

# Together

magazine

LUXURY ISLANDS

WINE & WINTER FOOD

TECHNOLOGY  
AUGMENTED REALITY

TRAVEL  
BOTSWANA SAFARI  
MOUNTAINS OF JURA  
SKI: LES MENUIRES

FASHION

LOVE IS RESISTANCE  
LA PETITE GERVAISE

PERSONAL DEVELOPMENT

GOLF EXERCISES  
PERSONAL TRAINING  
SELF-HELP  
CUSTOMIZED NUTRITION

Kate  
INTERVIEW  
Winslet



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<sup>(1)</sup> Recommended retail price on January 1st 2016 for the new Outlander 2.0 2WD Intense (petrol - 150 hp).  
Illustrated model: New Outlander 2.2 Di-D 4WD Instyle. Recommended retail price: 39.090 €. The prices include VAT.

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Imagine taking your dreams with you wherever you go, following the sun wherever it rises and calling paradise home. Imagine escaping with your better half to an island of endless, white sandy beaches, turquoise-coloured water and lush tropical forests. Imagine a place where time stops, where your dreams are reality and where each and every day, every moment, every memory is seized. A world where the sound of waves crashing on the seafront is on repeat. A world where impossible isn't a word, and where possible is a mindset, an attitude. A world where you shape your own dreams. A world where your dreams transport you from one adventure to the next. A world where your dreams are the adventure

### THEN ESCAPE

And your next adventure is bringing your dreams to life. Your next adventure is catching a slice of paradise and laying claim to it. Your next adventure is pure bliss and daydream. That canoeing trip across the Indian Ocean in search of a remote, little-known and untouched island? Take it. That climbing excursion to the top of Indonesia's highest mountain top? Dare it. That diving cruise amongst a thousand archipelagos in the Philippines? Do it. That trek deep to the heart of Sri Lanka's dense jungle on the hunt for temple ruins? Go on it. This summer is the time for the meaningful, the memorable and the monumental. This summer is the time for the unforgettable. The adventurous and the relaxing. Afternoon cocktails by the pool, meditation sessions on the beach, massages under the shade of palm trees, midday naps in a hammock. After months of hard labour and long office hours, the time has come to plan your escape.

### AND LIVE DIFFERENTLY

Matter of fact, don't wait for tomorrow to come. Pack your backpack or duffel bag and sail away. Take the time now, right now, to plan your future adventure. Free yourself from life's constraints and lead a life of intrepid adventure. You owe it to yourself. Take a year out and treat yourself with a life of everyday sunrises and sunsets. The time has come to catch and conquer your dreams, once and for all. That Ocean, that archipelago, that mountain and that jungle? They're yours to discover.



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## Editor's LETTER

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

### ON THE COVER



Kate Winslet plays a vicious, evil mafia boss in *Triple 9*

## ISLAND HOPPING

The month of March really is a bit of a tease, enticing us by notions that spring is just around the corner, offering days with an unseasonable amount of sunshine and blue patches in the skies above. Then it hits us with *les giboulées*, those hailstones that crash to earth with impressive force. Now...

My earliest memory of really loving a book was when I picked up *Treasure Island* and read about swashbuckling pirates, gold doubloons and lots and lots of islands. One of our special features in this month's issue is all about luxury private islands, and includes Necker Island, which has been owned by Richard Branson since he was only twenty-eight years old and starting to build his empire. As I was writing this, I was thinking about those white sandy beaches, feeling the steady warmth of the sun and picturing a luxury yacht sailing out to sea with champagne-sipping lunch guests.

'But wouldn't you get bored out there?' I hear you cry. And you are probably right – luxury is all well and good, but it might get a bit monotonous, with blue skies day after day.

Then a hailstorm struck my terrace, rattling on the outdoor furniture and drowning out the soothing, classical sounds of Musiq3. I look longingly at my suitcase standing in the corner and wondered where I put those flip-flops...

**Paul Morris**  
EDITOR



# Mentalis TRENKER

Our modern way of life can cause many situations that create **stress** and **fatigue**. Among these, professional commitment is often considered as one of the main causes. But it shouldn't be a fate!

This is why we developed a new **100% natural** food supplement based on **Ashwagandha** en **SOD 15000**. Mentalis TRENKER helps to improve the body's **resistance to stress and contributes to maintain physical and mental capacities in case of tiredness\***



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3. K. Chandrasekhar et AL., 2012. Measured with the GHQ-28 scale.  
\* It has been scientifically demonstrated that Ashwagandha helps to improve the body's resistance to stress and contributes to maintain physical and mental capacities in case of tiredness.

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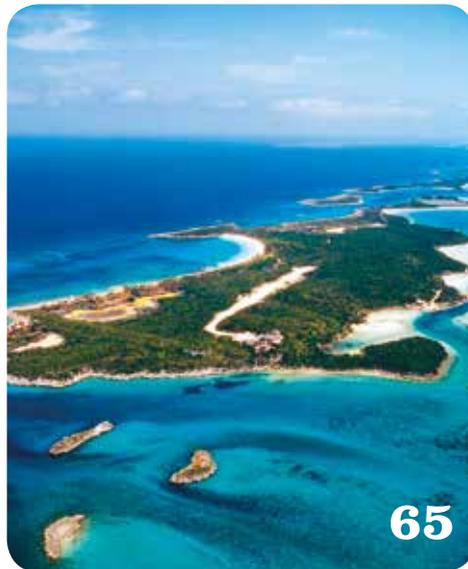
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## FRIENDS & FAMILY SUNDAY BRUNCH AT CRYSTAL LOUNGE

Let yourself be tempted by a large selection of verrines and smoothies and of course traditional brunch items, including pastries, hot dishes and shellfish. For dessert, enjoy delicious treats ranging from sweet and fruity tarts to tasty crêpes.

The Friends & Family Brunch is also taking place during the festive season. Why not participating at the **Egg Hunt** during our **special Easter Brunch**. Different activities are arranged to entertain your children in a pleasant atmosphere.

The Crystal Lounge brunch is available every Sunday from 11:30 am to 15:00 pm, € 49 per person, including hot drinks, water and fresh juice. (free for children <10y)

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Life is Magnifique in Brussels!



**Interview**  
Kate Winslet



**Travel**  
Botswana

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## COMPETITION

Together's monthly competition gives you a chance to win eyewear at Davidrose optician:

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# Starring in Belgium



## Noel Gallagher's High Flying Birds

*Chasing Yesterday*, available since March 2015, is the first album entirely written and produced by Noel himself. It includes a wider range of instruments and includes the participation of Mancunian Johnny Marr. **17 April**. Forest National. **€41**  
[www.livenation.be](http://www.livenation.be)



Photo © Renata Raksha

## Trixie Whitley - Porta Bohemica

Belgian (born in Ghent) is a multi-instrumentalist based in Brooklyn, New York. Daughter of singer-songwriter Chris Whitley, she has performed on several of his albums. Whitley has released three solo EPs, is a member of Black Dub, and was the vocalist on their debut album. **29 April**. Lotto Arena, Antwerp. **€35**  
[www.livenation.be](http://www.livenation.be)



Photo © Glenn Gottlieb

## Yes

For more than forty years, with ever-changing line-ups, true hits and legendary LPs, Yes has been a major part of history 'prog rock' history. Their new CD *Heaven & Earth* is now out. The AB show will feature highlights from their 70s catalogue, from *Fragile* and *Drama*, complemented by new material and hits such as *Owner Of A Lonely Heart*. **14 May**. Ancienne Belgique. **€40**  
[www.abconcerts.be](http://www.abconcerts.be)



## UB40

This unique British reggae act has been combining fun and commitment ever since the late 70s. The original members Ali, Astro and Mickey will serve up hits such as *I Got You Babe* and *Red Red Wine*. **8 May**. Ancienne Belgique. **€40**  
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## CHARITY

# Oxfam-Solidarity

The Oxfam-Solidarity event team talks the talk and walks the walk



**O**xfam Trailwalker in Belgium will take place once again this year and will feature a brand new route passing five dams in the region of the High Fens. There is also a new second event, Oxfam Peacewalker, and the events team will also participate in the 20km of Brussels.

### Trailwalker: 4 walkers. 100 KM. 30 hours.

Trailwalker is your chance to really make a difference. Each team commits to fundraise €1,500 for Oxfam-Solidarity projects. The challenge is a demanding one and not to be underestimated, so we will give you the best tips and tricks to prepare yourself. Taking place on 27 and 28 August, it aims to raise funds for the fight against climate change.

### Oxfam Peacewalker

This is a 42 km walk in the Westhoek region of West Flanders, which helps commemorate the soldiers and citizens who lost their lives during

WWI, and at the same time raises funds to aid victims of current war-torn areas.

### 20km of Brussels

And in Brussels, Oxfam Unlimited, Oxfam's team, will participate in the 20km of Brussels on 29 May. Everyone willing to run the 20 km can join the team and help Oxfam projects worldwide by donating a minimum of €75.

### A helping hand

Would you like to offer us a helping hand? Oxfam Solidarity is seeking 400 volunteers to encourage the teams, massage the feet of walkers, etc. at Oxfam Trailwalker and 150 more volunteers to make our new event Oxfam Peacewalker a success. More information via [eventvolunteers@oxfamsol.be](mailto:eventvolunteers@oxfamsol.be)

Register now as a participant or volunteer on [www.oxfamtrailwalker.be](http://www.oxfamtrailwalker.be) and [www.oxfampeacewalker.be](http://www.oxfampeacewalker.be)

# Un Ami pour Tous



**Step 2: You bring your unused toys**

Mostly through our partner PartenaMut who provide us with a series of collection points.

**Step 3: Distribution of toys in nursery**

Our partner Aridgroup takes care of collecting the donated toys at collection points and redistributes them the same day in nursery centres in Belgium.

**And the goal: Make children happy**

Children receive their presents and jump for joy. Some of them finally have a cuddly toy all to themselves! Mission accomplished.

One Brussels-based non-profit organization Un Ami pour Tous (A Friend for All) is dedicated to improving the lives of children in care by breathing new life into toys that are donated... by the more fortunate children who own them.

One of the key values of the organization is about giving and they are keen to pass this value on to children because they are the adults of tomorrow. This is why collections are held on Wednesdays, so the children can come with their parents and put their 'old' toys in the collection points – it makes them understand the significance of the gesture and helps them feel better about handing over their toys.

Collections are once a month, and not only during the end-of-year celebrations, but all year round!

And the best thing about it is that they have made your involvement as simple as possible... in three easy steps.

**Step 1: Sort your toy boxes**

You sort your toy boxes and put aside the ones you no longer have use for: soft toys, stuffed animals, games.

The organization was set up by founder Florence Blaimont and co-founder Kwatar El Ouazzani. When a friend failed to sell all her children's discarded toys at a brocante, Florence offered to take them off her hands and gave them to her friend Kawtar. That was three years ago and Kawtar was a nursing student in her final year, working in an infant care centre.

Florence said: "She took them to the centre and the children jumped for joy. Kawtar explained to me that some had a piece of tissue as a blanket and that they all adopted a new friend and slept with it, holding it tightly in their little arms."

There are three different ways you can help. By giving toys as described above, becoming a volunteer and making a donation. Or all three!

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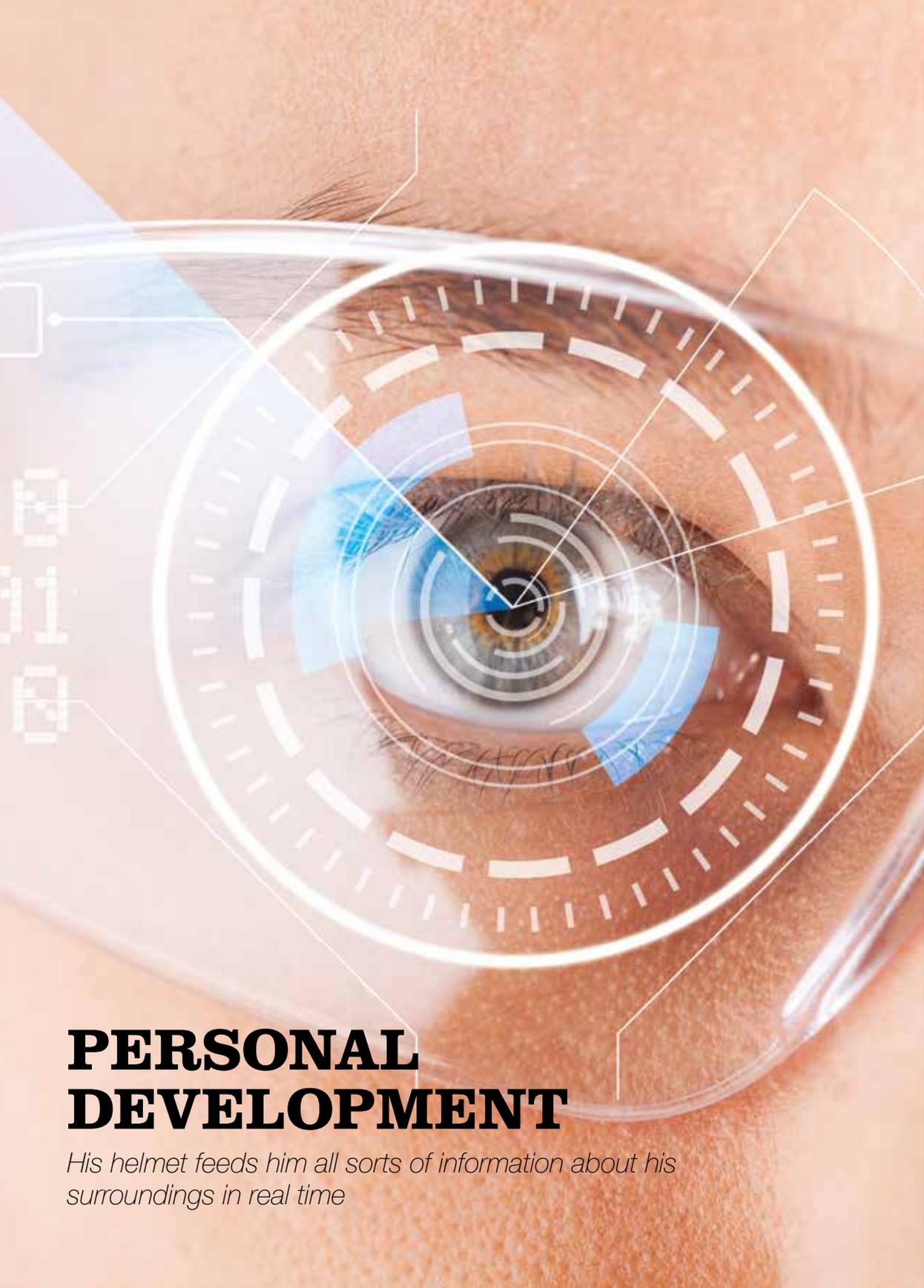
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# PERSONAL DEVELOPMENT

*His helmet feeds him all sorts of information about his surroundings in real time*

**PERSONAL**  
DEVELOPMENT

Fitness

# Winter swing

Golf Fitness Professional **Steve Vandebos** gives advice on golf training during the coldest months



**T**he British poet T.S. Eliot knew, and fitness trainers involved in golf know it too: April is the cruellest month. Along with the first spring sun come the first golf injuries. And compared to the injuries caused by stress and fatigue that we see at the end of the season, they are sudden but serious. Torn muscles, sprains and other injuries are not only the cause of pain and discomfort; they also put a damper on the excellent summer golfing months that follow April.

