the future stability of Europe

**G**reece's enigmatic left-wing leader Alexis Tsipras emerged triumphant in the country's general election at the end of last month, winning his second mandate as prime minister on the back of a controversial austerity deal he approved with European leaders.

His decision to accept austerity measures in return for bailout cash has, it seems, been justified by the result. But the Greek PM warned that his country faced a difficult road to recovery which can only be achieved through hard work.

Tsipras is now in a stronger position to lead after September's snap election, called after Syriza lost its majority in August. The party won just over 35% of the vote, only slightly down on its previous result.

Over 9.8 million Greeks were registered to vote for a new government which will face the task of pushing through the reforms agreed under the bailout adopted by parliament in August.

Signed days after the Greek people overwhelmingly voted 'No' to more austerity in a national referendum, the cash-for-reforms deal proved controversial. Many voters went to the polls saddened and disillusioned, expressing exhaustion with politics and the campaign, tired of voting and frightened by the prospect of still more uncertainty that could worsen one of the worst depressions to hit an industrialised country in recent memory.

However, in a victory speech to hundreds of cheering supporters, who turned out to celebrate in Athens, Tsipras said the victory

would "turn the wheel" and "change the balance" in Europe. He promised a new phase of stability in a country that has seen five general elections in just six years, saying his mandate would now see him through a full term.

"I feel vindicated because the Greek people have a clear mandate to carry on fighting inside and outside our country to uphold the pride of our people," the Greek leader told supporters. "In Europe today, Greece and the Greek people are synonymous with resistance and dignity, and this struggle will be continued together for another four years."

Tsipras's first task after forming a government will be to persuade EU lenders that enough agreed steps have been made to ensure the next payment. But the Greek PM confessed that the country's pledge to go ahead with four years of painful reforms set out by Europe's leaders would not be easy.

"We have difficulties ahead... Recovery cannot come through magic but through lots of work, stubbornness and struggle."

The move to sign the bailout isolated many Syriza supporters and split the party, with a fifth of its anti-euro MPs walking out, forcing Tsipras to call the general election.

The outspoken former finance minister, Yanis Varoufakis, who infuriated EU officials with his refusal to accept their proposals, called the election "the legalisation of the capitulation that followed the signing of the dead end, humiliating and irrational" bailout.

Nevertheless, France's President François Hollande and European Parliament president Martin Schulz congratulated the premier-elect on his win.

"Greece will have a period of stability with a solid majority," Hollande said.

However, Schulz has expressed doubts at Tsipras' choice of coalition partner. Speaking to Radio France Inter, he said he had asked Tsipras to explain the reasons for selecting a party at the other end of the political spectrum, but had yet to receive an answer. The S&D leader feels the coalition could lead to problems further down the line.

"I called him a second time to ask him why he was continuing a coalition with this strange, far-right party," Schulz said. "He pretty much didn't answer. He is very clever, especially by telephone. He told me things that seemed convincing, but which ultimately in my eyes are a little bizarre."

In the radio interview, the German official called Independent Greeks party leader Panos Kammenos a "loose cannon" and reiterated that he didn't understand the alliance with a "far-right, populist party".

The Independent Greeks party differs from Syriza on a number of issues, including supporting a crackdown on illegal immigration and favouring close links between the church and state.



Photo © Lorenzo Gaudenzi

## "MANY VOTERS WENT TO THE POLLS SADDENED AND DISILLUSIONED"

Despite the split on immigration within the coalition, the Greek prime minister will need to contend with his country's central role in Europe's refugee crisis. Greece has witnessed a huge influx of refugees this year as thousands of people flee the war in Syria, and other conflicts in the Middle East and Africa.

More than 300,000 refugees have reached Greece so far in 2015, with most of them passing through to other European countries.

Schulz added that Greece's international lenders – the EU, the European Central Bank and the International Monetary Fund – would meet over the next few months to carry out a review in order to grant new financial support under the bailout deal.

Germany, which played a key role in negotiating the bailout and often found itself at odds with the Greek position, has said it will work

closely with Greece, both on its debt crisis and the current refugee emergency.

"Of course the government will work closely and in the spirit of partnership with the new Greek government," said Steffen Seibert, German Chancellor Angela Merkel's spokesperson.

"This offer applies both to jointly overcoming the debt crisis and to the challenges posed by the refugee situation, for which we need common answers." ●



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# Virtual Estonia

**Colin Moors** joined a select band who are part of Estonia's e-residency scheme

Photo © khora

“A COUNTRY THAT'S  
DETERMINED TO BECOME THE  
GO-TO PLACE FOR TECH”



**A**s of this week, I have staked my claim to a new legal EU entity. I am officially an e-resident of Estonia. No, I have never been to Estonia, unless you count consulate soil as a technicality but my Estonian and Finnish friends tell me it's pretty hip. I shall definitely go one day but for now will settle for being virtually Estonian.

You may be wondering what personal and bureaucratic hoops you'd need to jump through in order to be granted such status. It's surprisingly easy, in fact. Fill in a form, then wait. The form needs the usual details such as permanent address and a valid travel document

but it's mostly about the waiting. The progress of your application is sent to you by email and when the day arrives, you book your appointment to visit the Estonian Consulate via a web site. This visit is the only time you may get to meet an Estonian in the flesh, unless you are lucky enough to be invited to one of their fantastic midsummer parties, but that's another thing entirely. Oh, and there is no requirement to speak any Estonian, unless you want to.

People's reaction to this news tends to be “wow, that's cool” among my techie friends, “how much did it cost?” among the financially minded or “huh?” to pretty much everyone else.



To answer those briefly, it costs €50 if you visit your local consulate, or it's free if you visit Estonia. I couldn't convince the *Together* editor that I needed three days in Estonia for a story, so €50 it was. It is indeed pretty cool. The "huh?" part may need a little more explanation, as it's a valid question.

As a tech-minded guy, I like to stay up with or ahead of the latest tech trends, so as soon as I heard about the possibility of e-residency, I went for it, not having a clue what it could actually be used for. It turns out that Estonia is just about as near the cutting edge of citizen-power technology. As a full resident and citizen of Estonia, such a card is your entire life. Children at school have their course grades, exam results and attendance records on theirs, all fully accessible by their parents – something they're thrilled about I'm sure. Banking is 98% electronic, health services and government business are regularly consulted and accessed online and as far back as 2012, some 92% of Estonians did their taxes wherever they were in the world via their trusty card reader and the online tax system.

All this has been made possible through the emergence of "E-stonia" as it's been dubbed. Largely driven by the president of Estonia himself, Toomas Hendrik Ilves (@IlvesToomas), the country has become a powerhouse of technology, one in which children as young as seven will be taught to program by this time next year. The tiny corner of what used to be the Soviet Union not so long ago has re-emerged over the years as a major player on the world tech and cryptography stage. The country that brought a revolution to world communications with Skype is now set to do the same with digital signing of documents and e-services.

So, what can an e-residency do for me? At the moment, the range of practical applications is

limited but the potential is huge. Obviously, simply being a card-carrying e-resident won't confer upon you the right to citizenship, so many of the services enjoyed by Estonian citizens will be unavailable. However, the card and reader currently provides the possibility to use the ID as your signature. With the encrypted code on your ID and a connection to a government server, anything you sign with the card is legally binding, and as much a legal entity as your personal handwritten signature on a document. As law in an EU country, this applies EU-wide.

Another thing that is technically still possible but perhaps not quite as easy as it could be is the right to open a company and bank account in Estonia. The Estonian government boasts that it can be done in a world-record 18 minutes but the reality is a little different. As with any country, to open a business or account, you'll need a residential address in the country concerned. Estonia will provide you with an address on request (via the e-ID, naturally) but will charge the princely sum of €200 per year, plus various charges if you need things like phone call handling. Hardly an 18-minute job but all handled virtually and efficiently (see <http://1office.ee/en/services-in-estonia/virtual-office-tallinn/>).

Business opportunities, secure document exchange and signature and banking are a pretty spectacular start for a country that's determined to become the go-to place for tech within the next generation. I can only see good things coming as the younger generation expands and enhances the possibilities of e-residency yet further. If you're even remotely interested in technology, an e-residency could well be the best €50€ you'll spend this year.

e-residency applications: <https://e-estonia.com/e-residents/about/>

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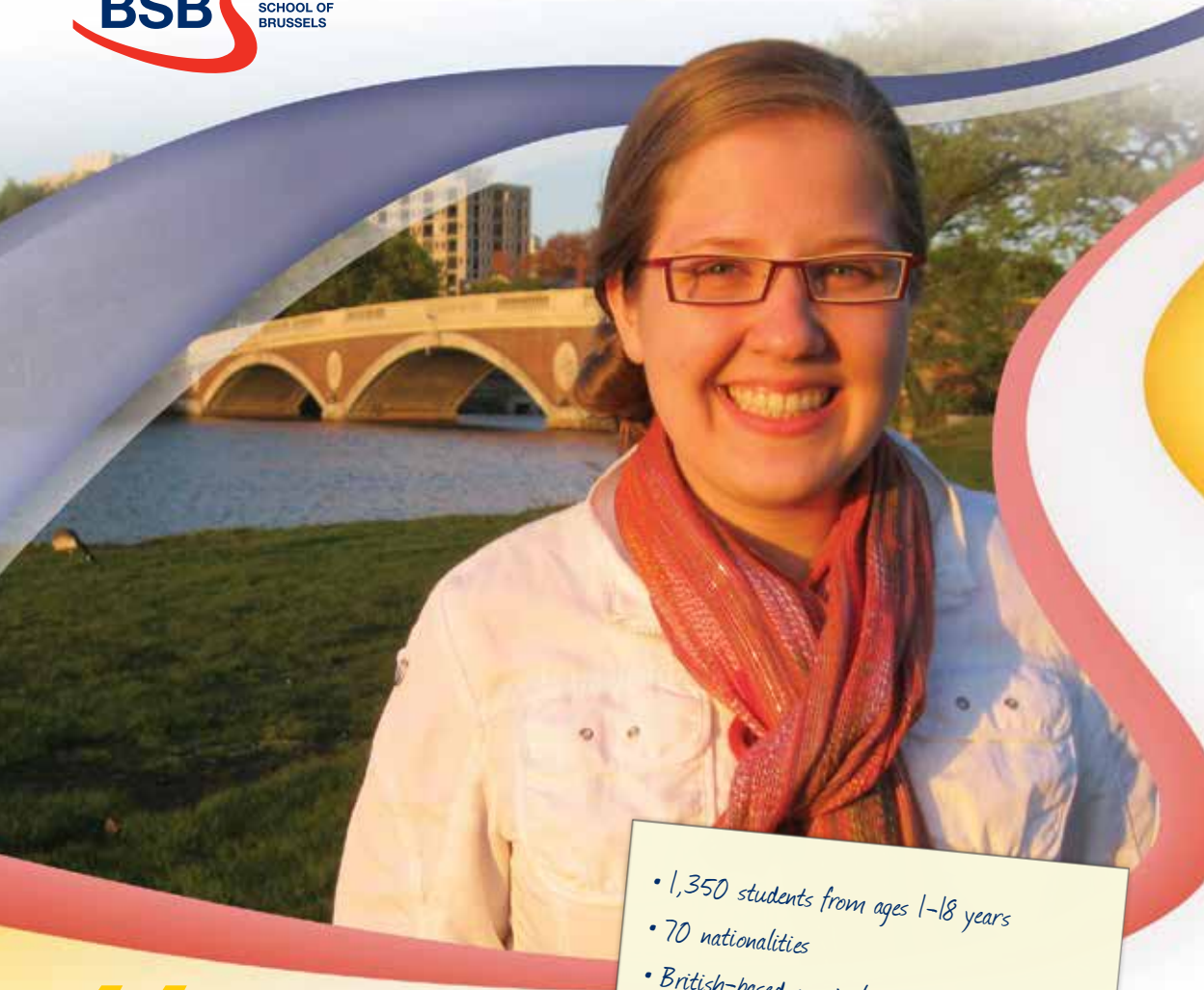


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# World economy: Deflation

**Dave Deruytter** looks at why the economy is in deflation and how we can get out of it

**E**conomic growth around the globe is essentially only moderately strong in the US, Germany and the UK, doped by rock-bottom interest rates and massive asset buying by their respective central banks. Inflation is difficult to find anywhere. Slowing economic growth in China does not help the picture, nor do Brazil and Russia who have their own specific problems. India is Ok but still too small an economy, and not growing fast enough, to make an important difference. Finally, heavily indebted Japan has been deflating for more than a decade.

So, what are the causes of this situation?

There are ever more people on earth who can buy houses, cars, flat screen TVs, tablets, smartphones, holidays, etc. Infrastructure projects are plentiful. Medicare for the elderly is a booming business. On top of that, the profits of companies are strong.

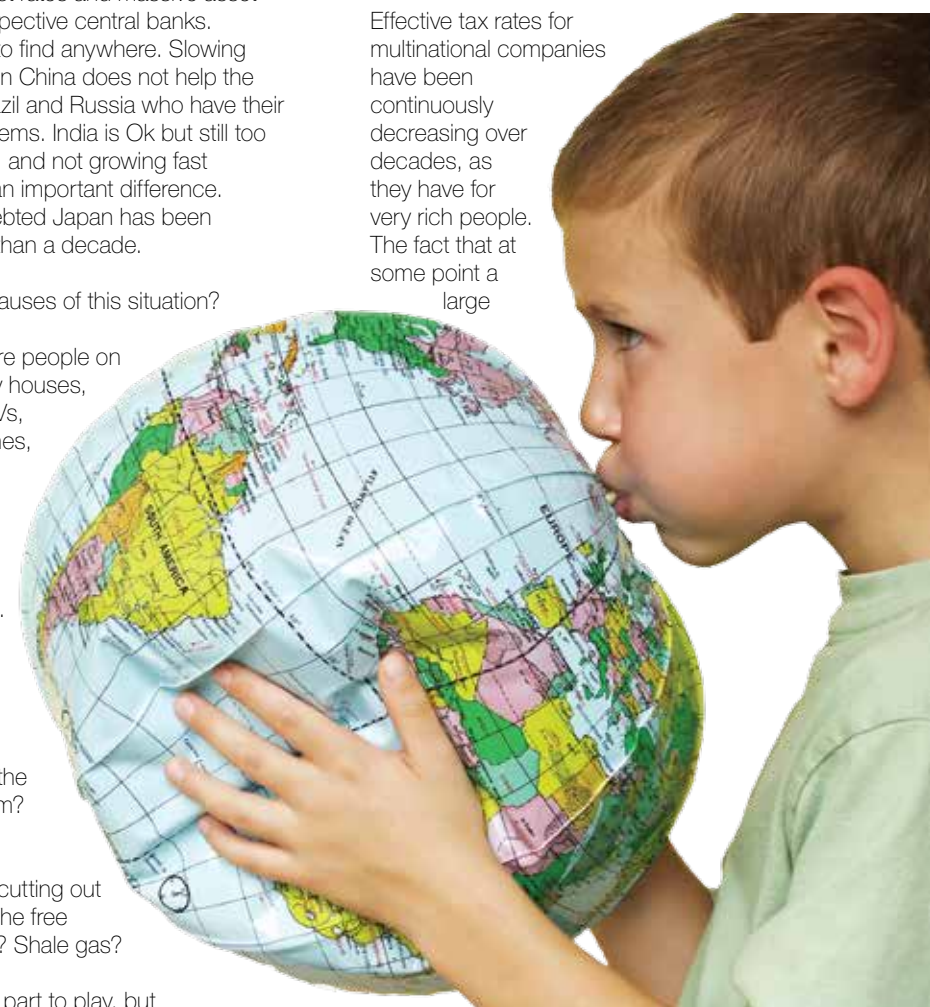
Then where does the deflation come from?

Over capacity?  
Disintermediation (cutting out the middlemen)? The free internet? Robotics? Shale gas?

All of those have a part to play, but

governments not netting the taxes they need from large multinationals and from Ultra-high-net-worth individuals (UHNWIs) is a cause too.

Effective tax rates for multinational companies have been continuously decreasing over decades, as they have for very rich people. The fact that at some point a large





### Money

multinational had more available cash than a whole country is telling.

Multinationals and UHNWs are extremely rich and profitable and becoming even more so, whereas countries are becoming ever poorer as they carry too much outstanding debt. Individual countries are even helping those lowly-taxed companies or rich people by offering them all kinds of tax incentives for investment or presence in their country. The OECD initiative on BEPS (Base Erosion Profit Shifting) is slow in implementation. The European Savings Directive, FATCA and the new Common Reporting Standard of the OECD are only slowly advancing or showing any results.

Social deflation? It needs to be studied but I cannot but have the impression that social values in the rich world are kind of under scrutiny or under pressure, and the evolution of developing countries towards more social support for their citizens (health care, pension, working standards, wages, safety, etc) is moving slower than before.

The chief risk with global deflation is that the outstanding debt of countries could become unbearable if the trend of deflation continues or accelerates. Since all the countries face similar problems, currency devaluation is not a viable solution since the other countries would (need to) do the same. So, if deflation continues, debt restructuring, taking important capital losses (haircuts) on debt, worldwide would become necessary, possibly leading to turmoil like during the Great Depression after 1929.

It is clear that governments and international institutions have been, and are, taking many useful measures to counter this deflation, but it seems to be taking a very long time before they have (enough) effect. One of the reasons is the fact that it concerns a problem persistent everywhere around the globe and with many causes.

On the positive side, the current low interest rate environment that goes with deflation does not only make the existing companies more profitable and more likely to invest or innovate, it also makes the cost for starters or new-born entrepreneurs lower, as well as for individuals wanting to borrow for a house.

Still more should be done on making sure that multinational companies and the very rich people pay enough taxes, for countries and the world to be able to function properly again. Efficient social support structures should be in place to keep on improving the standard of living of the people in more countries, both developed and developing. As for the internet, it should be allowed to keep its great function of efficiency improvement, innovation and disintermediation, but only if there is a level playing field for similar existing services. The

best examples today are Uber and Airbnb. The regulations, taxes, licenses and other rules should be the same both for the new online offerings and the existing ones. Of course, it is good to take the

opportunity now to revisit those regulations to see how they can be adapted or optimized.

The world economy may very well be in deflation, particularly if you discount for the extra debt or assets that governments, central banks and international institutions have, and are, taking on – an optimist can see some improvements thanks to the measures taken since the post 2007 crisis. The US, German and UK economy are humming and have low unemployment. Europe seems to be turning the corner. China is growing at a sizeable 7%. The Japanese deflation is contained.

Given that massive amounts of debt or quantitative easing have been used to reach this, there is no time for complacency. Structural changes are needed. We have to keep on acting now or the next crisis will hit us much harder than the last one in 2007-2008.