These injuries are often due to a long period of inactivity. Only the bravest persevere during the winter, and if they do, often it's for a shorter round than usual. And by the time the freezing temperatures arrive, training maintenance is often put on the back burner. Until April...

But just because golf clubs go into winter hibernation it doesn't mean that players have to follow suit. On the contrary! Winter is the perfect period in which to evaluate the previous season and create a solid foundation for the next. With no competitions in sight and our handicap remaining unchanged, we have time to reflect on the progress made and where there is still room for improvement.

So winter is the ideal period to take to the fitness club, preferably with clear goals. At my gym we do a thorough physical examination, asking them what injuries or complaints they have had in the previous season. How were the sports results? How did the player feel during the competitions and how quick was the recovery after a game or tournament?

Once you have evaluated these points with your local golf professional, a training programme can be created to fit your exact needs. You can work on your general stamina, focus more on particular muscle groups or fine-tune your posture. With customized training like this, a few hours per week is often all you need to dramatically improve your next season. And it's also great for those of you who just want to stay in shape.

In my club, I focus on training in the gym because the equipment provides optimum support for players' bodies while working out.

Are you unable to free up enough time or afraid of being snowed in for a few weeks? Then ask your trainer for specific exercises you can do at home or consider purchasing some basic gym equipment. An exercise ball to maintain supple rotation movements, a few weights for training arm muscles or a TRX for strength training will do wonders. So April need no longer be the cruellest month after all!

**Steve Vandebos**  
Golf Fitness Professional @ Aspria  
[info@fit2swing.com](mailto:info@fit2swing.com)

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[citroen.be](http://citroen.be). Véhicule illustré : DS 4 Crossback So Chic (options : peinture métallisée, Jantes en alliage 18" "Brisbane" Noires). (1) À l'achat d'une nouvelle DS, selon modèles et finitions, nous vous offrons la possibilité de choisir entre : une ou des options offertes ou une remise Save&Go<sup>(2)</sup>. L'offre sur les options offertes<sup>(1)</sup> n'est pas cumulable avec la remise Save&Go<sup>(2)</sup>. Exemple de pack : un pack d'options d'une valeur de 3.150€ à l'achat d'un DS 4 Crossback 1.2 PureTech 130 S&S BVM6 So Chic. (2) À l'achat d'une nouvelle DS (hors Business), nous vous offrons une remise Save&Go, selon modèles et Finitions. Pour bénéficier de cette remise Save&Go, le véhicule doit être commandé entre le 01/03/2016 et le 31/03/2016, et livré avant le 07/04/2016. La remise Save&Go est valable dans la limite des stocks disponibles. **Offres valables du 01/03/2016 au 31/03/2016** sur tous les nouveaux DS 4 Crossback (hors Business) vendus à particulier, non cumulables avec toutes autres promotions en cours et valables dans les points de vente Citroën participants.

# Personalized nutrition

Dietician expert **Sophie Bruno** feels that carefully tailoring diets to meet individuals' blood sugar levels is the future

**H**ave you ever wondered why we are constantly bombarded by a stream of such fundamentally contrasting dietary advice via a plethora of media channels? We are inundated on a daily basis with the ultimate weight loss tactic or optimal nutrition breakthroughs; however, there essentially seems to be no clear-cut, comprehensive scientific consensus concerning the optimal diet, as the information drags you in polar opposite directions. In fact, the science increasingly points towards the fact that there is no one diet that fits all approaches. We are all inherently different, which may explain why we respond physiologically differently to nutritional strategies and why no universally accepted diet can be identified.

Now, can you imagine a world where your DNA is encoded from birth? Where you will have access to the intelligence of the diseases you are strongly predisposed to developing based on your DNA – dietary advice will be personalized to your individual genotype. This nutritional revolution is gradually becoming a reality. The completion of the Human Genome Project in 2003 has enabled the development of various techniques to characterize common genetic traits, leading to significant progress in



the field of gene-nutrient interactions.

This realization has scientists and entrepreneurs racing to deliver more effective nutritional advice based on individual factors such as genetic makeup, gut bacteria, body type and chemical

exposure. This may also shed light on the apparent injustice of why some people struggle with weight loss strategies while strictly adhering to what is deemed to be a healthy diet, while others can seemingly eat whatever they like without this reflecting on the scales.

## The concept

Genotype-based nutrition has the potential to provide individuals at high risk of chronic diseases, such as diabetes, cardiovascular disease and cancer, with customized nutritional advice to reduce disease risk and onset. There is convincing evidence that a broad range of variations in population gene expression exists, which may explain the unique differences in biological response to how we absorb and metabolize nutrients and our predisposition to developing chronic diseases. Interactions between genotype and diet will become increasingly important when assessing disease risk and preventative management.

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## PERSONAL DEVELOPMENT

Nutrition

### Cardiovascular disease and gene-nutrient interactions

Research shows that people's cholesterol levels can respond very differently to dietary intervention methods depending on their genetic makeup.

Apolipoprotein E (ApoE) is a protein involved in lipid metabolism. Individuals possess one of three different forms of ApoE, depending on their genotype: ApoE2, ApoE3, or ApoE4. Those with ApoE4, representing approximately 15% of the population, are more likely to have higher concentrations of cholesterol. In fact, those individuals possessing an ApoE4 genotype who consume a diet low in saturated fat are more likely to respond favourably to this dietary intervention; they will exhibit observable reductions in cholesterol levels, despite their genetic predisposition. This signifies that consuming a heart-friendly diet may be more pertinent for those with an ApoE4 genotype compared to other ApoE types, where effects may be negligible. However, until these people can be identified, recommending a heart-healthy diet for everyone is imperative.

Furthermore, individuals expressing the Apolipoprotein (ApoA1) genotype will exhibit a higher HDL ('good cholesterol') level in response to increased intakes of polyunsaturated fatty acids (PUFAs), which are considered healthy fats. Contrastingly, the science shows that individuals with a differing genotype display positive impacts on HDL cholesterol levels by decreasing PUFA intake. It can be inferred that it would make sense for some people to consume higher amounts of PUFAs than others, depending on genotype, to reduce cardiovascular disease risk.

### Diabetes

Researchers have discovered several gene polymorphisms strongly associated with type 2 diabetes risk, which can be modified by diet. The research suggests that individuals, who have been profiled with a higher predisposition to diabetes, may modulate their risk by consuming a low glycaemic index (GI) diet.

The Personalized Nutrition Project, led by a

team of Israeli researchers, suggests that individuals have very different blood sugar responses to the same food – some showed large spikes even after consuming supposedly healthy choices. During digestion, carbohydrates are broken down into glucose, which are then released into the bloodstream. After consuming a meal, it is normal to experience an increase in blood sugar levels, termed 'post-prandial glucose response'. However, consistently high blood sugar levels in the long run can increase the risk of weight gain, and disorders such as type-2 diabetes, high blood pressure and heart disease.

The study followed a group of 800 healthy and pre-diabetic individuals, whereby data was collected round-the-clock to measure the effect of food on blood sugar levels. Many exhibited stark differences in their response to foods with the same GI. Some of the volunteers, dubbed 'carb-sensitive', had a higher blood sugar reaction in response to the more carbs they ate. This was in direct contrast to the 'carb-insensitives' whose blood sugar could increase even on a low-carb meal. Many responded very differently to fat consumption, and, interestingly, tomatoes pushed up blood glucose response in some individuals, despite containing relatively low carbohydrates. The researchers suggest that carefully tailoring diets to meet individuals' blood sugar tendencies could be the wave of the future.

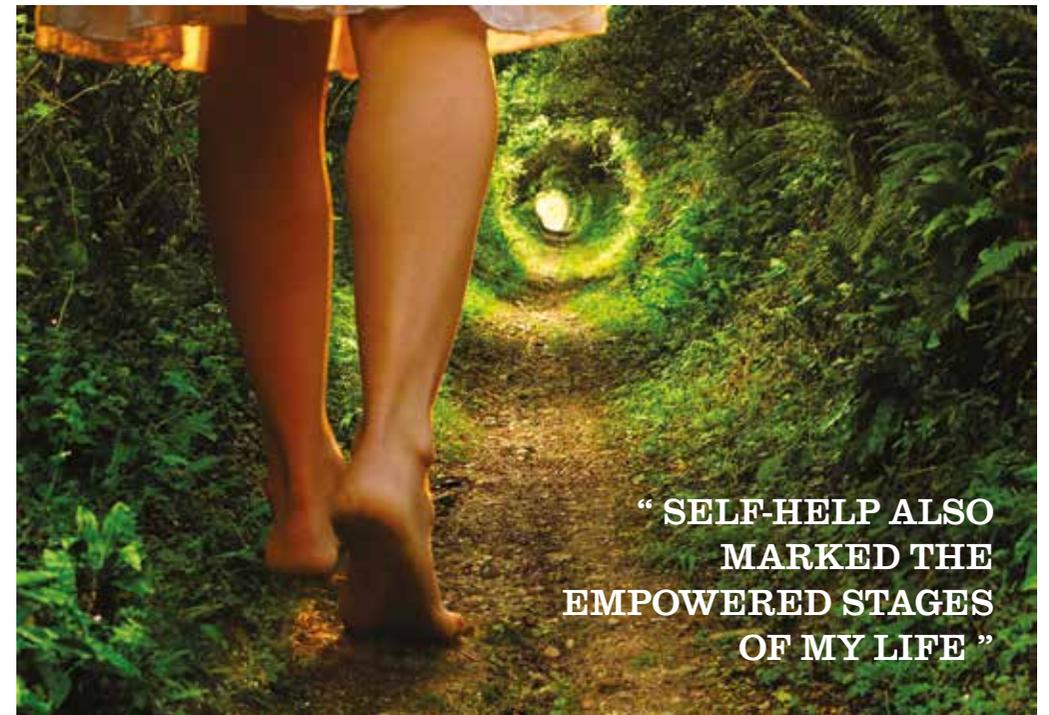
### Future outlook

More research is required as the interactions between genes, microbiome, diet, environment and lifestyle are infinitely complex. Moreover, the effects of gene variants on the risk of a complex disease are often inconsistent. A more robust evidence-based approach is required to improve the predictive accuracy of personalized nutrition. The future does seem to hold the promise of personalized nutritional recommendations based on genetic data, which will help fine tune the prevention of nutrition-associated diseases. However, we have yet to progress in this field due to the complex nature of genes in the relationship between diet and health outcome. ●



# Self-help: I'm a big fan, but...

**Gemma Rose** bids a fond farewell to the world of self-help



“ SELF-HELP ALSO MARKED THE EMPOWERED STAGES OF MY LIFE ”

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**S**elf-help is just rigged with negative connotations. As soon as an enthusiast mentions the term, you can just feel the groans or alarm bells ringing inside the poor soul that is lumped next to them. *Unleash the Giant Within* (groan!) *Feel the Fear and Do it Anyway* (shudder) and *I Can Make You Thin* (call the crazy police). With such great titles as these, why is self-help ridiculed?

Sometimes, self-help techniques just don't work: research has shown that positive affirmations make people feel worse when they

don't believe in their affirmations. Other times, it's demanding: writing out lists, repeating mantras, dieting or setting goals. Moreover, some of these self-help gurus come across as dubious characters. My favourite non self-help guru Oliver Burkeman writes in his often-quoted book *The Antidote: Happiness for People Who Can't Stand Positive Thinking* about attending a *Get Motivated!* seminar by Dr. Robert H. Schuller, an American Christian televangelist and author of more than 30 books on positive thinking (six of which made the *New York Times* bestseller list). Burkeman

describes with comedic effect how surreal the seminar is – participants jumping around, barking out positivity, eradicating the word ‘impossible’ from their vocabulary and dancing to rock anthems. Not long after the seminar, Dr. Schuller filed for bankruptcy...

Despite the above, I’m a big fan of self-help! I did “feel the fear and do it anyway”, I walked “the road less travelled”, I discovered “the secret” and I said “fuck it!” plenty of times in my life. And it did me a lot of good!

When I think back on my self-help journey, the different types of self-help books marked different vulnerable stages of my life: grieving romantic loss (*The Road Less Travelled* by M. Scott Peck); low self-esteem after finishing university (*Instant Confidence* by Paul McKenna); dating emotionally unavailable men (*He’s Just Not That Into You* by Greg Behrendt and Liz Tuccillo); and unloading what is expected of me and just saying “fuck it!” to it all (*F\*\*k It: The Ultimate Spiritual Way* by John C. Parkin). Yet, self-help also marked the empowered stages of my life: meeting the right man (*Get The Guy* by Matthew Hussey); embracing insecurity (*The Wisdom of Insecurity* by Alan Watts); and having enough of self-help (*The Antidote* by Oliver Burkeman).

Despite my fluctuating feelings towards self-help, there is one great strand of this world that continues to enlighten me: philosophy. My first fling with philosophy happened when my Dad handed me *Sophie’s World* by Jostein Gaarder in my early teens. I remember skipping the bits about philosophy, which I found complicated (and boring), and being enthralled by Sophie’s story. When I stumbled across the book again in a second-hand shop, more than a decade later, this novel astounded me. Thus, my journey into philosophy began.

Funnily enough, at least in western society, philosophy is the forefather of self-help. As highlighted in a post *On Self-Help Books* on Alain de Botton’s philosophy website, The Book of Life, the philosopher Epicurus wrote many books on love, justice and human life. He said: “The highest good is pleasure, the

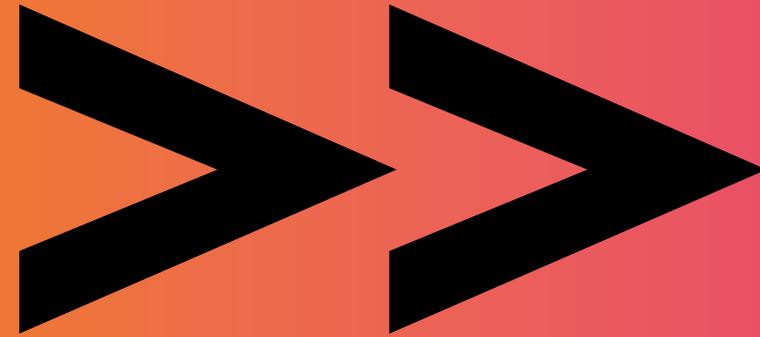
greatest evil is pain.” A notable stoic, the Roman Emperor Marcus Aurelius wrote *Meditations* (intended purely for himself), thoughtful, reflective and full of spiritual guidance. Aristotle frequently asked what it means to live the good life.