①

### “ EFFICIENT SOCIAL SUPPORT STRUCTURES SHOULD BE IN PLACE ”



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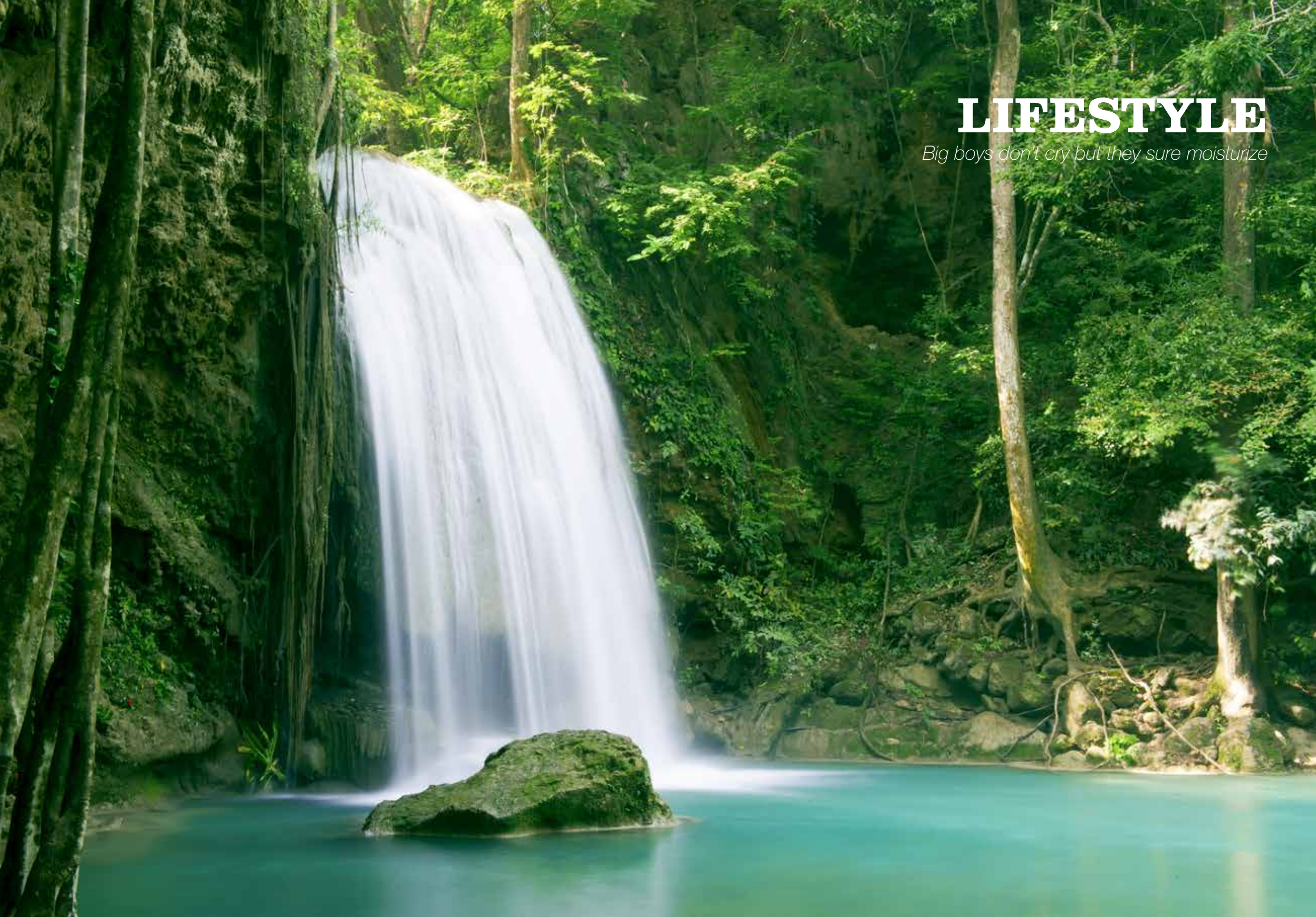


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# LIFESTYLE

*Big boys don't cry but they sure moisturize*





# Jaguar XF 2016: Business class

Our motoring correspondent **Bob Monard** takes a look at the new powerful Jaguar



**A** road master, the XF appeared in 2007, with 250,000 now sold up to summer 2015. For a top-to-bottom review, it is now 190 kilogrammes lighter, due to its aluminum base being increased to 75%. This, combined with the reduction in its drag coefficient of 0.29 to 0.26, makes it more efficient, more agile, more spacious, with more technology – and it is all the more beautiful and speedier.

It's important to differentiate this model from her older sister – while the hood contains the framework of her predecessor, she is at least 15cm longer, with a more flared, curved grille and tapered optics.

There's a chrome surround on the side

windows, while vertical side ventilation is in place between the joint of the front door up to the top line of the beltline and wheel arch. The back is more conservative, with the only innovation being the engine's displacement to the lower right end of the trunk.

Radial engines are available, with the choice between a two-litre four-cylinder petrol engine (240 hp) and diesel (163 and 180 hp), and between six Eurosuper compressor cylinders (340 and 380 hp) and fuel oil (300 hp) – there is a six-speed manual transmission or automatic at eight levels according to the engine block.

AWD can couple with the most powerful petrol engines – having taken the wheel of the various models, we will risk a general conclusion: the



XF has it all. In addition to the refined luxury of its interior in which you feel marvelous, it is the versatility of the XF that seduces. While sitting in an arena of leather, aluminum and ebony-grey ribbed paneling, with very generous headroom and leg space in both the rear as well as the front, you can enjoy the real discretion of the upper-class saloon.

Everything is wonderfully quiet – nothing is allowed to taint your serenity. With a look that's poised with pace and support, comfort is in no way lessened. Dr Jekyll and Mr Hyde – sometimes polished, sometimes wild, the split personality is all the richer. A ride in a beautiful Pamplona environment as much as on the Navarra circuit, the XF has not departed from its DNA: it's a Jaguar, in the noblest sense of the

term.

Delight, elegance and grace – pure pleasure, as much at 80 km/h as 250 km/h. There's a multifunction steering wheel, electronically adjustable front seats, dual-zone aircon, electric power steering, lane-change assistance, stability and traction control, autonomous emergency braking, emergency brake assist, adaptive damping according to speed, traction control, torque transfer on the front axle, adaptive speed control based on navigation data and speed limits, adaptive acceleration-box steering-damping – plenty to let you drive in peace. And the computer geeks can rest easy: a 10.2-inch touch screen provides all the information and entertainment you could possibly wish for.





Created in 1922, the Jaguar brand was bought in 1990 by Ford, then resold to India's Tata Motors 18 years later. Representing very much the British style of yesteryear, Jaguar are nonetheless authentically modern vehicles: everything is as smooth as silk, with classy splendour reigning without ostentation.



We have a few regrets however which, while not tarnishing our very flattering picture of the XF, need to be highlighted – why is there a promontory which is reflected in the windshield, and why, in the deep 540-litre boot, is there an awful aluminum bar? It would have benefited from a few centimetres of carpet as well, no? After the XE, with sibling class C A4 and 3 Series XE comes the German Class E, Series A6 and 5. For each sector, Jaguar scores very highly, because of their differences which go to make up their charm. Plush, poised and very sporty – with many good years ahead, who could complain? In terms of price, the choice is between Luxury, Portfolio and R Sport. Diesel is negotiable between €40,350 and €63,650, while gasoline ranges between €47,860 and €76,860.

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Raincoat and dress: Léo  
Shoes: & Other Stories





Total look: Haus Coudeyre  
Shoes: & Other Stories



Jacket: Cos  
Top: Léo  
Skirt and shoes:  
& Other Stories



Leggings: Espèces  
Pullover and  
raincoat APC Coat:  
Jean Paul Knott  
Scarf: Espèces



Total look: Cos  
Top: Diesel  
Socks: Happy Socks  
Shoes: & Other Stories





Coat: Haus Coudeyre  
Top and trousers: Cos  
Shoes: Kanna



Total look: Edith & Ella  
Pull over: Hermès





Top: Diesel  
Top: Adidas



Coat:  
Ada Kokosar for & Other stories  
Dress: Lacoste  
Shoes: & Other Stories  
Socks: Happy Socks



# Bucherer: Time in depth

Part of the Patravi watch range, the Patravi Scubatec Gold has a passion for the seas

**T**he Patravi stands for the comprehensive watchmaking know-how of Carl F. Bucherer, for technical innovation, attractive and useful additional functions and striking design characteristics.

Traditional watchmaking artistry, the highest technical and innovative standards, striking design – all combined in one watch, the Patravi from Carl F. Bucherer. The sophisticated and carefully decorated mechanical movements are fitted with useful additional functions such as chronograph, big date and power reserve indication. The striking and timeless aesthetic appeal of the Patravi adds to the pieces' attraction.

## Time in depth

Boundless expanses, unfathomable deeps... The oceans of the world have fascinated mankind on every continent from time immemorial. And today, impressive reefs and the colourful world of aquatic plant and animal life entice people into voyages of discovery beneath the surface. The Patravi ScubaTec is a watch made for diving and underwater exploration of every kind. In a sturdy case with blue highlights and sporty functions, the Patravi ScubaTec is the perfect companion in or out of the water. The back of the timepiece is decorated with a relief design of a pair of rays in 3D. The Patravi ScubaTec is imbued with passion for the sea, down to the tiniest detail.



The case is a harmonious whole, yet extraordinarily complex. Its integrated structure per a special high quality surface finish with a subtle interplay of satinized and polished parts. The dials, produced according to strict quality criteria, are unequalled in terms of their complexity, richness of detail and readability. The interplay with three-dimensionality is unique – the index marks, cut with diamond tools and typical of the Patravi range, are applied by hand, indications like the big date and chronograph totalizers are framed, and a flange surrounds the dial like an arena.

In short: Its craftsmanship, its useful functionality and its striking style make the Patravi the archetypical example of a modern watch.

## Technical details

Movement automatic, calibre CFB 1950.1, diameter 26.2 mm, height 4.6 or 4.8 mm, 25 or 26 jewels, power reserve 38 hours  
FUNCTIONS date, hour, minute, seconds, chronometer CASE stainless steel, stainless steel/ceramic bezel, automatic helium valve, screw-down crown, sapphire crystal with anti-reflective coating on both sides, water-resistant to 500 m (50 atm), diameter 44.6 mm, height 13.45 mm.