Perhaps it is philosophy that has helped me most: by understanding that the worst can happen and it isn’t so bad after all (stoicism); that it’s important to contribute to civic life (Aristotle); that it’s the intention that counts (Emmanuel Kant). Philosophy, whether overtly or covertly, has most certainly been a great source of inspiration for this column for the last two years.

While I’ve been recording my self-help journey in this column, I’ve been following with great interest *Help Me*, the blog by the Irish journalist Marianne Power. She set herself the challenge of reading and applying the principles of a well-known self-help book every month for a year. At the end of her quest, she writes: “When I look in the mirror now I still see chunky thighs and wonky teeth – but I also see a lot of other things. I see a woman who has done crazy, brilliant things this year. Someone (who) is kind and strong and brave and powerful. Someone who is alive and vibrant. Someone who, in good lights and on good hair days, can look quite beautiful. Someone whose smile is kind and genuine and open.”

In the end, I think that’s what self-help is about: making us realize that we are who we are all along, with no fancy gimmicks, no mystical powers and no ‘good’ or ‘bad’ – just us.

After two years writing for this column, it’s time for me to put the books back up on my shelf. I will always be on this journey of self-improvement. But for now, like Marianne, I think I’m done. Thank you for coming along with me. 🍷



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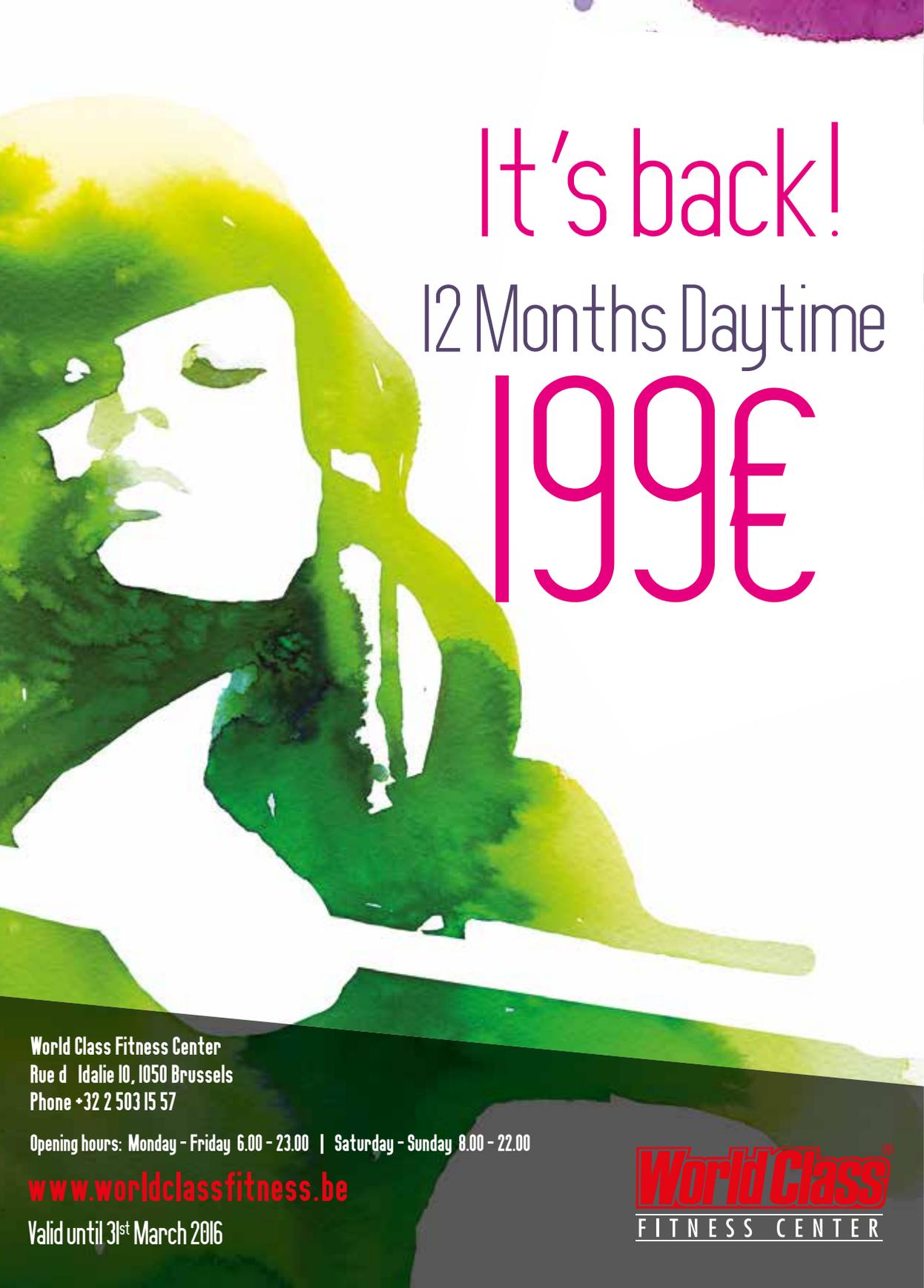
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# The body is a medium

Personal Trainer **Karen Northshield** looks at how Personal Training leads to Personal Development and success



**S**ince the beginning of time, humans have demonstrated a continual evolution in nature, structure and form. If we consider how the primate race evolved through the millennia, from the Homo erectus to the modern day homo sapiens, the human race has not only ripened in physical structure but its mental capacity has equally matured. We have reached a level of consciousness in our actions and goals. Nowadays, people seek to improve their bodies and their minds. Thanks to the evolution of science and technology, we have come to the point of being able to capitalize and maximize our full potential. Unquestionably, people today are seeking new opportunities to learn and grow. Personal Development is one way that leads to this personal evolution. But have you considered Personal Training? Personal Training is a win-win situation for everyone.

Personal Training and Personal Development are two fads of the 21st Century. Common opinion suggests that Personal Training trains the body, whereas Personal Development trains the mind. However, Personal Training is just as much about training the mind as it is about training the body. In Personal Training, the body is a medium that allows both physical and mental improvement. Indeed, the same focus and discipline required to improve our physical strength can be applied to improve our psychological strength. Personal Training is not just a way of achieving aesthetic perfection – it also empowers people by allowing them to

## PERSONAL DEVELOPMENT

### Training

have a strong mind, self-confidence, determination and, ultimately, success in all aspects in life.

Employees and business people alike are rushed for time. As a person grows and enhances his or her skills, so does the company. The more a person grows as a person, the more he or she can contribute to work and the more the company can develop and flourish. So everyone wins. Personal Training is highly beneficial because you gain personal skills and also reach new levels of physical development. The overriding advantage for business-minded people is that as you maximize your workout, you minimize your time!

There is a list of benefits that are often overlooked or that people might not know about, such as: receiving constant motivation, improving mental strength, engaging in fun and new exercises, preventing burn-out, finding and developing a routine that works for you, learning proper technique and form, receiving solid and consistent support, training with a personalized programme, working towards a specific goal, preventing and rehabilitating injuries, discovering and integrating tips on health, nutrition and fitness, gaining a stable foundation and stronger structure and, above all, success in your personal, social, financial and professional life.

Personal Training is so much more than just getting fit, losing weight and exercising under the guidance of a Personal Trainer. Personal Training is about exploring the limits of one's body and surpassing the boundaries of mental constraints. The mind is like a muscle and can adapt to physical constraints in the same way as the body adopts a new physical exercise or routine. Personal Training helps you to gain more structure in your life, by adopting intelligent eating choices and healthy habits – you feel confident, both physically and mentally. This process results in increased focus and awareness, in becoming more engaged at what you do, and, consequently, becoming successful at it, which results in success and self-development!



Moreover, as you exercise your body, you strengthen your mind to the same degree. When the body says, 'No', the mind is tested to either push further or give up. As a result, you learn to push yourself beyond your mental limits. It's easy to pop a chocolate bar in your mouth if you're feeling lazy, bored or tired, but a strong mind will say, 'No'. That same strong mind will lead you through that last rep, stand up for what you believe in, or help you negotiate a job contract or salary increase. With an enhanced structure and a fitter mind, you are stronger and even firmer in the most volatile of times.

Some people are born with natural talents, others acquire them. Not everyone has Arnold Schwarzenegger's body or Albert Einstein's mind, but it's all about putting your capabilities to the best use. Everyone has the mental and physical ability to learn, improve, excel and adapt to a lifestyle of healthy habits and routines. This means that those who invest in the guidance of Personal Training will achieve success beyond Personal Development. They both come from the same source of willpower and determination - and they both result in personal improvement, development and success.

Karen Northshield is a Personal Trainer at [www.paul-tucker.com](http://www.paul-tucker.com), [knorthsh@gmail.com](mailto:knorthsh@gmail.com)



## MEETINGS, TEAMBUILDINGS & INCENTIVES AT THERMAE.COM

**Overbooked agendas and tight deadlines often characterise the term 'work' in the year 2015. On the other hand, empty agendas without deadlines are devastating for an organisation, so it is important to find a humane way to deal with them. Our answer: mens sana in corpore sano! A cliché that has been confirmed by countless studies.**

At Thermae, we know that relaxation is the best remedy against stress and fatigue, but a couple of hours of physical exercise also alleviate the mind! Therefore, Thermae Sports Merchtem has joined the list of already established centres (Boetfort & Grimbergen). It is a club with a wide range of sports and wellness facilities, where the general well-being (both mentally and physically) of each customer is central. Besides the standard facilities (fitness, group lessons, wellness, tennis) we consciously make time for guidance and coaching.

We also organise team building activities, customised for your company or association. Our conference room offers the possibility to gather round the table with your colleagues for a meeting or presentation. Afterwards, our chef is delighted to pamper you with an extensive lunch in our brand new restaurant. Subsequently, a tennis tournament is one of the options, but you can also attend one or more group lessons and/or relax in the indoor swimming pool, hammam, jacuzzi or sauna.

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# Augmented reality

Colin Moors asks: Is this the real life, is this just fantasy?



I'm going to tell you why augmented reality is no longer the stuff of big-budget sci-fi but very much the next big thing. I suppose a good place to start would be to tell you what it is. I'll bet many of you have seen the films *Minority Report* and *Iron Man*, so I'll go with those as a base. When Tony Stark straps on the metal suit, his helmet feeds him all sorts of information about his surroundings in real time, aided by a computer. In the most famous scene in *Minority Report*, Tom Cruise's character is seen shifting 3D shapes around with his hands in the course of an investigation. These are essentially what augmented reality is about – enhancing your view of your surroundings with data, pictures, clips and text.

Those of you even slightly interested in how the behemoth of Google is marching forward

will know that a few years ago, in around 2012, their secretive Google X labs leaked information about a new form of wearable technology. Looking very similar to a regular pair of glasses (except for a strange bit sticking out on the side) Google Glass would enhance your view of your surroundings by recognizing elements of the landscape and offering information about them – think opening times for that cosy-looking restaurant, special offers in the exhaust repair shop across the road or just plain and simple data on the statue, tree or car you're looking at. Geeks around the world were drooling at the possibilities – many were more than a little disappointed when Google revealed that they would not allow pornographic applications to be used with it. After much hype and a big media circus, Google Glass was quietly and humanely killed in early 2015, a victim of being fantastic



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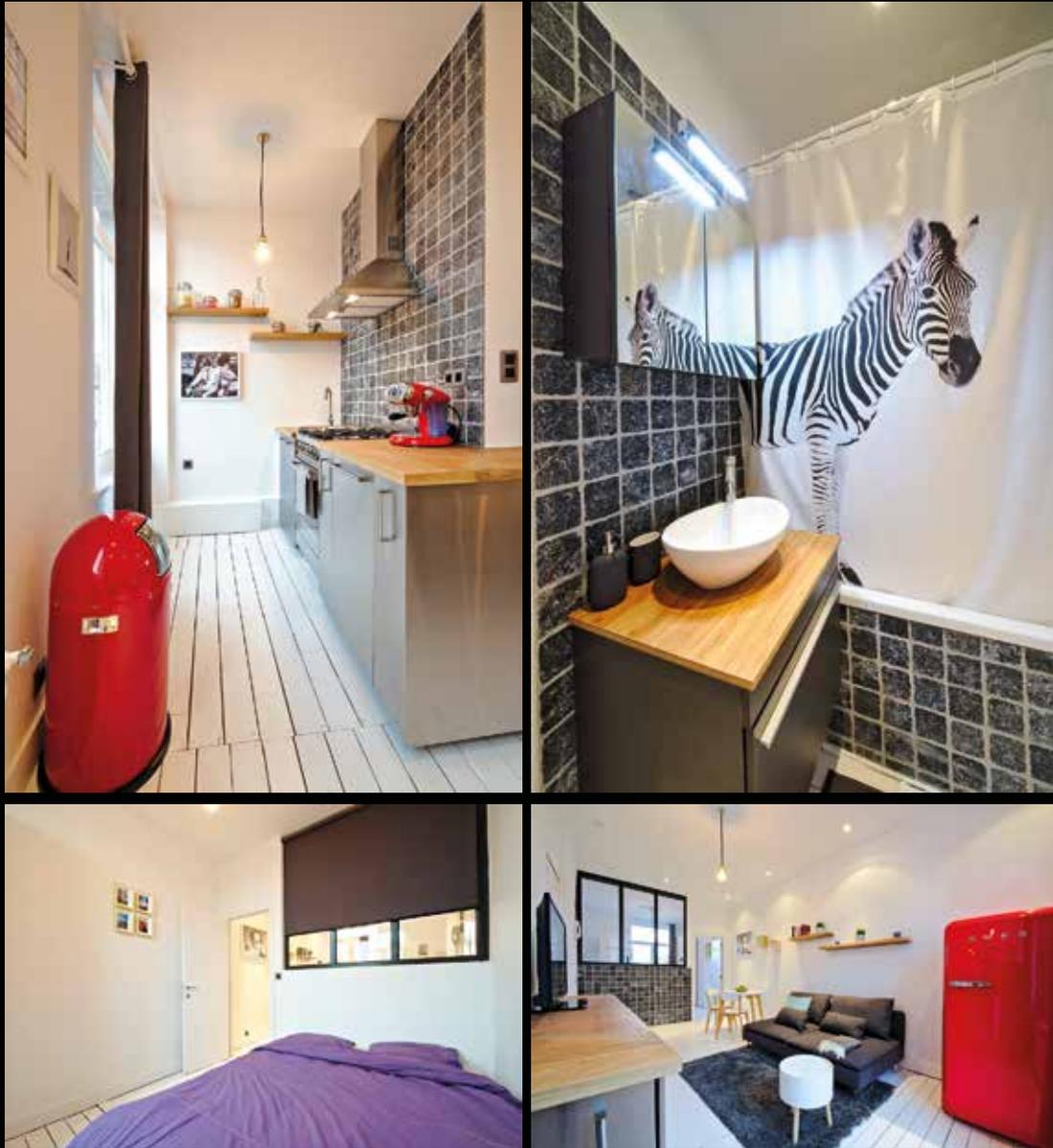
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## PERSONAL DEVELOPMENT

Technology

technology with no conceivable market.

“Enough with the blah blah, how will this thing change the way I go about things?” I’m glad you asked. Shopping, for one, could well be a whole new thing once the new reality is applied. TopShop have already piloted a system whereby you look at a dress or a pair of trousers and by looking down at yourself, can ‘try them on’ without all the usual rigmarole of trying to balance on one leg in tiny changing rooms. Shisedio has produced a mirror, in which you can apply all the makeup you want without a brush or lipstick touching your face. Other retailers are experimenting with changing the colour of the clothes you are wearing via specially designed eyewear.

Various furniture companies have apps in development that will design an entire room for you – with the option to purchase all the required items in a single tap of the screen, of course. Yes, naturally these companies aren’t doing it entirely for your convenience, but it is this investment that will drive the technology forward.

In addition to shopping, there are other practical applications too. Museums, in recent years, have undergone many changes, due to a policy they call the “new museology doctrine”. Put simply, telling stories about exhibits holds the interest of the visitor in a way that no label or dry wall of text can – ‘edutainment’, if you will. Unsurprisingly, The British Museum is ahead of the curve in this department, supplying kids with a dedicated tablet computer enabling them to interact –

and thus be taught – by a game called ‘A Gift for Athena’ that rewards investigation and encourages further activity. Perhaps a little worrying for those concerned with privacy (although in reality it’s at worst mostly harmless) is the EU’s CHES project. A snappy name to hide a clumsy title, the Cultural Heritage

Experiences through Socio-personal interactions and Storytelling program will match your persona to an event or exhibit in the hope of providing you with a more tailored and engaging visit. You’ll be profiled from a set of pre-determined personas based on ethnographic

information, surveys and assumptions based on age and sex. If you show little interest in interacting on a certain subject, or if you visit some items more than others, CHES will tailor a new itinerary on the fly.

Much of the technology is currently underpinned by ‘wearables’ such as headgear. The Oculus Rift is widely touted as being the next big thing in

gaming, offering 360° vision and an immersive gaming experience. This blurs the line between practicality and insanity for some people. If you think you looked funny trying on clothes in the middle of a shop, or a bit of a fool wearing the glasses, imagine how you’ll look to your family, flailing around the living room, screaming and trying to fight the air. Imagine when you first saw someone shouting at nobody until you realized they had a Bluetooth set on. It will be worse than that. Much worse. Overall, the technology is a winner but not everybody is going to look cool. **i**



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# Making the big guns cough up

**Gerry Callaghan** catches up with the latest on the EU's attempts to crack down on corporate tax avoidance

Photo © AgnosticPreachersKid Caption: US Treasury building in Washington, D.C.



**U**S multinationals such as Amazon, Facebook and Google could be forced to open up to public scrutiny their tax arrangements with EU governments. It is estimated that nearly €70m is lost each year from member states' budgets through tax avoidance by large corporations. On 28th January 2016, the European Commission published a draft anti-tax avoidance package aiming for a coordinated EU-wide response to corporate tax avoidance and increased transparency. According to the *Guardian*, in the UK, the Commission's proposal could come as soon as mid-April. However, the

proposal would need to be backed by all 28 member states and will be met with strong objections from Washington.

A lack of transparency has allowed companies to unfairly secure lower tax rates in some countries, effectively cheating nations within the EU out of huge sums of money. In 2014, the so-called Luxleaks media exposure revealed the ways in which hundreds of global companies had secured tax deals with Luxembourg, allowing them to save billions in taxes. Also, in October 2015, the Commission ruled that tax advantages granted to Fiat by

Luxembourg and to Starbucks by the Netherlands were illegal and ordered the companies to each pay between €20m and €30m in back taxes. Last month, it forced Belgium to collect unpaid taxes totaling €700m from 35 large companies that it had previously excused through tax breaks. Furthermore, Google could be forced to pay more UK tax by the EU after officials confirmed they will look into complaints from the Scottish National Party and UK Labour that the tech giant's €170m settlement amounted to "special treatment". The EU is also currently investigating Ireland's tax arrangements with Apple.

"We are taking a major step towards creating a level-playing field for all our businesses, for fair and effective taxation for all Europeans," said the EU economic and financial affairs commissioner, Pierre Moscovici, at a press conference.

"Tax avoidance has a cost, it is not just a matter of moral judgement," he said.

Using a figure from the European Parliament, Moscovici reiterated that between €50 and €70 million euros are lost each

year in the EU because of tax abuse." It is five times the amount of funds dedicated to the migrant crisis in 2015-2016," he said, adding that it was "less money for public services" like health or transport. "This is unfair competition for European local companies, and a shortfall for citizens who unjustly have to make up for the gap."

Transparent country-by-country reporting could be a huge step forward, because without it large companies can make secretive deals with governments on where and how they declare their profits. The new legislation will attempt to level the playing field for smaller and medium-sized companies, currently at a competitive disadvantage, by requiring larger organizations to publicly disclose their earnings and tax rates in every country where they operate. Executive Director of the Tax Justice Network, John Christensen, welcomed the plans. "For a very long time big companies

have been saying their tax affairs are a matter of competitive confidentiality," he said. "We think it is incredibly important as a matter of principle that this information is made public."

However, the move is likely to upset Washington, which sees the EU as unfairly targeting big US digital companies. In a letter to US Treasury Secretary, Jack Lew, several Senators warned that the EU's investigations could lead to "retroactive taxation" of multinationals. The Senators "urged" Lew to "increase efforts to caution" the Commission to avoid imposing these "discriminatory" taxes, calling it a "direct threat to its interests". The affected companies will likely claim tax credits in the US for paying these overseas taxes, leaving both the US government and taxpayers worse off. Robert Stack, the US Treasury's deputy assistant secretary for international tax

affairs, said last month he is concerned about the "basic fairness" of investigations of US companies and their tax affairs in Europe.

**" TAX AVOIDANCE  
HAS A COST, IT IS NOT  
JUST A MATTER OF  
MORAL JUDGEMENT "**

Speaking after the Commission released its draft directive, MEP Burkhard Balz of the European People's Party (EPP) group, said: "This is the moment of truth in which we will see the sincerity of the EU member states". He continued: "States which oppose these rules want to base their economies on taking bread out of the mouths of others." According to MEP Michael Theurer, from the liberal ALDE group, "These important proposals will close a number of the scandalous loopholes that have enabled companies to avoid and evade taxes across Europe".

Nevertheless, to become law, the Commission's package will have to get through the European Parliament and be adopted unanimously by the member states. Some of them, particularly Ireland and the UK, could be difficult to convince because low taxation is part of their economic model. **i**



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# Investing in Art

**Dave Deruytter** looks into how art can have an emotional and monetary value

**M**ore and more art galleries and fairs come to Brussels. Why, and what do they sell?

Art is part of the human DNA. It is one of those particularities that differentiate humans from other living creatures. Art is a key element in the culture of a person, a community, a region, a country. In its broadest definition, art is 'the most individual expression of the most individual emotion'. But that, of course, covers almost anything we do.

Before even starting to think about investing in art, it is important to know what art means to you. It is critical that you have an emotional bond with a piece of art you want to have in your home. It should be touching your heart. The piece of art should raise emotions. It should give you a special feeling when you see it when you wake up in the morning. In fact, it would be ideal if you could borrow the piece of art first for a few months to see if you really develop a long-term bond with it or whether it was just a brief flash of love that soon passes.

Once the bond is established, it may be interesting to know something about the artist. Who is this person? What drives this particular artist? What is his or her history, style and possible future? The answers to questions



Composition II in Red, Blue, and Yellow (1930) by Piet Mondrian

such as these may hint at the potential future monetary value of the piece of art. And this is where an art gallery or fair director, or their staff, can assist you.

Of course in the digital world of today you can find a lot of art information online. And there is even an important segment of art that is digital in itself, including video art. Online you can find reviews, the history and possible future of an artist's work, from art critics and collectors. But there is something very human about art, something very emotional. And to be able to physically relate to the piece of art, to see it for real, to listen to the artist, to hear the critic or

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art gallery expert, clearly has added value.

**How to effectively start learning about and buying art?**

Art galleries have something elitist about them. You often have to ring at the door with a camera watching you. A gallery does not always feel like you can just walk in and out and stroll around as you would like to. Still, given the value of some of the pieces on show, you should understand that it is a bit like a jewellery shop and so security is a concern. You can, of course, go to art fairs, such as the accessible or affordable art fairs that have recently established themselves. At these fairs there are few hurdles when you stroll around. Plus the fair organizer has put the opportunity in place for you to meet the artist or curator, and experts are around to give you background information. It is a bit like a visit to a museum where you can buy. More established fairs Art Brussels and BRAFA give you a similar experience, but often in the higher price brackets and a little more elitist.

**“ BE BRAVE AND START ON YOUR ROAD TO ART DISCOVERY TODAY ”**

Investing in art is an interesting possibility for diversification, away from the 'hard' investment options such as savings, stocks, bonds and real estate. But the same basic rules apply. As liquidity is limited, art is more of a longer term investment, a bit like real estate. It doesn't yield a physical interest or dividend, yet the enjoyment of the sight of the piece of art in your home may be priceless. There are mutual funds that invest in art if you are only interested in the financial value, which is not really to be recommended.

The fact that investors are more and more interested in this category of investment has interesting side effects for society as a whole. Community money, the taxes we all pay, is not needed to support the art world as much as it used to be. And if it is needed, it is more for young artists starting out or for those

pockets of art that cannot easily be quantified in monetary terms or are generally difficult to sell. There are sponsoring schemes or crowd funding options increasingly playing a role. Also, some famous artists, who have made it financially, are sponsoring such grassroots art, sometimes by auctioning some of their own works to support a museum, or by setting up galleries to help young promising artists to become a success.

All in all, art can be a very pleasant, certainly emotionally and sometimes financially rewarding activity, hobby or side business.

It may sound strange but the best way to approach art as a novice is to openly state that you do not know anything about it. You will be surprised by the amount and quality of free

advice that you will get from gallery owners, fair curators and art critics. And there is a good economic reason for that. The mere fact that you will talk about your new art hobby to your friends is great free publicity for the art

market as a whole. The fact that you may buy, even a very cheap piece of art in money terms, will help the market's value to grow. And every artist, gallery, investor will get his or her share of that in the end.

It is a question of not being shy about entering galleries or fairs, of being curious and asking questions, much more than knowing everything about the piece of art and the artist, or having lots of money. There is art to every person's liking and for every purse. Be brave and start on your road to artistic discovery today. Keep on checking what is going on in the art and cultural scene and go to a few of the many events on offer. A whole new world will open up to you. ●

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“I enjoy being different”



moving *William's* way

# Aesthetic surgery: ‘A love story’

**James Drew** speaks to Brussels' leading aesthetic surgeon, Dr. Louis-Phillipe Dombard

Photo © Luc Viatour



**J**ames wanted to know how he provides care for his patients during their time with him, and what he considers will be important to the future of his profession.

There are several reasons why it is such a pleasure to talk with Dr. Louis-Philippe Dombard about his life, work and ambitions – not least is the delightful ambiance of his clinic, which is connected to his own house and really does seem to be like sitting in the lovely home of an old friend. Think flowers,

tasteful objets d'art and coffee tables.

Another is his passion, which is apparent from the moment that Dombard opens his mouth.

“One of the most important points is this,” he says. “A patient comes to me and says that he wants plastic surgery, and they are frequently nervous or even afraid to begin with.

“I want to show them how I will perform the surgery. But frequently they say, oh no, I



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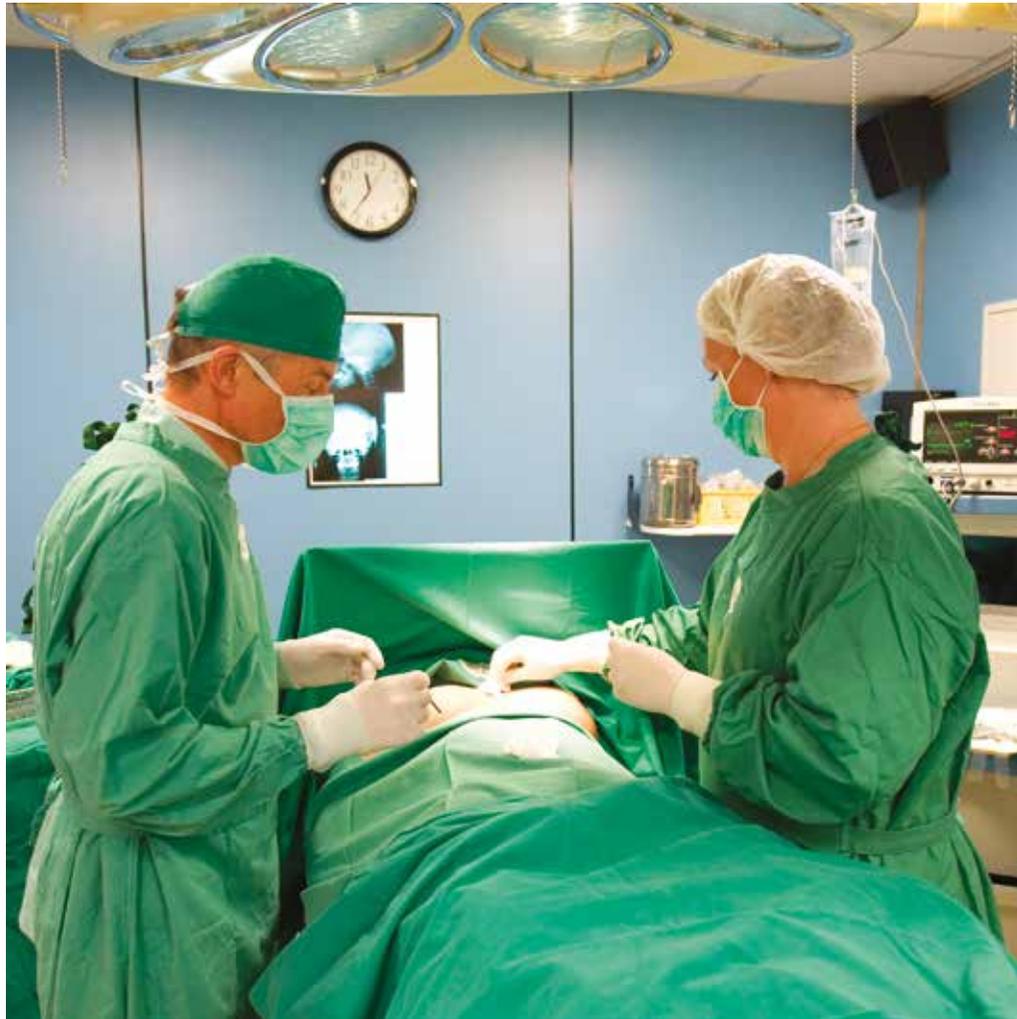


Photo © Luc Viaour

**“ THE SURGERY THAT THEY WANT FROM ME IS PART OF CREATING THE WELLBEING THAT THEY DESIRE ”**

cannot even support the idea of blood, or pain, so they are often really afraid – this is because they do not know about the procedures, so their imagination is working overtime.