[www.carl-f-bucherer.com](http://www.carl-f-bucherer.com)



# Shopping

## ICE in city

Released this month, the new model has 12 digits and a model with only two major figures, 12 and 6 and indexes 'stick' that accentuate minimalism. Bracelet in leather and nylon: **€129**  
[www.ice-watch.com](http://www.ice-watch.com)



## TWICE AS NICE

From a Belgian jeweler that was founded over 30 years ago in Antwerp. Hammered ring: **€50**  
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## Thea Jewelry

Thea Jewelry concept is 100% Belgian personalized jewellery. And now they have added white and black diamond studs: From **€190**  
[www.thea-jewelry.com](http://www.thea-jewelry.com)



## J&JOY

From the J&JOY football collection, with an eye on the upcoming European Championships in France next year. Polo adult: €54.95, Polo child: €44.95, Sweatshirt adult: €79.95, Sweatshirt child: **€64.95**  
- [www.jn-joy.com](http://www.jn-joy.com)





## LIFESTYLE

Shopping



### Lacroix Ski

French brand Lacroix have produced the Ultime Lady Ski for the women who like adventure: **€8,500**  
[www.lacroix-skis.com](http://www.lacroix-skis.com)

### Maurice Lacroix

Nearly 10 years after its last presentation, the famous Maurice Lacroix Eliros Collection is being relaunched in an elegant and classic design, powered by a high-quality Swiss quartz movement and equipped with the Maurice Lacroix characteristics such as the sapphire crystal with anti-reflective coating and a stainless steel case water-resistant up to 5 bar. The Elios Chronographe:

**€695**

[www.mauricelacroix.com](http://www.mauricelacroix.com)



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# Eddie Redmayne: A most brilliant education

*Together* meets up with a young actor who is clearly destined for great things

**E**ddie Redmayne is something of a paradox. He's an actor who studied alongside Prince William at Eton, read art history at Cambridge and wrote his dissertation on the artist Yves Klein – yet he needs his wife Hannah Bagshawe to pick out his wardrobe because he's colour-blind! But even though Eddie has trouble distinguishing purple from blue, he has no difficulty in choosing film roles.

Having won the Oscar for best actor earlier this year for his portrayal of Stephen Hawking in *The Theory of Everything*, Redmayne may well be in line for a second consecutive Academy Award for *The Danish Girl*, a film which made its world

premiere at the Venice Film Festival before heading to North America where it played at the Toronto International Film Festival. Both Redmayne and the film have earned rave reviews and many industry observers are touting *The Danish Girl* as a sure-fire Oscar contender.

The 33-year-old British actor plays Lili Elbe, a Danish painter who was born male (and given the name Einar Wegener) and became the first person to undergo gender reassignment surgery in the process of transforming into a woman. Directed by Tom Hooper, the film traces Lili's transition from artist Einar Wegener and its effect on Einar's wife Gerda (Alicia



Vikander).

"I was sucker punched by the emotion of it," Redmayne said. "This idea of two formidable people going on this journey together. The notion of love not being defined by gender, not being defined by anything other than two souls meeting really. As I started to research and meet people from the trans community, who were so overwhelmingly generous with their stories, the notion of the great privilege to play someone like Lili, the stakes just got higher and higher and higher."

Previously, Redmayne has delighted audiences and critics alike with stellar turns as Julianne Moore's son in the incest drama *Savage Grace*, as the star-worshipping assistant turned lover in *My Week with Marilyn* and more recently as the singing revolutionary Marius in *Les Misérables*.

Should Redmayne go on to win a rare Oscar double, he would become the first actor since Tom Hanks in 1994 and 1995 (with *Philadelphia* and *Forrest Gump*) to earn consecutive awards.

Redmayne was born and raised in London by a businessman father, now a managing director at a City bank and a mother who was a relocation specialist. Eddie studied alongside Prince William at Eton and later read art history at Trinity College, Cambridge where he wrote his dissertation on the artist Yves Klein.

He never attended acting school but instead came under the tutelage of a drama coach at Eton who ran a rigorous programme for aspiring thespians. Prior to his film career, Eddie gained recognition for his work in a variety of theatre productions including Edward Albee's *The Goat, or Who is Sylvia?* in 2005 and John Logan's *Red*, staged at London's Donmar





Interview

Warehouse in 2009 and which earned him both an Olivier and a Tony award.

It was recently revealed that Redmayne has been cast as Newt Scamander in J.K. Rowling's *Fantastic Beasts and Where to Find Them*, his highest-profile role yet. When it comes to having played Lili, the handsome star is still partially under the emotional sway of the character: "I can access her smile quite easily," Redmayne admitted. "I recall meeting with a transgender woman as part of my research and asking her when she felt happiest. It was after transitioning, and she was just walking through a park and sat on a bench — and saw the world go by and smiled to herself. It was a moment of the world feeling right. The idea of that smile was something I tried to find."

Eddie Redmayne lives in London with his wife, Hannah Bagshawe, a PR executive he met while auditioning for *Les Misérables*.

**Together: Eddie, you've previously undergone a difficult physical transformation in *The Theory of Everything* and now perhaps an even greater one in *The Danish Girl*. Are you drawn to this aspect of performing?**

Redmayne: It's not about wanting to transform, it's about playing incredible people. If you're lucky enough to do that, that's great. What was interesting about this project for me was that when Tom gave me the script during *Les Misérables*, I read it but didn't say anything about it. It was probably the best one I've ever read. A unique, hugely passionate love story. This person being brave enough to fight and want to live a life authentically. Different producers worked on this movie for many years and they passed it through different directors. Tom (director Hooper) and I talked about it for years. We shot the film while I was promoting *The Theory of Everything*.

What I took away from the film was the most brilliant education on many things. I've met many people in the trans community during the past four years. This icon of theirs was formidably generous. I have to thank her for portraying Lili.

**What was it like for you speaking to transgendered people while researching your character?**

The generosity of people was amazing. (I met with) a couple in Los Angeles, they were together when she was a man and afterwards. They told me: please ask anything. Their



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kindness and support galvanised me in it.

In relation to the partner of the transitioning person, the biggest question was how deep was the partner's pool of empathy. In that sense, I wanted to meet contemporary trans people but also those from different generations. I've read her (Lili Elbe's) diary, although it's an unreliable secondary source because it was rewritten. I've also read the fictionalized book *The Danish Girl* and all that I could find about Lili. Then I tried to find those aspects in me.

**Do you think that society needs to be more open and understanding of the situation of transgender people?**

What I found astounding in relation to Lili's story is it's almost 100 years old and there's so much progress that needs to happen in the amount of discrimination. It's amazing we're able to have this conversation now and that the world is becoming educated (to transgendered people). There's still a long way to go.

We need to break down prejudice and taboos and misconceptions. Society needs to understand the difficulties faced by trans people and especially the amount of abuse and physical violence they are often subjected to.

Lili was beaten, and in speaking to trans women there is a terrific level of discrimination and violence that they must confront. One of the saddest and most shocking things I learnt in my research was that 41% of trans people have attempted suicide.

**Would you like to see this film help change popular attitudes towards the transgender community?**

I hope this film will send a message to people that trans people need to have our compassion and understanding and be treated as equal members of society.

**What were your emotions or feelings the first time you walked onto the film set of *The Danish Girl* as Lili?**

I was particularly struck by the male gaze and the way men would look at me as a woman. Of course, that's nothing compared to what trans women and men have to deal with, that fear particularly in societies where there's real danger. But you did get a slight sense of the gaze, of being scrutinized.

**What was it like working with Alicia Vikander who plays Einar's wife and the Lili's partner?**

I'm very lucky to again have worked with Alicia.



When she auditioned with me for Tom, it was a very important scene, one where Lili first confesses her true feelings to Gerda. And when we finished I looked over and Tom (Hooper) was crying. That's how accomplished an actress she is.

**How are you handling the fame and recognition?**

It's very exciting. I never set myself any specific goals and I never had ambitions of becoming a big star. I'm only interested in being part of good films, working with talented people and making the most of those experiences. I'm very grateful for whatever success I've had up to this point and it's a very good time in my life overall.

**You did your acting training at Eton of all places?**

I had the greatest drama teacher I could ever have wished for in Simon Dormandy. He

inspired me to continue acting and I owe him so much. He treated us like professionals and that kind of respect and guidance makes you want to take things very seriously.

When you have someone like that giving you advice and encouraging you every step of the way you feel that you can accomplish anything. We still stay in touch and over the years I've continued to seek out his advice and work with him if I think I could use some feedback when I'm preparing for a role.

**Did you always know you would become a professional actor one day?**

No. I enjoyed it growing up but it was only when I was about 18 or 19 and did a production of *Cabaret* at the Edinburgh Festival that I knew that I wanted to make acting my career. We did the production in this very grotty, grimy venue but I loved it and that's when I really got the



Interview

bug. The odd thing about this profession is that you still feel like a kid play-acting. There's this sense of make-believe and wonder to it that stays with you. Making movies is a bit like being on summer holiday where you meet people, become friends and then perhaps go away and never meet again.

**Which actors whom you've worked with have inspired you the most?**

Oh, there have been quite a few. Certainly Julianne Moore (who co-starred with Redmayne in *Savage Grace*) was a revelation. She is very instinctive and completely mesmerizing at times the way she suddenly throws herself into a scene. When she's not working, she's so friendly and enthusiastic and you would never have any idea how frighteningly compelling she can be when you're acting opposite her.

Hugh Jackman is also one of those actors who has such a powerful and engaging spirit. Not only are you in awe of his talent but working with him (on *Les Misérables*) enables you to see someone who is very disciplined and dedicated to bringing out the best in himself and everyone else. You feel like you want to raise your level just to match him.

**You're noted for being a very stylish**

**dresser and you've also worked as a campaign model for Burberry. Do you consider yourself a fashionista?**

I enjoy fashion although I'm often wearing jeans. But I like good suits and I love to wear a nice jacket with a pair of jeans. I've been lucky in that I've become friends with Christopher Bailey and he's given me some good advice.