“But, nevertheless, they have come to my surgery, because they want to work on their body, but it’s not only about their body – the surgery that they want from me is part of creating the wellbeing that they desire, because they have a plan, and it is their plan that is the much more important factor.

“It is a plan for their life, they want to be involved in a ‘love story’; they want their body to be perfect, nice face, nice breasts, and so on, but they need the self confidence that only I can give them, both to begin and then continue with the work that we have to do together.”

Aesthetic surgery is an ancient art – treatments for the plastic repair of a broken nose are first mentioned in the Edwin Smith Papyrus, a transcription of an ancient Egyptian medical text, some of the oldest known surgical treatise, that date from 3000 to 2500 BC, and reconstructive surgery techniques were being carried out in India by 800 BC.

Today, aesthetic surgery is baldly defined as ‘surgery in which the principal purpose is to improve the appearance’ but, for Dr. Dombard, it is about much more than that.

“The question is, why do people come to me to have aesthetic surgery performed? And the answer? It is perhaps somewhat difficult to respond with one answer, because if I have for instance a mother and daughter who come to me, and it’s the daughter who wants surgery, it is often the mother who is asking all the questions, because she cares very much about her daughter whereas the daughter doesn’t really want to know about what is

going to happen, or not as much.

“If you ask a surgeon, can you perform aesthetic surgery for me, most surgeons will doubtless say ‘Yes, of course’. In aesthetic surgery, the patient dreams, the patient has to dream, and many surgeons use the patient’s dream for their own interests. This is simply not correct.

“The aesthetic surgeon must be much more oriented by an aesthetic education, by the proportions of his patient’s body and his patient’s dreams, but it is so frequently the questions of money that drive the relationship between patient and surgeon, and not the art.”

So, how does Dr. Dombard ensure that his patients know he only has their very best interests at heart?

## **“ AESTHETIC SURGERY IS AN ANCIENT ART ”**

“You give me a very simple room, sufficient light and very few instruments, and I will perform wonderful surgery. If you have the tools, and the real tools

are your hands, you can do it.

“People speak about technology – OK, it is very interesting that in the future we will have new technology but, with new technology, you will have new problems. The human body has been the same for many millennia – so, if you have enough money, if you are rich, if you want the best, then you can pay a lot, for high-technology, for laser surgery and so on, but you are not necessarily getting high results. You can achieve fantastic results with simple tools.

“And this is why so many patients are frequently so disappointed after aesthetic surgery – it is not just about the technology, it’s about how to perform the surgery as best as you really can. Surgeons frequently prefer, after finishing their studies, to start making money directly, when in fact they should be



Photo © Luc Viatour

**“ THE PATIENT DREAMS,  
THE PATIENT HAS TO DREAM ”**



Photo © Luc Viatour

taking more time to visit other surgeons, to see their work, to learn about anatomy, before they begin working with patients.”

And Dr. Dombard himself took his own inspiration from another plastic-aesthetic surgeon early in his own career – while in Germany, continuing his medical studies, he read about one Professor Ivo Pitanguy, a world-famous plastic surgeon and professor in Rio de Janeiro.

As Dombard explains: “I didn’t know him, but I said, ‘I will work with this man!’” He flew to Brazil and went straight to the clinic. Professor Pitanguy, who usually selects only around five surgeons from the 100 or more who apply to work with him each year, gave Dombard specific instructions. “Learn Portuguese, get recommendation letters and take a placement test,” he told him. “Then try again.”

Two years later, Dombard was back in Brazil. This time, he was ready – he knew the language, took the test and was accepted into Pitanguy’s program. For three years, he lived in Brazil and learned from the best. It was from Pitanguy that Dombard says he learned the importance of the relationship between the patient and the surgeon – a surgeon must choose the patient, just as the patient chooses the surgeon.

And Dr. Dombard has been doing just that for more than 20 years now at his Overijse clinic; the establishment offers a wide range of facial aesthetic surgery of the face, as well as rhinoplasties, liposuctions, breast implants, lipofilling and skin treatments.

So, what does Dr. Dombard believe will be important in the future of his profession?

“In the future, we will perhaps have a lot of new technology – that’s fantastic, but then

you need somebody to perform the surgery, and there is the problem, and this is perhaps the weakest link. The patient has his or her wishes, the technology is OK, but we need the surgeon with his hands. We cannot use a robot, because this is art. It’s like if you took ten artists, painters, and you gave them an easel and beautiful paints, then you say paint something – you will probably end up with one good painting, and the rest will be no good.”

So, it’s about sincerity, it’s about passion for the art, it is about more than money – how likely does he think it is that more surgeons will follow his example straight out of their studies?

“That’s a good question. Naturally, I cannot speak for every surgeon in the world, but I would like to hope that more and more, as technology inevitably advances in tandem with the art of aesthetic surgery, that more and more surgeons will look first at what they are aiming to provide their patients with, and not the other way round.

“All told, I am optimistic – and I know that all I can do is keep on doing what I am doing.”

Something for which this writer feels many will be grateful for the length of Dr. Dombard’s career. **1**

**“ YOU CAN  
ACHIEVE  
FANTASTIC  
RESULTS WITH  
SIMPLE TOOLS ”**



# EuroCare: In the heart of the European quarter

**Nathalie Marchal** visits a private, multidisciplinary, multilingual medical centre



**O**pen since early October 2015, EuroCare has brought together a comprehensive array of specialists in medical, paramedical and dental care. This new multidisciplinary centre places the welfare of patients at the heart of its service.

When you walk through the door of the Eurocare Medical Center, you sense immediately that everything was designed so that patients feel welcomed and know they will be looked after in an efficient and warm atmosphere. Completely renovated, the centre (formerly devoted to offices) has been thoroughly thought through in terms of patient comfort. The spaces are bright and punctuated here and there by a few notes of bright colours, which give the whole place a harmonious aspect that is both modern and fresh. This sober and serene scene boasts the very best conditions in which to consult a doctor, dentist or therapist, or to undergo a specific medical examination.

"We worked with an architect who specializes in the development of this type of space so that people feel good when they come for a consultation," explains the Eurocare director. To

do this, the various surgeries, all with the appropriate, high-level equipment, are spread out over the 300 m<sup>2</sup>, with clear signage and a smooth passage so as to avoid congestion when you go to an appointment.

### **3 Ps**

The centre's DNA could be summed up as the '3 Ps Rule': proximity, professionalism and personalized approach. Located in the heart of the European quarter in Brussels, Eurocare is easily accessible, which makes organizing an appointment easier depending on your office hours – drop by on the way to the office, at noon or in the evening. The medical and paramedical teams quickly take charge of their patients, and each record is computerized, allowing the case history to be relayed globally any time.

### **General practitioners permanently on duty**

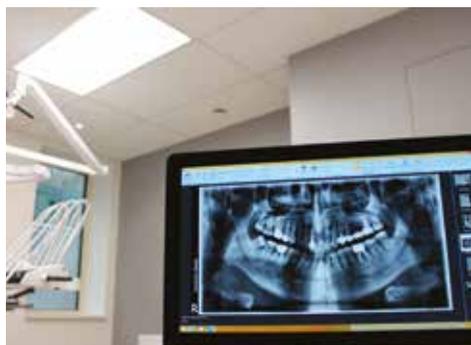
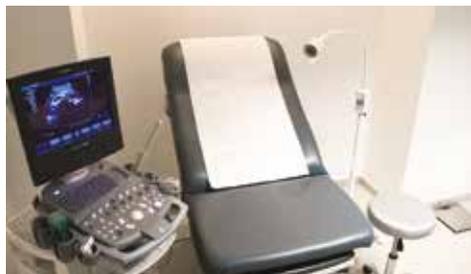
With some exceptions, a general practitioner is present continuously at the centre from 8h00 until 18h00. The advantage of this is that patients are received within a very short delay. When necessary, they can make an appointment, and, in general, will be seen the

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same day or the next day at the latest. These consultations are aimed at young children, including infants from the age of one, teenagers, adults and seniors. Diagnosis, treatment monitoring, vaccinations, screening for STDs (sexually transmitted diseases), gynaecology (yearly check, smears, etc.) are all part of the primary care service provided on site, as well as blood tests.

“These blood samples are taken between 08h00 and noon, since patients should generally be fasting. But if it is necessary to take a blood sample during a consultation that takes place in the afternoon, for example, we can do that, too,” said the director. And, very importantly, consultations are conducted in French, Dutch, English... and also in Russian. It is a very significant dimension to a medical centre based in the multilingual capital of Europe – French, Dutch, English and Russian patients can have their consultations in their own language. Also note that the centre’s approach is based on classic science-based medicine.

**A multidisciplinary centre**

In addition to general medicine, Eurocare

brings together teams of specialists in numerous fields, allowing it to offer its patient base a range of comprehensive medical services: cardiology, gynaecology, radiology (ultrasound and mammography), ophthalmology, sports medicine, orthopaedics and dentistry. For paramedical care, the centre also hosts therapists, physiotherapists, osteopaths and podiatrists. It is also equipped with an analytical laboratory.

**The synergy of a comprehensive centre**

The advantage of such a centre such as Eurocare is that it offers not only the opportunity to come to a specific consultation, but also to benefit if required from real synergy in diagnosis, examinations, screening, medical monitoring and care. Take for example sports medicine: a patient person who so wishes, or whose medical condition requires it, may combine consultations at the centre with a sports doctor, cardiologist, physiotherapist and chiropodist, and it may also be necessary to take ultrasounds. You can carry out physical training programs or fitness for all levels with powerful equipment used by high-level athletes.



**Adaptable and customized check-ups**

When it comes to check-ups, EuroCare is structured so that all examinations can be conducted in bulk and in succession within a half-day. Age-appropriate and gender preferences can be made as part of a professional or personal request. These checkups include other biological analysis, a detailed history, including a complete physical examination, medical imaging and screening of certain types of pathologies (prostate cancer, uterine or colorectal collar, in particular) and cardiovascular disease (risk of heart attack).

**Advanced dental treatments**

With a team of qualified dentists, EuroCare also offers comprehensive dental care, including functional or aesthetic treatments, preventive and curative care and sustainable and conservative treatments. The wellbeing of patients is at the heart of the concerns of these teams, and the centre is at the forefront of technology, and using latest generation equipment, such as *panoramic radiography* or radiology devices inducing minimal radiation, and an intraoral digital scanner. Digitalization has the great advantage of making diagnoses and the different treatment options easy to understand for the patients’, allowing them to visualize the final result before starting the care being offered to them. Special attention is also given to the sterilization of instruments – an internal office is fully dedicated to the task.

**Treatments à la carte**

Whether in general dentistry (prevention, assessment, diagnosis, treatment of

pathologies related to the oral cavity, maintaining the functionality and appearance of the teeth), or restorative (rehabilitation of the mouth with composites, bridges, inlays and onlays), everything has been done at Eurocare to offer the very best dental services. Devices for day and/or night cosmetic or aesthetic treatments and implants are also made at the centre.

“Given the rate at which people generally live their lives and the fact that they are often in a hurry, we always try to be on time and respect the appointment time.” Eurocare recommends making an appointment by phone (00 32 (2) 842 02 02 or 00 32 (0) 484 307 307), and online on the centre’s website ([www.eurocare-medicalcenter.com](http://www.eurocare-medicalcenter.com)), or via the app doctena.be to avoid wasting patients’ time. Given that the majority of appointments are made at very short notice, the centre is open at lunch time to ensure that specialists can spend enough time to monitor each patient. Undoubtedly, this new private multidisciplinary medical centre is a place to be recommended. ●

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# LIFESTYLE

*This oasis is formed by natural swimming pools in the ocean, protected by coral reef*



## LIFESTYLE

Luxury

# Island luxury

**Paul Morris** offers a taste of genuine luxury on private islands

### Necker Island

Necker Island is a 74-acre (300,000 m<sup>2</sup>) island in the British Virgin Islands just north of Virgin Gorda. The island's land is entirely owned by Richard Branson, chairman of the Virgin Group and is part of the Virgin Limited Edition portfolio of luxury properties. The whole island operates like a resort and can accommodate up to 28 guests. He purchased the island at the age of 28, just six years after starting Virgin Group. It took three years and

approximately US\$10 million to turn it into a private island retreat.

After climbing the hill and being stunned by the view and wildlife, Branson decided to purchase the island. He says: "Necker Island is my home and favourite hideaway. I invite you to explore this idyllic island paradise for yourself and to be inspired by its beauty. I hope someday to be able to share it with you." **Not currently for sale**



Photo © Owen Buggy

## LIFESTYLE

Luxury

### Peninsula of Punta Guiones

Located on the Peninsula of Punta Guiones in Nicoya, Guanacaste, Costa Rica. It lies in a zone of beautiful white sandy beaches, with a unique access road, allows total privacy to the property and has one of the world's few pink sandy beaches with a small gorgeous waterfall. This oasis is formed by natural swimming pools in the ocean, protected by the coral Reef – pelicans, herons and all kinds of marine birds pop by every day. Ideal if you're looking for unforgettable wakeups and romantic sunsets with incredible views of the Pacific Ocean...

**Price: €18m**



## “ BE INSPIRED BY ITS BEAUTY ”



### Darby Island

This island is very special. It is located in one of the most beautiful parts of the Bahamas and boasts white sandy beaches and the potential for an airstrip. It has all the basic essentials for development. It is situated very near well-known island resorts and existing airstrips. **Price: €36m**



### Shelter Island

The beautiful Shelter Island Estate enjoys 24 acres of land. Perched high on foundations made from solid granite, it is situated close to Flathead Lake. It is currently the most exclusive private property throughout Montana and takes advantage of more than thirty thousand square feet stretched across a prime lakeside setting, it is also close to the iconic Glacier National Park. **Price: €55m**

### Rangyai Island

Within twenty-five minutes of Phuket, Thailand, Rangyai Island benefits from around one hundred and ten acres of land. This stunning island is home to pristine white beaches, not to mention lush rainforests. It is the biggest peninsula that's available in the entire area. This particular island comes with running water, mobile signal and a generator for all your electricity needs. **Price: €146m**



# The smart cabrio: Fun is in the air!

Our motoring correspondent **Bob Monard** is a big fan of Mercedes' little city slicker



**M**obility and cars with a compact form go very well together, and for some time now the smart car has been showing the way.