I'm slowly learning more about fashion and I've been able to attend some fashion shows and events over the last several years. But being colour-blind I'm not sure if I will ever have a very good sense of being able to match things. Colours can be confusing.

**So who picks out your clothes?**

When I go out to premieres and events, I have to check with Hannah (his wife) that the trousers match the top. But I'm lucky to be with someone who is very supportive.

**How do you think you're going to handle being a huge movie star down the road?**

(Laughs and puts his hands across his face)  
Oh, I can't think about things like that. I feel very lucky to have had these kinds of incredible opportunities of late and we'll have to see where it all leads. ❶



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# Ananda: The true meaning of bliss

**Delphine Stefens** eschews the stimulants of her busy life... 3,000 feet above sea level



**O**bserve, take note and review. It's good practice to write down your stories as they unfold. But what if it's you who's unfolding? As you're being spread out on wooden tables and stretched out on straw mats? Layer after layer of stress and fatigue gently being kneaded away? Reader, you park your laptop and start to relax. And if there is any procrastination, it's without the anxiety. It helps that everything at Ananda is perfect. And what isn't gets fixed. And with that comes the feeling that you too will be fine.

I head to Ananda after a yoga retreat and some sightseeing in Northern India, somewhere between Haridwar and Rishikesh, the unofficial capital of yoga since the Beatles stayed there in the late sixties to study yoga and meditation. If a couple of early deadlines had made it difficult to let go at first, I am by now hassle-free. My expectations are high; this is after all a place where the likes of Oprah Winfrey, Ratan Tata and the Prince of Wales and Duchess of Cornwall go to unwind. As the car takes me through the forests up the Himalayan foothills overlooking the river Ganges – the resort is situated over 3,000 feet above sea level – I feel the excitement building.

And when I enter the 100-acre estate of the Maharaja of Tehri Garhwal where Ananda is located, I know I will not want to leave this place. And so I won't, at least not for a whole week that is entirely devoted to me, myself and I. Ananda spa was founded some 15 years ago and advocates a holistic approach to wellness based mainly on Ayurveda – traditional Indian medicine – and yoga. So I decide to opt for the Rejuvenation package that is built exclusively around both disciplines. At home, I had filled out a questionnaire and received a personalized schedule of treatments that didn't mean much to me but



enlightenment – about the program and myself!  
– soon followed during my first spa appointment, the intake consultation with one of the two resident doctors.

I come out a *vata dosha* (based on the *tridosha* or humour theory) body type – spacey, anxious... cold hands and feet with a cracking noise of joints and, thank goodness, an active mind – and receive an adapted balancing diet and lifestyle prescription. I am sceptical about going low on spices but relieved that I am to keep physical exercise gentle, something that I have instinctively known all along! In other words, if I'm not doing stretches in a group or attending an individual yoga, breathing or relaxation session, I indulge in *dolce far niente*. I do take a wonderful private cooking class and one unforgettable – and very much uphill – guided hike to Kunjapuri Temple that offers panoramic views of snowcapped Himalayan peaks.

But make no mistake: it's a busy program with at least three appointments per day. The spa treatments are among the best I've ever experienced. They include impossible amounts of oil, excellent massage skills and a very professional staff that seems to know my schedule and personal preferences better than I do and breeze me through the whole experience. I chose not to stray by abstaining from alcohol and caffeine. It is after all my second week without stimulants – although befriending the chef does come with culinary and perfectly diet-appropriate benefits.

I buy a cookbook, some herbs... but once back at home good resolutions make way for life as I've always known it which, like for many people, can get pretty hectic. And yet, I am happy to stick to the recommended regular massage, and I do like wearing my own pair of souvenir white kurta pajamas – Ananda's no-brainer yet elegant answer to dress code – to sit down, wind down, do some pranayama and think of one truly beautiful and happy place.

For info and reservations, check out:  
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❶



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# Tokyo by Design

**Tatiana Praxis** headed to the Metropolis for the first time for a spot of fashion and art



**I**t's hard not to have high expectations of your first trip to Japan. Most everyone is already accustomed to its exquisite food, minimalist décor and near-mythical history. As an avid traveler and lover of new experiences, I was anticipating a sensational cultural immersion while at the same time, preparing to be disappointed by reality.

I arrived in Tokyo by Shinkansen, the rapid bullet train that takes around three hours to complete a 513 km journey. I was immediately immersed in the high-tech context that Japan is world famous for. Not only is it the fastest train in the world, it departs every 15 minutes; if you miss one, you're only a coffee away from the

next one. Despite my utter lack of Japanese, I was also able to navigate the Tokyo subway network without stopping to ask for directions, though when the locals caught me staring at the subway map a little too long, they would offer to help anyway.

The first thing I did was jet off to explore the iconic Shibuya district. There, hundreds of multi-colored neon and LED signs cover the high rises' surfaces, bearing a resemblance to New York City's time square. I wandered in some backstreets looking for food, stumbling upon gadget shops, unique fashion stores and futuristic restaurants. It looked like everything from your meal to shoes could be ordered or



searched on a big screen and delivered to you with barely any human interaction.

Asia has always felt like the future for me, being seemingly decades ahead of us in technology, but Tokyo is arguably ahead of the pack. Any device or electronic gadget you can think of – apart from *Back To The Future's* hover board – can probably be found in Tokyo. I found things I never knew I needed but now can't imagine myself without, such as a tiny drone that fits in the palm of your hand, food shapers to make hello kitty or panda bear shaped rice and a 3D milk foamer that can make shapes come out of your latte.

Tokyo is perhaps best known for its shopping. The Japanese have a very unique style; from the garish layers of Harajuku to the fabulous designs that can best be described as wearable artwork in Ginza. I had to pay a visit to Dover Street Market, the designer clothing empire that spans over 12 floors. Though I could never wear any of the pieces personally, never mind afford them, I was happy to browse through the building seeing how Japanese fashion designers pushed ready-to-wear beyond the norms. The building is connected to Uniqlo's equally big, flagship behemoth. The Japanese brand currently taking the basic fashion world by storm was much more my speed.

When the rain took on biblical proportions, I headed over to the Yukari Jindaiji Onsen. The thermal waters with healing and relaxing powers are Japan's pride and favorite attraction and a delight for travelers as well. It was quite a ride all the way to the Chofu station, followed by a short cab ride to the *onsen*, but one well worth the trip, since this *onsen* was designed respecting Feng Shui principles. Side note for the tattooed travelers: be prepared to either cover up or bandage your tattoos as this particular *onsen*, and the large majority of them, don't allow inked patrons.

Probably the most thrilling part of my trip was my stay at the Park Hotel Tokyo, a true art hotel. In 2012, the decision to have Japanese artists use guest rooms like canvases gave birth to



their first artist room: the Sumo room by artist Hiroyuki Kimura

To date, they have 13 completed artist rooms. The central theme for the rooms is 'Japanese beauty'. The abstract guidelines have allowed some artist to focus on nature, architecture, national treasures and traditions. My favorite was the 'Otakufu Face' by Aki Kondo. "I felt that the whole beauty of Japan was within the 'Otakufu Face'," said the artist. The artists stay at the hotel during the project, use the facilities, have breakfast and interact with the guests. During my stay, I got to meet Kazuki Mizuguchi, who's currently working on the 14th artist guestroom. The hotel hopes to have the entire 31st floor completed by 2016.

In the morning, I felt like I was rising from a piece of art. The smell of paint was ever so slightly lingering in the room and the brush strokes were palpable. On the way to breakfast, I noticed a small exhibition of traditional Japanese artifacts. These were indeed a loan from the Masaki Art Museum in Osaka. Further even, on the walls of the atrium were more paintings from Japanese artists. The Park Hotel Tokyo dedicates itself to Japanese art so much it has become a live-in museum.

No matter how much you've heard and seen of Japan before your first trip, it is no real match for the actual experience. Very few countries still give me the satisfaction of being in a truly different world, and the fact that I dream of returning is the ultimate proof that it has far exceeded my expectations.

Park Hotel: [en.parkhoteltokyo.com](http://en.parkhoteltokyo.com)



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# Secret lodge in Geneva

**Jérôme Stéfanski** and family take a weekend break in an exceptional place

**I**t takes a little over an hour to reach Geneva by plane from Brussels. Flights are frequent and at well-appointed times with Brussels Airlines or EasyJet. I have often heard people talk about an exceptional location bordering the banks of Lake Geneva: La Réserve Genève.

Decision made! I will visit the Swiss capital with my family for the weekend. Geneva is the perfect destination for those who love shopping, nature and relaxation. Luckily, I love all that (and so does my wife)!

I took possession of our room key at the reception, and I was amazed by the beauty of the place. Designed as a 'lodge', La Réserve Genève boasts a warm, refined decor. Leopard motifs sit alongside African masks. The light is suffused, and the staff are very friendly. A divine smell of musk wafts through the lobby. I close my eyes for a moment and am transported to the heart of the savannah. Elegance and relaxation symbolize this Michel Reybier establishment. A sense of calm washes over the traveler on arrival.

I booked a family suite with lake views. The room is so large that it looks like a small apartment. Yet it is very cozy. A nice little crib was carefully installed for my six-month-old son. My wife was ecstatic. She immediately put on her bathrobe and went to relax at the spa where a seaweed massage awaited.

Meanwhile, I crossed the garden with my son and walked alongside the large outdoor pool to

reach the private harbour next to the hotel. A boat was waiting for us there. It reminded me of the mythical Riva which cross the Grand Canal in Venice.

We sailed for ten minutes on Lake Geneva and reached the centre of Geneva. What service! I had also heard of an incredible tailor whose reputation and service go beyond borders. I went there so they could make me a custom winter jacket in a cashmere fabric. Olivier and Eric, the two friends who have opened the Scabal shop, are as friendly as they are competent. A real treat for people who love beautiful cuts and beautiful fabrics. (Scabal, Quai des Bergues 11 - 1201 Genève).

I took a short break to enjoy a coffee on one of the nicest terraces of the city, at Café Veranda (Café Veranda, 9 rue du Vieux Collège - 1204 Genève). The streets downtown are packed with luxury shops – I did well to leave the Missus at the hotel! Before returning to the boat, I did think about her and stopped at Hermès, opting for a chic and timeless silk scarf (Hermès, 39 rue du Rhône, 1204 Geneva).

When I gave it to her, she was over the moon. She told me she had a wonderful time with the spa staff.

It was eight o'clock already, and we were eating at the hotel. We went down to Le Loti restaurant, where we discovered refined dishes prepared with seasonal ingredients, served in a large room in a real tent – it reminded me of an African camp. The wine list is very enticing, and



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prices are reasonable for a hotel of this standard. The atmosphere is relaxed and muted. Families and romantic couples around us also appeared to be enjoying a lovely evening. A little tip: the fresh fries are to die for, as is the Lobster Risotto with Saffron. And we would certainly go for the Sea-bass in Salt Crust again. For dessert, we allowed ourselves to be tempted by the house specialty: the freshly-made apple pie, accompanied by a scoop of vanilla ice cream. A real treat! The waiters were gracious with us and our baby. We really appreciated their kindness.

We headed to the bar and ordered a nightcap. The bartender served up delicious cocktails. It was Saturday and the DJ lounge played 'lounge' sounds that created a very pleasant atmosphere.

Before going to bed, I chose my ideal pillow in the 'pillow menu' and checked the weather on my smartphone. It's nice here at the beginning of October. The air is cool, but the sun shines in a blue sky. The following day, we would have to leave. In the morning, I played a game of outdoor tennis with a pro. In the afternoon, we took a walk in the hotel garden. Our plane was scheduled for the early evening and the hotel is located just minutes from the airport, which meant that we could make the most of our last day.

That night I slept, already dreaming of returning to this haven of peace in a few months' time when the mercury descends below zero and the surrounding mountains are snow-covered. La Réserve Genève will be the ideal base for a short skiing break...

#### **La Réserve Genève**

301, route de Lausanne  
1293 Bellevue  
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Tel: 041 22 959 59 59  
[www.lareserve.ch](http://www.lareserve.ch)

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*Photo © G. Gardette/La  
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# Cancellation assistance

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**F**or the moment, the holiday trend appears to be to go away more often during the year, but also to shorten the length of your stay. So, that's more frequent short trips, but there's only one option for cancellation insurance, which is now annual, particularly as travel agencies offer great promotions for those who book well in advance, without thinking or knowing what might happen in the six to nine months before your holiday! As a holiday is certainly a significant financial investment, Europ Assistance pro-actively responds by offering NoGo, cancellation insurance that offers financial protection against any contingencies that may prevent you from departing or force you to interrupt your trip.

## When the sky falls

You may not like it, but many surprises can occur before or while you travel. Perhaps you missed your flight because of traffic congestion due to an accident? Your visa is refused? One of your children has to take unexpected exams? A new work contract? A parent or other relative is hospitalized? Your car is put out of action due to an accident a week before your departure?

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- Exceptional circumstances make it impossible for you have essential vaccinations, jury service, the adoption of a child...

In short, NoGo offers financial protection in case of cancellation, modification or interruption to your travels for a whole year – you can book with peace of mind at all times.

Cancelled, modified or interrupted... if cancelled, you receive cover of €2,500 per person per trip and up to € 12,500 per trip for everyone insured. You can also choose to defer your journey and, in this case, Europ Assistance will provide the fees charged for changing your dates of stay. For an early return due to a new work contract, we will refund the days that you do not take, and even the cost of ski passes and lessons where required.

## Valid for every stay formula

NoGo covers all your stays abroad from €150 and above, regardless of the length of stay, and also in Belgium from three nights or more. All types of reservation are covered: internet, travel agency, tour operator, owners, as well as all travel documents (for plane, train, boat rental vehicle, mobile home) and various forms of accommodation (hotels, houses, holiday homes, camping). NoGo also covers entry tickets for shows, attractions, excursions and prepaid reservations.



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For couples, NoGo costs €165 year, €145 for individuals and €195 for your family. (NoGo covers all registered members, even if they do not have the same travel destination). Apart from the advantage of a €35 reduction, combining NoGo cancellation insurance with Annual Europ Assistance will offer complete peace of mind and protection for all your travels. ①

Practical information :

**Europ Assistance**

**Tel.: 02 541 90 00**

**[www.europ-assistance.be](http://www.europ-assistance.be)**

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# Arcs 1950: Paradiski

**Caroline Dierckx** and friends headed  
for a sporty, rejuvenating getaway



**F**rom both a sporting and tourist point of view, Les Arcs repeatedly meets the challenges. With breathtaking panoramas, spend a few days in... Paradiski.

Les Arcs has five resorts. Bourg Saint Maurice is located at 850m above sea level, between the massifs of Mont Blanc and the Vanoise National Park. Arc 1600 is a pioneering and friendly resort, marked by its contemporary architecture. Arcs 1800 is made up of four pedestrianized villages, fully integrated into the surrounding forest. Arc 2000 is a resort with guaranteed snow throughout the season thanks to its altitude. And Arc 1950 – where we spent most of our trip – is a genuine village cocoon!

Arc 1950 is a unique concept in Europe. Completely pedestrianized, the resort combines the charm of a village of yesteryear and all the facilities of modern life. The plus is that you can

set off directly to ski on foot from the base station – luxury made simple.

With colourful decor permeated by North American motifs, the site offers eight tourist homes, all 5-star. The Pierre & Vacances Premium apartment is comfortable, carefully decorated and personalized. Another plus, slip into your bathrobe and slippers to forget the daily stress and head for the wellness centre that each residence boasts. Everything is nearby: bakery, daycare and ski school. A complete facility...

## To the peaks!

Skis fastened, it was time to head for the slopes. And once more we were spoiled. Paradiski (Les Arcs, Peisey Vallandry, La Plagne) is the second largest ski area in the world, with 425 km of slopes. We discovered the Aiguille Rouge (one of the longest runways in Europe), which overlooks Mount Pourri. In a beautiful





setting facing Mont Blanc, we skied the red, blue and green slopes. We took the Vanoise Express which connects the ski areas of Les Arcs, Peisey-Vallandry and La Plagne, enjoying an exceptional 360° view. We lunched on a small sunny terrace in Montchavin. On the way back to Les Arcs, we stopped at the small village of Igloo. It has ice sculptures and is ideal for evening aperitif and dinner. At the end of the day, we stopped on the Chez Luigi terrace at the entrance to the village, where a live band helped create the perfect après ski atmosphere. And this winter and throughout the season, the central village square will have surprises up its sleeve with a different theme every week – there are clearly some fine evenings in perspective!

Then it was time to relax and discover a jewel in the heart of the village: Les sources de Marie Deep Nature Spa. After a soothing 50-minute immersion, while enjoying stunning views of the snowy peaks, we were fully refreshed and relaxed.

As the sun gave way to a starry night, a few steps from the residence led us to a restaurant

that guarantees a high gastronomic level. With grilled beef from the region, the Red Cow offers typical local dishes. Who said the nights were quiet in the mountains? O'Chaud is a must for clubbers, where Fred Metral, a successful international DJ, sets the heart of the village on fire. A must try facing Mont Blanc is the Arc 1800 Aqualudique centre, with 3,800m2 devoted to wellbeing, including leisure pools (jets, bubble massage beds, whirlpools, waterfalls, etc.), slides, plus steam, sauna and fitness room... for the whole family.

Arcs 1950 is very comfortable and everything you need is close by. It is connected to other pedestrian ski sites but boasts its own atmosphere. It was a beautiful discovery that offered a magical stay.

#### **Practical**

From Brussels: By plane with SN Brussels to Geneva (three-hour drive up to ARCS 1950)  
Accommodation: Pierre et Vacances Premium  
- [pierreetvacances.com](http://pierreetvacances.com)  
[www.arc1950.com](http://www.arc1950.com)

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LIFE OF  
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Dining

# Thai treats

Photo © jpPflister



## Tom Yam by Walkin' Thai

Around 25 years after it first opened its doors, what is probably the best-known Thai restaurant in town is back in business. If you have dined there previously, you are in for two pleasant surprises; the décor has changed and so has the menu. You may not think that change is a good thing but when it's being handled by the brains behind one of the big restaurant success stories of recent years, you know you'll be safe.

The first bite, as they say, is with the eye. In days of old, you would walk in to a cosy but slightly dated palace of orange and fabric. These days it's wide open, tasteful and bright with comfortable banquette seating or well-made chairs. There's even a small yet pretty garden for the brave.

## Les Larmes du Tigre

This excellent Thai restaurant is about to celebrate 30 years of service to the Brussels public. Tucked behind the Palais du Justice, it has bright décor (upside down umbrellas adorn the ceiling) and very friendly staff. We allowed ourselves to be led by the chef for our starters.

We particularly liked the Triangles d'Amour caramelized chicken in honey, wrapped in a baitoey leaf, *Todman Pla* deep-fried curry-flavoured fish cakes and the *Khao Tang Na Tang* puffed rice cakes served with a peanut sauce. For the main course, I plumped for the succulent *Pla Phao* Sea-bream grilled in a banana leaf and my dining partner went for the L'Agneau de Pattani lamb with *matsamane* curry, coconut milk and tamarin juice. The sorbets between dishes to clean out the pallet were ideal for me since they contain very little sugar.

We went in the evening, but they do a very good value three-course lunch, consisting of starter, main course and coffee for €15.50. Always inventive, they also have 'Tigre Thursdays' with a new menu every week and special themed evenings (recently 'No Noodles Soup' was the curious title).