Appearing in 1998 and brought up to date eight years later, the smart (which is written with a small 's' even though it belongs to the giant Mercedes-Benz) is the smallest car sold in Belgium. With seating strictly for two, it is lively and reliable, excelling in narrow streets where it can twist and turn before parking wherever you like. Because no space, no matter how small, is inaccessible.

Its third generation (2014) is still accompanied by a convertible version. Best not disappoint the 220,000 motorists seduced by the previous generations of the smart fortwo cabrio.

Identifiable by its enhanced bonnet, ultra short overhangs, solid honeycomb radiator and diamond headlights, it is powered by a 3-cylinder 12-valve 898 cm<sup>3</sup> and 90hp engine, developed in conjunction Renault, and positioned behind and flanked by a Twinamic automatic dual-clutch and six well-spaced ratios. A 999 cm<sup>3</sup> version with 71hp is also available. Functionality and design have been revised, including a tailgate in two parts with a 190-260 dm<sup>3</sup> boot, offering even more convenience without sacrificing the look. Frankly it's a success.

This very clever city car, at home in narrow streets and on more impressive roadways, loves the great outdoors! The 1.8 m<sup>2</sup> electrically retractable soft-top roof opens from inside and outside via remote control in 12 seconds, regardless of the vehicle speed, and is available in a choice of blue, black and red.



There are many powerful reasons for driving the smart cabrio, including its dimensions of 2,695 x 1,663 x 1,552 metres, a wheelbase of 1,873 meters, a boot capacity of 260 to 340 litres. Weighing in at 920kg, this little devil's turning radius is only 6.95 metres!

As well as the tailgate in two parts and its new look, its functionality has been revised to offer even more convenience without sacrificing a very successful look. Add to this the multifunction steering wheel and the multimedia system controlled from a smartphone.

It also has the latest ESP® stabilization system for crosswinds (optional), hill start aid (series), anti-collision radar, lane departure warning and windbreak netting (optional).

This stunning micro city slicker boasts

spaciousness, maneuverability and stability – it goes from 0 to 100 km/h in 11.7 seconds and cruises at 155 km/h while using up just over four litres of eurosuper per hundred kilometres. Mercedes promotes intelligent mobility, and I must say I agree. Luckily, this commendable approach does not necessarily mean that vehicles will be left with a soulless curve. The new smart cabrio proves the point. This stylish urban vehicle is available in the 15,892 to 19,939 price range. Perfectly rigid and boasting electric power steering, the Fortwo Cabrio is comfortable, safe and well soundproofed. It comes in Pure, Passion, Prime and Proxy.

Functionality, emotion and innovation are the smart's three main values. And I'll happily subscribe to that. 📌

# LOVE IS RESISTANCE

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Assistant photo: Damien Molicone  
Digital artist: Tango-grafix  
Art direction: Nicholas Sirot  
MU&H: Noel Inocencio for Mac and Kevin Murphy  
Models: Nicole Hofman @IMM models Agency  
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Shirt: & Other Stories  
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Top: **Reebok**  
Trousers & suit jacket: **Hilfiger collection**  
Left arm bracelet: **Olivia Hainaut**  
Right arm bracelets: **I.MA.GLN**  
JewelsShoes: **Zadig&Voltaire**



Sweater: **Filles à Papa [www.icon-shop.be](http://www.icon-shop.be)**  
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Prep/Prime Fix Mist  
Mineralized Blush in Dainty



Coat: Filles à Papa [www.icon-shop.be](http://www.icon-shop.be)  
Earrings: Dior



Shirt: Blanc Kelly  
Shorts combination: Ba&sh  
Jewels: I.MA.GI.N Jewels



Shirt: Karl Lagerfeld  
Coat: & Other Stories  
Trousers: Zadig & Voltaire  
Ring: I.MA.GI.N Jewels  
Necklace: Céline Daoust



Dress: Ladress  
Jewels: I.MA.GI.N Jewels



Shirt: **3 Suisses**  
Coat: **APC**  
Shoes: **Zadig & Voltaire**



Total look: **Zadig & Voltaire**  
Jewels: **I.MA.GI.N Jewels**

# La Petite Gervaise

**Jeanie Keogh** met up with a Belgian-based designer who makes out-of-the-ordinary clothes for kids

**G**rowing up in Brittany, fashion designer Gervaise Gournay was bestowed the nickname La Petite Gervaise after the Danone yoghurt product Petit Gervais. She not only took the name in her stride, but appropriated it for her funky kid's fashion brand when fresh out of Brussel's La Cambre school of art and design.

Despite there being no kidswear design training option during her five-year programme, her decision to launch one of the only kid's designer labels for 4 to 10-year-olds in the Belgian capital was a natural fit. For Gournay, whose fashion beginnings were sewing

princess costumes and dresses for nine siblings as a teenager, the idea came when one of her sisters complained she couldn't find any fun or original clothing for her son; everything was standard navy blue and too conventional for his fashion sense.

Gournay got La Petite Gervaise off the ground in 2011 "without a single penny to my name". She worked out of her home-based studio in Ixelles and, once ready to launch her first collection, applied for and won a free spot at the now-defunct Little Fashion Week exhibition (the Belgium equivalent of kid's fashion exhibition Playtime) where she connected with buyers and began creating a loyal fan base.

Her gender-neutral, fun-loving style is a mix of sass and class, what she calls "imp spirit". What's essential to her design philosophy is giving kids the creative freedom to express themselves and be silly at a time when their imaginations are fertile. As such, she steers clear of imposing a restrictive dress code of fashion dos and don'ts and abhors the 'blue is for boys, pink is for girls' rhetoric which ended her nephew's love of all things pink the moment he went to school.

"The bulk of my collection is unisex – the idea is that whoever wants to wear it can wear it. There is no indication on the tag that it is for girls or for boys. Of course, I have pink dresses and boys are not necessarily going to be interested in that, but the idea is to leave it up to the child and the parents to choose what they want and especially not to limit them by putting clothing in a labelled, categorical box."

Fittingly, her spring/summer 2016 collection was inspired by an unlikely pairing of skateboarding culture, the traditional costume

worn in Brittany and a little bit of dinosaur thrown in the mix. It's been such a success that parents have asked her to make some of the models in adult sizes, a phenomenon she could have never predicted.

"Since I decided to design for kids, I have adults coming to me and asking for something in their size, they love it so much. At first I said 'no, that's not what I do' but in the end, I started to make it to order. Often, it's the opposite – the designer has a women's or men's line and then makes reproductions for kids."

But Gournay prefers to stick to kids wear, explaining there is a pleasure in designing for children that you don't get when designing for adults.

"What's nice about working in kids fashion is that they put themselves in a role and look in the mirror and you can see they are happy to be wearing what they are wearing, that they can feel they are wearing something that is not commonplace and it sparks their imagination. For example, the jeans with the teeth, it's really simple – a few little yellow teeth. For some, they are cowboy jeans, for others, it's a dinosaur. It encourages them to dream and that's what's brilliant," she said.

As the business is still new, Gournay tests out whether her bold design ideas are commercially viable by bringing her most loyal clients around for a fitting – or rather, a playful dress-up focus group – to gauge their reactions.

"Kids are so honest. The parents are a bit more sensitive. They're more likely to say, 'I wouldn't buy that,' but without telling me why. Kids will tell me directly, 'I don't like that, that one's scratchy, I don't like the colour of that one, it's out of style.'"

The more honest the feedback, the better, Gournay says, noting the frank criticism helps her survive in what is a tough niche market, especially given her prices are double those on

the mainstream market.

But the reward for her labour of love is in knowing that investing in high quality fabric – durable, comfortable and soft – and creating a piece of clothing that is the perfect fit for both the child's body and budding identity, her garment will long outlast mass-produced clothes. This leads Gournay to weave nostalgia into our conversation: "A quality piece of clothing can be passed down from one child to another and that's what touches me because that is how I grew up. My mother bought good quality clothing and it was handed down amongst us kids over the years and now there is something sentimental about those clothes because it was worn by each of us and so there are memories in them," she said.

Regardless of your budget, a designer that is sentimental about hand-me-downs and designs with the longevity of 10-children families in mind is worth checking out.

Find La Petite Gervaise at Chikimi ([www.chikimi.com](http://www.chikimi.com)) in Brussels [www.lapetitegervaise.com](http://www.lapetitegervaise.com)



Photo © Servanilly



Photo © Ganaelle Glume



極度乾燥(しなさい)  
**Superdry.**

# Shopping



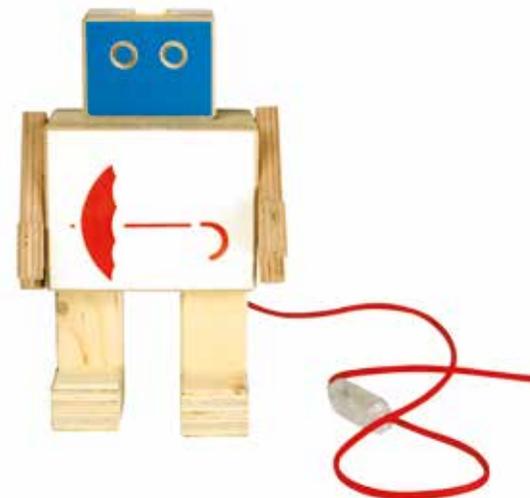
### Colognes Hermès

New cologne Eau de rhubarbe écarlate. On sale in Hermès stores since early February and available in perfume shops from April. **€92** (100ml)  
[www.hermes.com](http://www.hermes.com)



### Dodo

Everyday bracelet with butterfly in rose gold and brown diamonds, nuggets and precious components in blue sapphires and brown diamonds. Butterfly Charm in 9ct rose gold with brown diamonds: **€405**. Bracelet in silver and rose gold: **€130**  
[www.dodo.it](http://www.dodo.it)



### Rijkswachters lamps at Bleu

The Rijkswachters are robots made from wooden crates in which works of art from the Rijksmuseum Dutch museum were kept secure during the decade when the museum was being renovated. Each robot has a number so that you can find any work of art has been preserved in the crate that was used to make your robot.

**€120**

[www.facebook.com/bleubruuxelles](http://www.facebook.com/bleubruuxelles)

## LIFESTYLE

Shopping

### Wrap Vintage

Each bracelet is a unique piece made by hand. The Cocoon Wrap Vintage bracelet is composed of white quartz, crystal, pyrite, rocks and coral and jasper. Two lines are braided with pink and silver beads. Bracelet wrap vintage sweetie. **€69.95**  
[www.hopono-shop.com](http://www.hopono-shop.com)



### VENIZI

Inspired by the golden age of cinema of the 40s and 50s and the beauty of its mythical actresses. 'Night Pearl' silver brooch (rhodium plated); **€26.90**  
[www.venizi.com](http://www.venizi.com)



### Alline Procap, a 100% Belgian innovation against hair loss

To fight hair loss and thinning hair, Trenker Pharma – a Belgian pharmaceutical laboratory – developed Alline Procap, an exclusive and patented food supplement based on pure keratin. By combining the 18 amino acids, which constitute the keratin molecule, to a complex of ten vitamins and three minerals, Alline Procap forms a unique and total combination that provides all the essential nutrients for strong, shiny hair and hair growth.



### Kerzon at Bleu

Candle Collection scented pouches 'caramel and wood'. The perfumes are made in Grasse from natural notes and subtly combined ingredients. Everything is created in Paris and manufactured in France by hand. **€35**  
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# Easter treats



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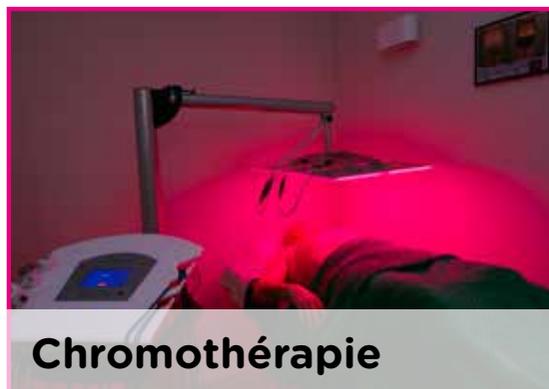
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# Sweet spring colours

Our beauty expert **Delphine Stefens** believes that spring is almost sprung

**A**s your wardrobe gets ready to embrace this spring's candy-coloured pastels, your beauty case is also about to get sugar-coated. This need not be boring. On the contrary. Allow these soft shades to enhance your natural beauty and spice up your look with a loud mouth, flashy mascara or maybe even both. Be bold, be brave, be you. And, last but not least, have fun!



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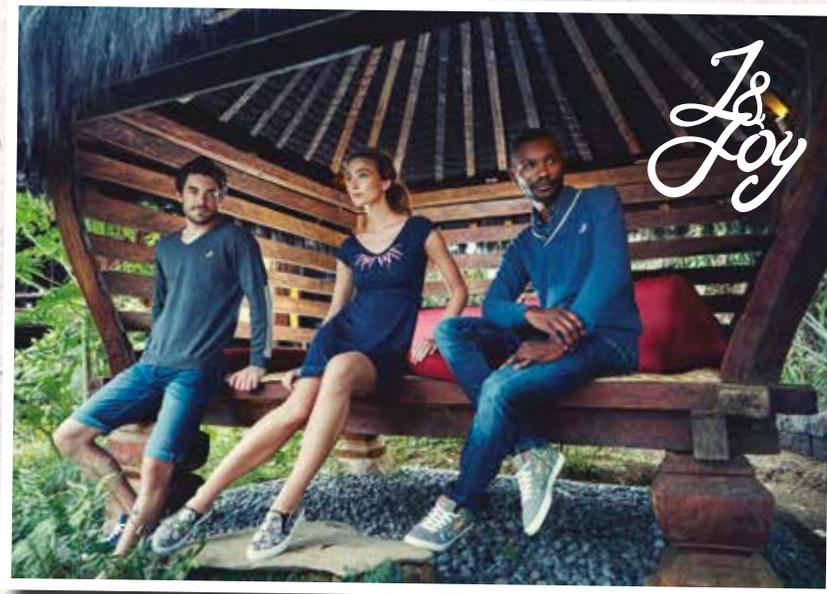
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# LIFE OF LEISURE

There is a spectacular view of Mont Blanc and, in the valley, Lac Lemman



LIFE OF  
LEISURE

Interview

## Kate Winslet: Playing the villain

Together chatted to Kate Winslet about some of her latest roles, especially the challenge of playing a nasty mafia moll



**K**ate Winslet is a veritable chameleon. Over two decades, seven Academy Awards nominations and one Oscar for *The Reader* in 2009, we've seen her play simpering Jane Austen heroines (*Sense and Sensibility*), a withdrawn 50s housewife (*Reservation Road*), a gutsy scientist (*Contagion*) and a spirited debutante (*Titanic*). And while most of it is down to her extraordinary abilities, she humbly gives credit to the costumes.