[www.leslarmesdutigre.be](http://www.leslarmesdutigre.be)

The second bite is certainly with the mouth. The place is owned and operated by the team behind Walkin' Thai on rue Lesbroussart. If you've ever tried to get a table in there, you'll know what sort of weight that carries. Their first 'proper' restaurant, they imported some of the Walkin' Thai staff to cook the food. The menu is simple, yet provides a range of flavours and experiences; a fiery green curry with duck, a classic *Som Tam* or even a whole grilled dorade. The house wine is a Pays d'Oc Chardonnay at a very reasonable price that complements a variety of spicy dishes with ease. You may be able to walk in and get a table but take my advice and book.

[www.tomyam.be](http://www.tomyam.be) 1



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**LIFE OF  
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Wine

# By the banks of the Rhone

**Geoffroy van Lede** of [le-vin-du-mois.be](http://le-vin-du-mois.be)  
offers his latest fine wines

**T**his month let's talk about a region that smells like sunshine, which witnessed many popes, where the cicadas sing and from which the wines have been shunned for too long: The Côte du Rhône. In recent years the Rhone Valley – with the Grenache and Syrah its two regal varieties – has been standing up to the challenge of raising its standards to a quality that can rival the the best.

### The region

The wine region of the Rhone is divided in two: the north (Rhône Septentrional), emerging along the river (from Vienna to Valencia with Côte-Rôtie, St Joseph and Hermitage) and south (Rhône Meridional with Gigondas, Châteauneuf du Pâpe, in a higher altitude, not far from Mont Ventoux.

The climate of the region evokes our greatest holiday fantasies. The sun is generous, the weather is dry and the wind rather shy. These conditions make us dream about the flavours of Provençal dishes, with often a spicy main course and a fruity dessert.

### The wines

In the land of the Rhone, there are two kingdoms: the north ruled by the Syrah, known for its power and balance, and the south, where they have crowned the Grenache, round

and rather sweet. But those are not the only jewels!

Compared to the best Bordeaux, the northern wines are strong in alcohol, but your taste buds won't panic! Often based on the Syrah grape, the red wine remains very fragrant in the mouth, leaving you with a fairly complex

fruity sensation. Among the big names, Hermitage and Cote Rotie are the most famous. White wines are rather rare here.

In the south, the wines remain strong in alcohol but slightly less tannic. If you like discoveries, here you are spoiled for choice – helped by very varied soils, red comes in many forms. So, between two bottles of Cotes du Rhone, do not be surprised to find very different grapes such as Grenache, Mourvedre, Cinsault, Syrah, etc.

### Our selection

Domaine de la Combe Julière, Côte du Rhône Rouge 2013. Wine produced with respect for the land by Laurent Robert on his farm of 40 hectares. This wine offers a nice balance between body, complexity and fruit that will marry perfectly with your autumn dishes, such as stews and casseroles.

Find these wines and our subscription concept on our site [www.le-vin-du-mois.be](http://www.le-vin-du-mois.be) or call 0498 586 545





# What's on Belgium

## Xavier Lust: Design stories

Leading Belgian designer Xavier Lust has conquered international brands with the sober and elegant curves that characterize his style.

Drawn to technological and aesthetic challenges alike, at the turn of the millennium Lust invented an innovative technique for the deformation of metal surfaces. This process, without moulding, produces curved shapes allowing the material to express itself in a natural, fluid and extraordinarily light movement. Economical in both materials and means of production, the technique paradoxically increases resistance tenfold.

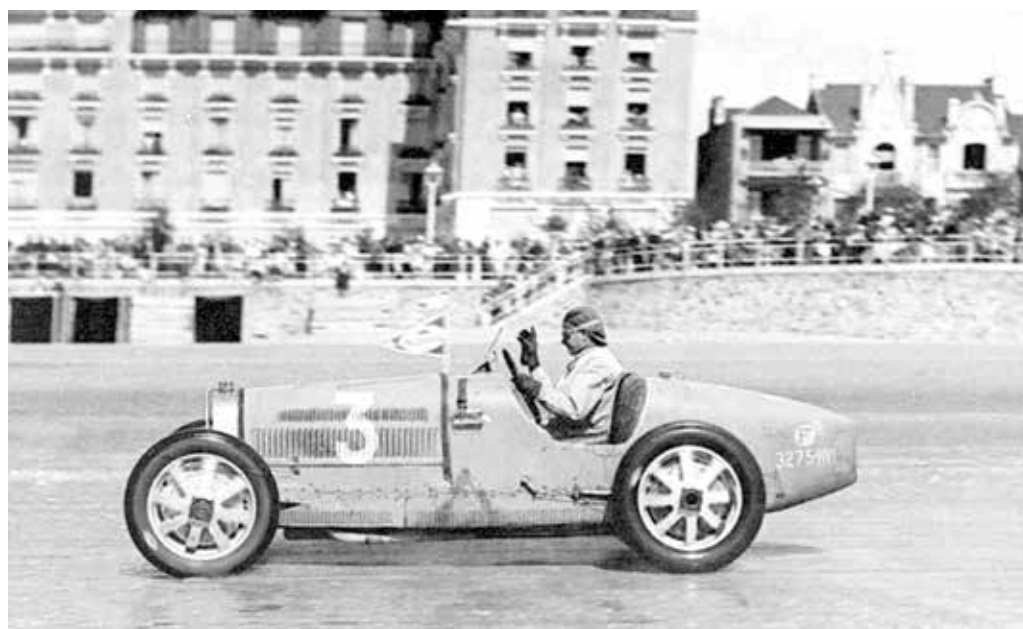
Botanique. **Until 1 November.** Tickets:

€5.50 - [www.botanique.be](http://www.botanique.be)



## Bugattis at InterClassics

The history of Bugatti is the main theme at the first edition of the InterClassics event in Brussels. The history of this famous brand will be presented at the Brussels Expo with the aid of no fewer than 30 Bugattis. The first edition of InterClassics Brussels will be held this year but the organisers of the classic-car exhibition already have ample experience: The 23rd edition of InterClassics Maastricht will be held at MECC Maastricht in January 2016. **6-8 November.** Brussels Expo. Tickets online from **€11.50** - [www.interclassics.be](http://www.interclassics.be)



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## Bozar Electronic Arts Festival

The fourth edition of the Bozar Electronic Arts Festival (BEAF) is an annual appointment which has become the Brussels event for digital culture enthusiasts. In the setting of the Center for Fine Arts electronic music, installations, artistic performances and projections intermingle, notably in collaboration with the digital arts unit of the Wallonia-Brussels Federation ('Digital Fortnight') and operators such as Ancienne Belgique and the Werkbank in Leuven. The 'Digital Arts' exhibition 'WYSIWYG? or What You See Is Not What You Get?!' is open to the public for four whole days. **8-11 October.** BOZAR. Tickets from **€10** [www.bozar.be](http://www.bozar.be)

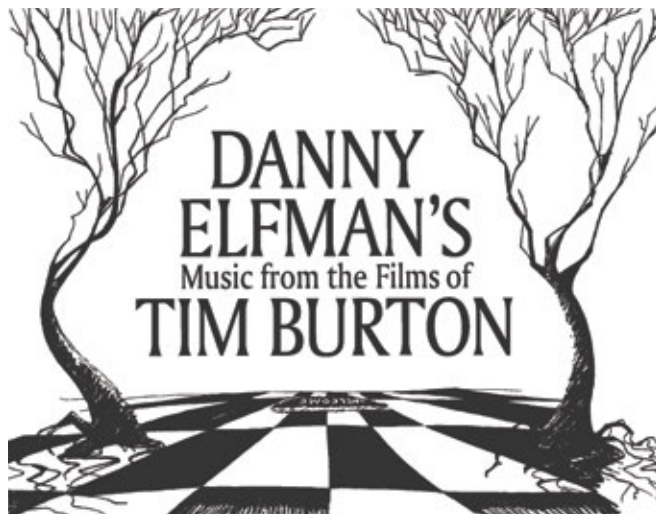
## Hänsel und Gretel

A cinematic puppet show has Hansel and Gretel hopping and skipping to the melody. 'What enchanting humour, what fine simplicity of melody, what skill and freedom in the orchestration, what mastery in the ensemble, what flourishing inventiveness, what rich polyphony, and all so original, new, and so authentically German!' Richard Strauss could not contain his enthusiasm when he saw the score of Humperdinck's *Hänsel und Gretel*. This Märchenspiel, based on the well-known Grimm fairy tale, combines the simplicity of a German folk song with the wealth of colour and dramatic tension of Wagner's musical dramas. The Chicago-based company Manual Cinema combines film projections, shadow puppetry, and live acting in an immersive family experience.

**15-20 December.** La Monnaie. Tickets: check website [www.lamonnaie.be](http://www.lamonnaie.be)







### Danny Elfman's Music from the Films of Tim Burton

This concert explores the collaborative relationship between music and storytelling and the process and importance that this has in filmmaking. Composer Danny Elfman and visionary Hollywood filmmaker Tim Burton have created a unique concert experience, blending music and visuals to celebrate the three decades long partnership of two of Hollywood's top creators. Palais 12 Brussels. **Tickets from €55** [www.cineconcert.be](http://www.cineconcert.be)



### Gateway to Space: The Exhibition

Discover man's incredible space adventure in this interactive exhibition, created by the NASA Space and Rocket Center. This extensive collection, depicting the story of NASA and the history of space travel starts with those very first dreamers building their own rockets. This exhibition is a collection of iconic moments etched in our memories, such as man's first steps on the moon and the launch of the space shuttle. And there are several spacesuits and genuine chunks of moon rock.