"I really think when the costume goes on, and until it comes off, it really changes everything," she explains frankly. "I don't think you can fully play a part until the look is put together."

It certainly rings true in her latest role. As a vicious, evil mafia boss in *Triple 9*, the 40-year-old steps away from anything she's ever done,

or worn, in the past. And speaking to her today, the actress freely admits that was all part of the appeal.

She is a mother-of-three to 15-year-old Mia, 12-year-old Joe and two-year-old Bear (with husband Ned RocknRoll). She mesmerizes in this shocking gritty crime thriller which sees the cops and Russian mafia play leapfrog in a bid to claim supremacy.

Alongside a cast including Casey Affleck, Woody Harrelson, Norman Reedus, Chiwetel Ejiofor and Aaron Paul, Kate dominates the screen, resplendent in trashy garish outfits and enormous hair.

*Triple 9* follows an entirely contrasting role as somewhat dowdy but innumerable brave Joanna Hoffman, right-hand woman to Steve

Jobs, for which Winslet is tipped to win her second Oscar after clinching the Golden Globe for Supporting Actress last month.

And after turning 40 last year, it's an indicator that the Reading-raised megastar is only getting started.

In jolly form, the actress talks about her reservations about taking on Irina and why she worried it could descend into parody. She also reflects on her future goals, her prowess with accents, why the paparazzi are no longer interested in her life and growing older in the film industry.

**Together: It's not your first time playing the villain, but Irina is definitely the worst by a mile. Was that what appealed?**

Kate Winslet: Without a doubt! She's the nastiest, most irredeemable individual I have ever had the pleasure of portraying and, yes, it's something I've often toyed with. It's not from a place of dying to be the villain for the sake of it – the whole 'baddies have more fun.' It was fascinating to get into the mindset of someone like Irina, why and how they become who they become.

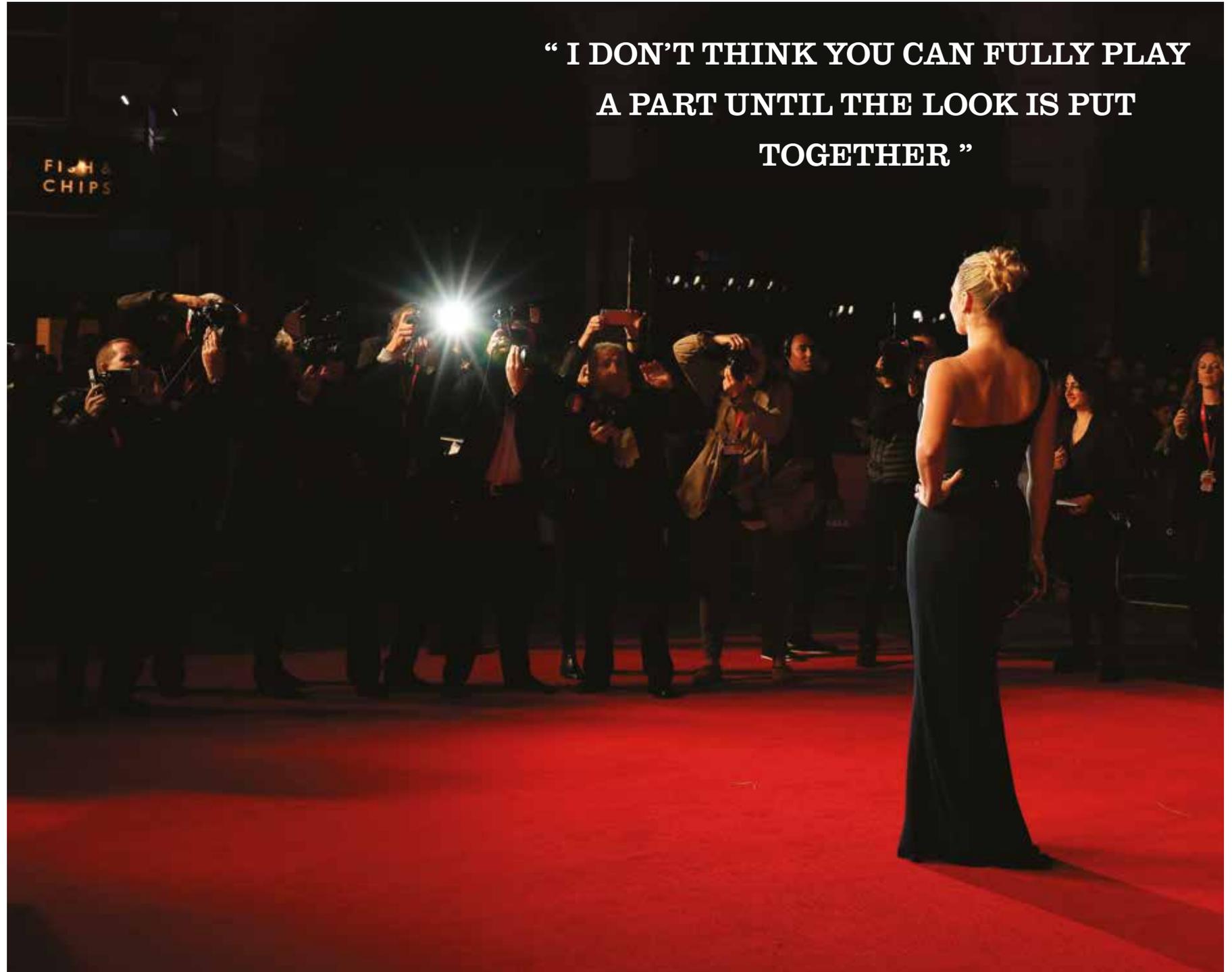
**So playing the villain isn't really the most fun?**

Oh no, she was brilliant. I relished every minute. Irina is evil through and through and I loved that. Fully in control, running the show. She's a Russian-Israeli mafia boss, who's running things while her husband is in prison and she is pretty horrific. It was a lot about being really mean to people. And yes, that can be fun. It can be a nice release (laughs).

But it's nothing like I've done before and that was such a huge draw. And I've long been an admirer of John Hillcoat's work as a director and a storyteller. And actually Guy Pearce, who is a good friend of mine, he worked with John on a film called *The Proposition*, which I absolutely loved.

And what I saw there was John's very unique style where he throws in all the blood, all the violence, all the unsettling elements, and then he takes out all the music and the sound

“ I DON'T THINK YOU CAN FULLY PLAY  
A PART UNTIL THE LOOK IS PUT  
TOGETHER ”



Interview

effects and the noises and there is an honesty in that which I was fascinated by.

**Were you hesitant initially?**

I read the script and it said, 'Irina, a Russian-Israeli mafia boss' and there were alarm bells straight away. It seemed so far away from anything I'd done before.

But I read the script and got to the end and thought, 'Right, I'm going to have to do this. It's an amazing part, very well-rounded and complex and fun. And it terrifies me and that ultimately was what I was after at the time. I wanted to be shocked, I wanted to be pulled out of my comfort zone. I don't ever want to be in my comfort zone.'

**You had only just had your son Bear at that stage too, right?**

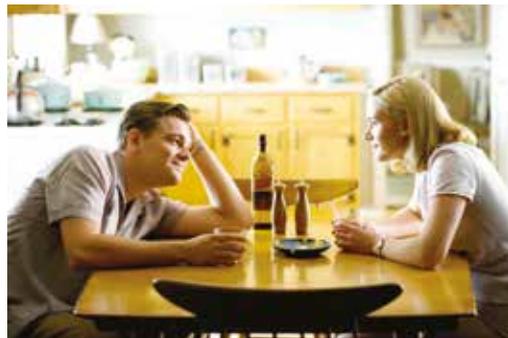
Yes, can you believe it, we filmed it back in June 2014 and Bear was only six months and he's now two years and two months. And at the time, this role was perfect for me because I had just had a baby and I wanted a short, sharp jolt back into reality and to feel the most challenged I could be, really feel terrified and out of my depth. Because that's how I like to operate.

**Why did the film take so long to come out?**

I've been asked why it's been in the can for so long, but it hasn't, it's just the way John works – he just fiddles and tweaks and fiddles and tweaks until he gets there, and it took an immensely long time. It's nothing more complicated than that.

**You look so different to how we've seen you before. The hair for starters. Amazing.**

The hair was a key part of the character. I remember John saying to me, "Her hair is going to be key." And I thought that was so strange because I've never heard a director say that. They don't normally care about that, but he was extremely clear that he wanted it to be very 80s, with a 90s Versace backcomb. Lots of teasing and hair extensions. Pure fabulous.



**“ I LOVE DOING ACCENTS, BUT I OFTEN FIND THEM DEEPLY FRUSTRATING ”**



**You're once again doing an amazing accent, a very unique Armenian, an American drawl and then a perfect Aussie brogue. But was Irina's a bigger challenge?**

With Eastern European, there can be a slight caricature there, which can descend into parody, slightly comedic, and I didn't want that to happen. I wanted it to disappear and not be heavy-handed.

I love doing accents, but I often find them deeply frustrating. Playing Joanna (Steve Jobs, 2015), who was born in Poland but raised in Armenia, and then went back to Poland briefly as a teenager and a lot of her family members were largely speaking Russian, and she would say to me, "What do you mean, my accent is straightforward." And I'd think, 'Really Joanna, not it's not.' She was definitely one of the more difficult ones.

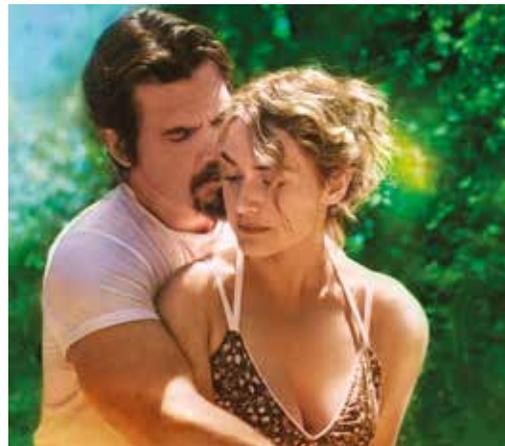
**You turned 40 last year and have done so much with your career, you've got your seventh Oscar nomination for Steve Jobs, and you're playing all these amazing, diverse roles. What are your remaining goals?**

That's the dream, to play lots and lots of different roles. People say to me a lot, is there any ambition left, what's left for you to do? And the goal for me is to always be doing it. But also to play lots of different roles, like Irina, like Joanna Hoffman, like *The Dressmaker*. That's the wonderful thing about acting. It's a trick, it's all a fun game.

You get to trick people into believing you really are someone else. That's why I think it's a lot harder for young actors to be successful now in this day and age where there is so much social media, so much access into their own personal lives and how celebrities live. You know, if the audience is too familiar with the actor and that person and their personal life, then logic dictates that it will be rather difficult for the audience to believe them when they're playing a character who's very different to who they are. And that sort of defeats the purpose of acting altogether.



**“ YOU GET TO TRICK PEOPLE INTO BELIEVING YOU REALLY ARE SOMEONE ELSE ”**



**“ IT DIDN'T FEEL COMFORTABLE IN ANY WAY SHAPE OR FORM ”**

So I try very hard to stay away from all that, from Twitter, from Instagram. There are lots of fake accounts but believe me, that's somebody else, that's not me.

**You seem quite an open person, yet we seem to read very little about you in the gossip pages.**

I think it's either an 'opt in' or an 'opt out'. I think it helps that I don't live in a big city anymore. That's made a huge difference. Because, quite frankly, I think the paparazzi are too lazy to drive out there. And I'm at the stage in my life where it's very humdrum. I don't party, I don't take drugs, never have done. I don't have any strange, funky habits that people might be interested in photographing.

And if you don't give off an air of self-promotion, I believe people respect that.

**There's so much emphasis on age in Hollywood, has the game changed for you since turning 40?**

I'm not feeling the pressure, but ask me in five years, ten years, I might have a very different answer for you.

**Are the roles feeling different?**

I like that I'm moving away from the ingénue, the gazing blonde ingénue and playing a mafia moll or Joanna Hoffman. I'm coming across much more character-lead pieces, which is great.

**And after playing the villain, do you have a taste for it?**

Yeah, probably. I loved it, loved every minute. It didn't feel comfortable in any way shape or form, I mean for me. I think I had to keep telling myself, 'it's not real it's not real, it's not real', over and over to convince myself. I had to do a lot of that stuff. But, Yes, I'd love to. It's such a different genre for me and to work with a director like John and a cast which I wouldn't normally find myself in the middle of, it was a wonderful change of pace. ●

# Set off on a world tour

More and more travellers are opting for Continents Insolites' travel formula

Photo © Canadian Tourisme Commission



**I**n crisscrossing the globe for almost forty years, Continents Insolites has become the leading specialist in long-haul travel, undiscovered getaways and exclusive trips.

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## EXPERTISE

By traversing the globe for almost forty years, Continents Insolites has built a reputation and developed the necessary expertise for designing World Tours. Supported by a team of 25 Travel Designers who are specialists in each destination, and almost 250 employees

based on the ground in over 70 countries, a World Tour expert helps customers to put together their plans. With all the necessary links with the flight industry, French and English speakers in-country and teams on hand to provide assistance 24/7, Continents Insolites guarantees comfort, security and thorough organisation so that customers can make the most of this precious and unforgettable life moment.

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Bhutan or visit the Bollywood studios.

World Tours are planned in a unique way, and so they work a little differently too. They are not organized as a series of different trips tacked together. More than a collection of fairy-tale destinations, the Travel Designer plans meaningful long-haul trips packed with encounters, but also with room to breathe.

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Visit your loved ones who have turned expat abroad or meet up with friends for several days as travelling is the ideal time for renewing old acquaintances.

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# Riad Anata: Falling in love with Fez



**T**he fame surrounding Fez has enticed Muslim students and scholars, Jews and Christians from all walks of life – including Valérie Janczewski, who fell in love with the town and decided to share her passion for travel and culture with others by opening a very special Andalusian-inspired guest house. Welcome to Riad Anata.