For anyone dreaming about becoming an astronaut, there is a Spacecamp after the exhibition. **Until 8 November.** Palais 2 Brussels Expo. Tickets: Adults **€15.90**, children (3 – 18) / Students: **€12.90**, family pass (2 adults & 2 children): **€50**. [expo-space.be](http://expo-space.be)

### Red Bull Flying Bach

Bach and breakdance don't go together? The four time World Breakdance Champion Flying Steps and renowned opera director Christoph Hagel prove otherwise with their fascinating performance Red Bull Flying Bach. This one of a kind, innovative adaptation of Bach's Well-Tempered Clavier breaks down the barrier between high society and urban culture. More than 300,000 spectators in 28 different countries have experienced the show. **Until 20 December.**

Various venues.

Info and tickets on [redbullflyingbach.be](http://redbullflyingbach.be)



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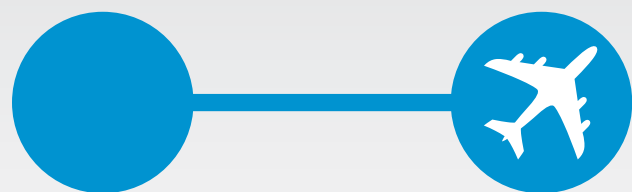




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What's on

# What's On International Paris



## Les Inrocks

Les Inrocks Philips festival works in complicity with *Alias*. This means that what the newspaper stands for in its columns, it also offers on stage with the same contempt for the caste boundaries between genres. It is reflected in practice by a program that will play this year a heady mix, from voluptuous calm electric shocks, la chanson française, Irish punk-rock, the most hedonistic electronics to the most romantic folk songs.

**10-17 November.** Various venues, Paris and beyond. **Tickets: check the website** - [www.lesinrocks.com](http://www.lesinrocks.com)

## Chaumet: Promenade Bucolique

This exhibition offers the chance to discover a selection of jewellery by Chaumet dating from the Romantic period to the 1980s. The drawing collection displays the origins of a piece, while black-and-white photographs document creations from each age through the interplay of negative and positive. This visual, sensory and documentary immersion traces the evolution of Chaumet style through the centuries. Chaumet's naturalist jewellery depicts nature in all its wild, organic, fragile glory. **Until 30**

**January 2016.** Le Musée Ephémère, The Maison Chaumet, 12 Place Vendôme, Paris. [www.chaumet.fr](http://www.chaumet.fr)



## Getting there

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# FESTIVAL INTERNATIONAL DU FILM DE BRUXELLES



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What's on

## Venice: The festival on the canals

**Federico Grandesso** talks to  
Golden Lion winner  
Lorenzo Vigas

Venezuelan born director Lorenzo Vigas worked in 1998 on the documentary series *Expedicion*, produced by Radio Caracas Television then directed in 2004 the short film *Elephants Never Forget*, presented in Cannes. His first feature, *Desde All  (From Afar)*, landed the Golden Lion at this year's Venice Film Festival. The story is about a bored middle-aged man paying for occasional contacts with young boys – he will in time be 'conquered' by Elder, an emotional and violent street-boy.

### Violence was a trend during the Venice Film Festival, how did you show it?

I think that a film is even more violent when you don't show it and you imagine it. For me it was important to leave room for imagination, and when I wrote the screenplay I didn't want to talk about the past of Armando, the protagonist, because it was the best way for the audience to connect with the story. In Venezuela we have a lot of tension between the social classes. My country is very violent. I think that the film has violence but not in an explicit way, even when, for example, Armando cuts himself. You don't see the reasons for his behavior but you do see his past returning.

### Sex in the film is always present in a balanced way. Why?

I didn't want to exhibit sex in a shocking way – it's a natural sexual relation that they both need to have in that moment, and there is even proof of love. The main idea was centered on someone trapped in a virginal complex. When we are small boys we don't like to be touched then at the age of eight or so you start discovering your body and the world. But if something happens at this age you can develop a complex. Maybe this happened to



Armando. Even if this could have been a heterosexual story, South America is still a continent where in a lot of countries you find a lot of prejudices against homosexuality. I wanted to put the finger on this and the art world should create discussions and reactions in my country but not only Venezuela.

### Can you explain more about the older character Armando played by Alfredo Castro?

The protagonist is someone who probably isn't capable of having an emotional relationship with someone, and he watches the boys from afar, a reference of the title. Then I wanted to do a movie that when it ends it makes you think. For me it was important that Armando would be presented like a ghost in the city, trapped in the past emotionally. Then Alfredo Castro in the film has an amazing ability to perform different kind of emotions but also to withdraw them, and then his eyes have an amazing power of expression. I wanted also to have the chaotic energy of Caracas in the film and the city becomes a character of the story that is the base ground of everything.  





Johnny Depp and Amber Heard



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# What's On Cinema

Picturehouse.com's **James Drew** takes his pick of the films screened at the Venice International Film Festival



## Desde allá (From Afar)

Armando (Alfredo Castro), a 50-year-old man, seeks young men in Caracas and pays them just for company. One day he meets Elder (Luis Silva), a 17-year-old leader of a criminal gang, and it is a meeting that changes their lives forever. Venezuelan director Lorenzo Vigas's film won the Golden Lion at Venice.  
93 mins.

## Beasts of No Nation

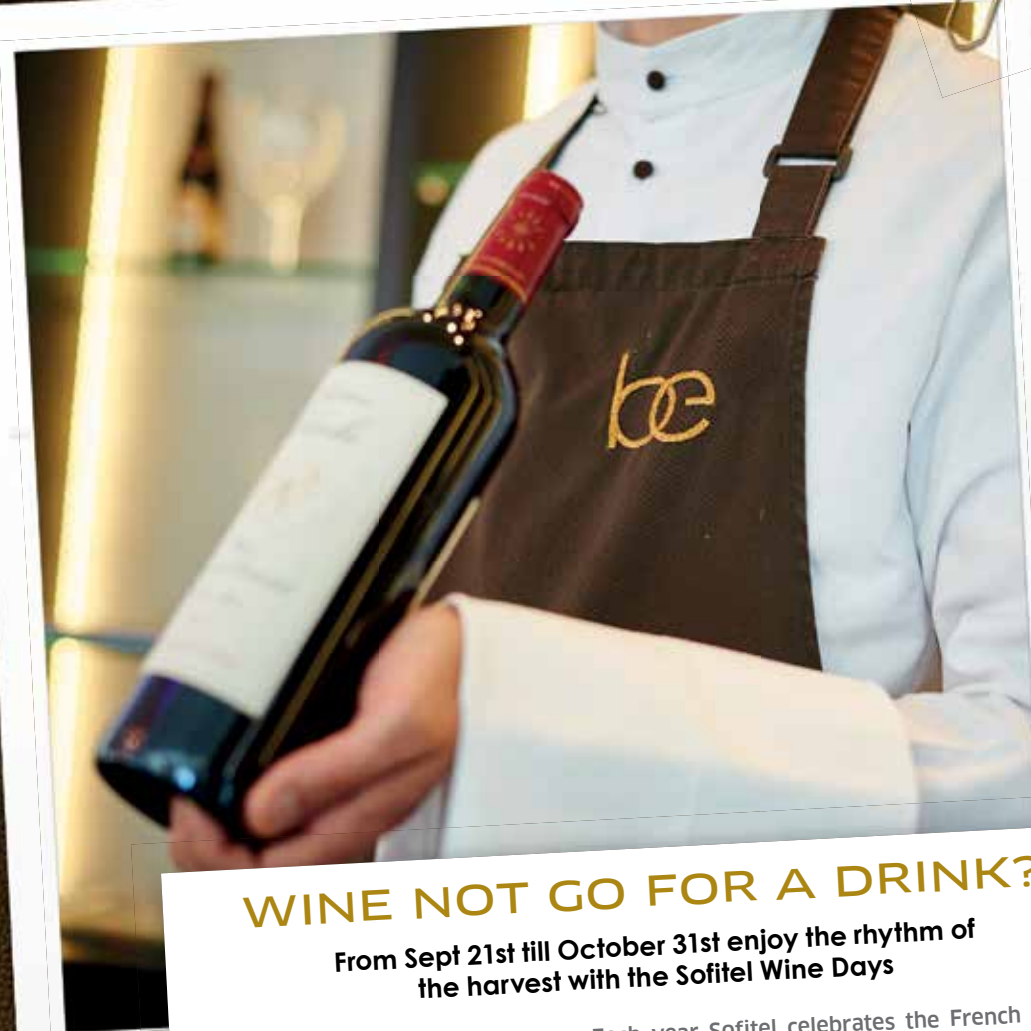
*Beasts of No Nation* is a West African war drama film, set in an unnamed West African country. When civil war tears his family apart and militants kill his father, a young boy named Agu (Abraham Attah) is forced to join a unit of mercenary fighters. Written and directed by Cary Fukunaga, based on the 2005 novel of the same name by Uzodinma Iweala, the film also stars Idris Elba, Ama K. Abebrese, Grace Nortey, David Dontoh and Opeyemi Fagbohunge – it was screened in the main competition section of the festival, where it won the Marcello Mastroianni Award.  
137 mins.

## Anomalisa

Anomalisa, a US stop-motion animated film co-directed by Charlie Kaufman and Duke Johnson, is based on a play written by Charlie Kaufman (under the pseudonym Francis Fregoli), won the Grand Jury Prize at Venice. Michael Stone (David Thewlis), an author of books on the subject of customer service, struggles with his inability to connect to people. One night, while on a routine business trip, he meets a stranger who changes his world view – and that stranger would be Lisa (Jennifer Jason Leigh).  
90 mins.

## L'hermine (Courtied)

French director Christian Vincent's film was screened in the main competition section at Venice, where lead Fabrice Luchini won the Volpi Cup for Best Actor, in a drama that serves up love in the most unromantic of circumstances, namely in and around a French criminal court. Luchini plays Court President Racine, the overlord of a small empire, who's not much liked by colleagues who warn others of his mean streak, and gossip idly about his nightly adventures. Things change, however...  
98 mins. In French. ❶



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