As well as boasting excellent staff who look after your every need, the Riad Anata is a place full of warmth, where relaxation is the key word. It's clear everyone there enjoys helping guests – an example is the personalized menu that you can order in advance, and chef Samira Anata can even teach you some of the basics of traditional Moroccan dishes.

You only have to look through the guest house's colourful and useful Roadbook to feel the energy. It's, packed with hints and tips on how best to enjoy your time in Fez. There's everything from which taxis to take, to when to avoid the medina (old city) when all the shops are closed! From the best spas to suggested walking tours, and suggestions for sightseeing further afield in places such as



Moulay Idriss and Tazekka National Park. Golf lovers will enjoy the Fez Royal Golf Club, a beautiful 18-hole golf course nearby, where local caddies gladly carry your bag and give you golf and course tips for a small fee.

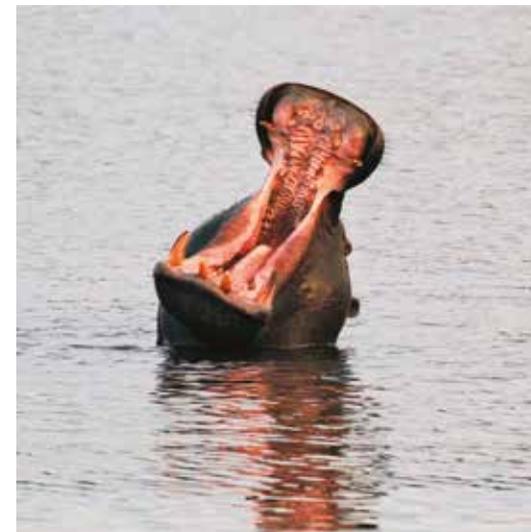
Each of the five rooms is made for peace and quiet. Sleep in a high quality bed, eat a hearty breakfast, enjoy impeccable service, relax on the roof terrace which overhangs the medina or cool off at sunset in the wading pool. It is ideally located in the main tourist area of the medina, just two steps from Place Batha.

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# Safari as it should be

**Simon Leysen** takes to genuine wilderness with more than a dash of luxury



**S**afari, in Kiswahili it simply means travel. Yet, for most of us, it means something completely different. One always imagines open plains, wildlife galore, big cats stalking their prey and driving in an open Land Rover. Unfortunately, this romantic idea of safari no longer holds true in many parts of Africa because of poaching and mass tourism.

## Beautiful Botswana

However, one country bucks the trend. With 40% of its territory made up of national parks and a complete hunting ban, Botswana is one of the world's leading wildlife destinations. About the size of France and with just two million inhabitants, you can still be in touch with nature.



Beyond abundant wildlife, Botswana offers breathtaking vistas and amazing diversity, ranging from the Kalahari Desert to the Mopani forest of Chobe and the water world of the Okavango Delta.

#### Wilderness safaris

Botswana has also chosen the path of low volume, high value tourism, which makes it the ideal destination for the demanding traveller, and one company has embraced this concept like no other: Wilderness Safaris.

Set up 30 years ago by two guys driving beaten-up Land Rover travellers around the bush, Wilderness now operates luxury tented camps in some of the most stunning locations one can imagine. Each one is unique and has ten or so super luxurious tents nestled in nature, away from it all.

Wilderness Safaris is a unique tourism ecosystem. It offers a range of gorgeous boutique camps and operates its own fleet of Cessna aircraft to get you there. Despite the challenges of running logistics in a place like the Delta, everything runs like clockwork.

#### Truly remote

Most lodges are only accessible by light aircraft. You will only see untouched nature until a few minutes before landing on a gravel airstrip with nothing but your private 4X4 to pick you up (having ensured the runway is clear so the plane does not crash into an oryx or elephant).

After a short drive from the airstrip a warm welcome by the staff awaits, before getting settled and ready for game drives, walking safaris or boat tours, depending on the location. These activities are what most people come to Botswana for: the country offers some of the best, if not the best, game viewing in Africa. It is still safari like it used to be. No stocked game farms, no fences, no enclosures. Nature the way it was meant to be seen. Yes, this means you might drive a while before you find the ever-elusive leopard, but that's part of the excitement. The guides are extremely knowledgeable and can track a lion

or a pack of wild dogs using even the fuzziest of footprints. Not knowing what is around the corner is what safari is all about.

Most Wilderness camps are located in private concessions: very large pristine wildlife areas with only a few tented camps. You will only have to share nature with giraffes, buffalo, lions, elephants and antelopes. Being located in these concessions also means the safari vehicles can go off-road to find wildlife, which makes all the difference.

Be prepared to wake up early though, because animals are most active at sunrise. You will be back at camp around 10h30, and after a hearty brunch and a siesta, you will want to go out on the late afternoon drive, generally followed by sundowners (read gin & tonics) in an epic spot.

A safari in Botswana is truly unique, and Wilderness Safari has managed to combine the adventure of yesteryear with comfort and luxury.

#### Where to go

There are many amazing locations, but the one place that makes Botswana special is the Okavango Delta (although not technically a delta, but 'Okavango fluvial floodplain' did not have the same ring to it). This exceptional habitat is created by the water from the Okavango River pouring into a basin created by the Great Rift Valley. The steady flow of water supports life all year around and creates a magical place when the water levels are high. Besides the delta, the Chobe Savuti area is wonderful, and the Kalahari is one of my favourite places in Africa.

#### How long to stay for

My advice: don't rush it. Botswana is not around the corner, so take your time and spend at least three nights in each tented camp and two weeks in the country.

#### When to go

This is a tricky question. The answer really depends on where you go. But you can visit Botswana all year around.

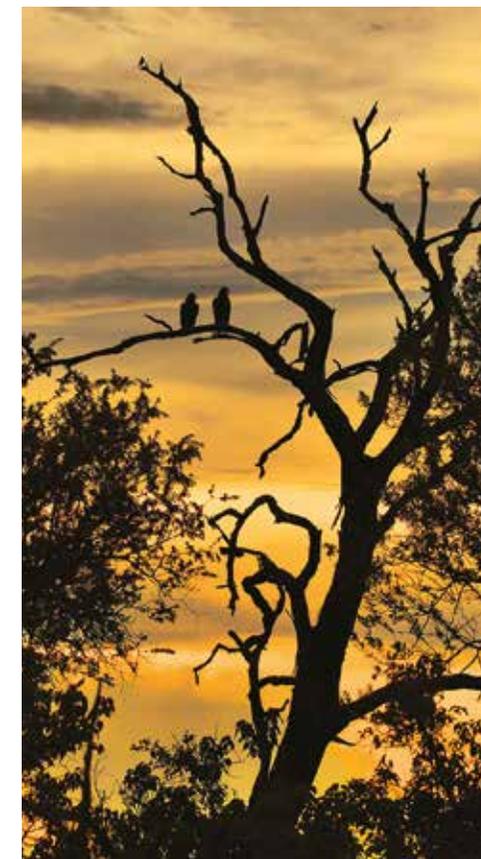
The rainy season lasts from November to March. The environment will be lush but wildlife is harder to spot. However, it is a great time to visit the Kalahari because the water attracts animals to this dry region. The best time to visit the Delta is from April to August when the water level is high and the wildlife concentrated on the small islands. The ideal time for the Chobe Savuti area would be the dry season, which lasts from May to October. However, prices are seasonal, so going out of season is always worth considering.

#### How to get there

The gateway to most locations in Botswana is Maun on the southern edge of the Delta. Both Air Botswana and South African Airways offer daily flights from Johannesburg. Find out more: [www.wilderness-safaris.com](http://www.wilderness-safaris.com)



“ YOU MIGHT DRIVE  
A WHILE BEFORE  
YOU FIND THE EVER-  
ELUSIVE LEOPARD ”



# The mountains of Jura

**Jeanie Keogh** heads for the hills for a bit of skiing, sightseeing and cheese

**T**he Jura Mountain region, straddling the eastern French province of Franche-Comte and Western Switzerland, is unofficially known as 'Le Petit Canada'. Apty named, the forests in this national park are lush, moss abounds and waterfalls and rivers pop up along the winding roads of the mountainside. Stopping at lookout points to snap a few choice photos of the rolling peaks, the air smells crisply fresh, and, judging by the Old Man's Beard (*Usnea*) hanging from trees, it likely is.

Indeed, it could be a topographical stand-in for the Quebec Laurentians. While you won't see any bear, elk or moose at the roadside as you would in Canada, you will find them at the nature reserve Parc Polaire de Chauv-Neuve. Situated at 1,200m altitude, droll big-horned sheep, coy deer and apathetic reindeer wait to be fed lichen, and the odd bison and yak lumber to new feeding grounds when the spirit moves them.

The people are also like Canucks for their friendly, unpretentious, can-do attitudes. The locals produce the region's famous Morbier, Comte, Mont d'Or and Bleu de Gex cheeses for half the year and then turn to craftwork and artistry for the dark days of winter. The main industry is eyewear, gem cutting, watch and clock making, and the tourism that comes from winter and summer sports. A 6.5-hour drive from Brussels, or 45 minutes from Geneva airport, Les Rousses in the Haut Jura has four alpine ski hills, over 220km of cross country ski trails, and 22km of snowshoeing trails. At the top of La Dole hill, there is a spectacular view of Mont Blanc and, in the valley, Lac Lemman. In the summer, climbing, mountain biking, golf, horseback riding and swimming holes become the main attractions.



Photo © Yves Van Cauter - Panasonic - Presspige.com



Photo © Yves Van Cauter - Panasonic - Presspige.com

One of the local industries that dates back to the Middle Ages is wooden toy-making, and this once-robust tradition is highlighted at the impressive toy museum in Moirans-en-Montagne. Newly renovated in 2012, the exhibit features such relics such as a 4,000-year-old Egyptian Barbie, the original teddy bear, a 19<sup>th</sup> century ivory yo-yo and a Malian rattle made from a baobab nut. Apart from the many activities on offer for children, adults will turn into kids at heart seeing their toys of yesteryear.

It follows, naturally, that this enchanted region is the also the birthplace of The Green Fairy absinthe drink. In Val-de-Travers, there are 25 award-winning absinthe distilleries that boast excellent assortments of the previously contraband elixir. Have a tasting at Emile Pernot in Pontarlier, marvel at the vintage art nouveau posters of droopy-eyed ladies, and continue tripping your way along the famed absinthe trail all the way to Noiraigue. En route, you are certain to meet a goblin, a forest gnome, or the ghost of Picasso, if not all in concert. If one glass is enough, hike up the hill from the Emile Pernot and discover the 11<sup>th</sup> century castle Le Chateau de Joux. Cross the formidable draw bridges and once inside the keep, peer down into the deepest well in France, measuring 127 meters deep and 3.8 meters wide.

If you're feeling cheesy, it is well worth visiting the Napoleonic fort-turned-cheese cellar at Le Fort des Rousses where the Juraflore company run by the Arnaud dynasty converted a building that used to house 3,500 soldiers into the ideal ripening conditions for 100,000 rounds of cheese in 50,000 m<sup>2</sup> of vaulted rooms. An exceptional guide will proudly inform

you that each round weighs 42kg, requires 450 litres of milk to make, and sells for 350 euros per round. You're sure to leave with stomach rumbling and mind calculating the number of cows required.

As for a place to hang your hat for a night or two of luxury, L'Atelier de Donat in Malbuisson at the edge of Lake Saint Point has been open for under a year and used to be an abandoned house belonging to a woodworker. Perhaps in homage to the previous owner, the decor has a boathouse/workshop feel with lots of distressed wood, dock lights, and an overall Spartan, masculine elegance. There is also Le Manoir des Montagnes (formerly known as Le Chamois) in Les Rousses, delightful for its quirky opulence and Alice in Wonderland-like charm, what with the gilded framed animal personages done by Belgian artist David Lorusso. There's really nothing better than waking up in this woodsy sumptuousness at the base of the ski hill. Both hotels boast fabulous menus.

The off-season is a great time to come and indulge in the morel mushrooms, Morteau sausage, Morbiflette, trout or yellow wine that comprises the area's gastronomy (not forgetting the raclette and fondue). There are two restaurants which, along with serving delicious local dishes, have some pretty choice views: Le Chalet du Lac in Les Rousses is a veritable log cabin that looks out onto a lake at the base of the mountains and Le Regardoir in Moirans-en-Montagne towers 127 meters above the man-made lake Vouglans.

When cabin fever sets in from being too long in the wild, Montbeliard is a neat city to have a poke around. Stay in the city's oldest hotel La Balance with rooms done up in provincial French style.

For more information about the Jura Mountains visit [www.montagnes-du-jura.fr](http://www.montagnes-du-jura.fr)



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## Skiing Les Menuires

**David McGowan** puts his skis in the boot and heads for the three valleys



One of the best things about living in Brussels is that you can jump in your car and drive to just about anywhere in Europe. Only nine hours' drive from Brussels is one of the largest ski domains in the world, Les 3 Vallées. Get up at 6am and you can be there by 5pm the same day, leaving two hours for breaks during your journey.

We chose to stay in Les Menuires because it is located right in the Middle of the 3 Vallées. It is the perfect family holiday with plenty of things to do besides skiing – in the aquaspa, spend some time swimming, visiting the sauna and or getting a massages, or get an adrenalin rush on the roc and bob sledging, roc and biking, paragliding and snow scooters. If you're feeling more relaxed, then go for the dog sleigh outings or snowshoe promenades. And you can leave the kids in the fun park!

Meribel was the very first creation in Les 3 Vallées in 1939. Later came Courchevel in the 50's, les Menuires in the 60's and Val Thorens

was developed in the 70's. These are the main resorts in the valley. Today, Le domaine des 3 vallées is known around the world for its 600km of ski slopes (that's like skiing from Brussels to Brittany), with 321 slopes, 183 ski lifts transport – that's 260,000 skiers per hour, but ski lift queues are rare, even during peak season. The 2,100 snow-making machines guarantee you can ski until the end of the season on April 21<sup>st</sup>.

Les Menuires is 1,850m high, with the top elevation at 2,850m, and lies in the heart of Les 3 Vallées between Courchevel and Val Thorens. The resort is very welcoming to families, with lots of beginner and advanced slopes. Les Menuires hosted the Olympic Games men's slalom in 1992.

While skiing in Les Menuires, two types of ski passes are available, one for the Menuires and another for the 3 Vallées. Though there are enough slopes in Les Menuires to ski a full week, it is worth getting the 3 Vallées pass for

at least one day. By setting off in the morning, you can be in Courchevel for lunch and then head for Val Thorens for your dessert. It's quite an amazing experience to ski 120km of slopes in one day, and never skiing the same slopes twice. This is a highlight not to miss.

Accommodation-wise, the Belambra club at Les Menuires is perfectly located right in the centre. It is 'ski au pieds' which means that you can leave and arrive back at the club with your skis on. Once you have experienced this, you will no longer ever want to go back to carrying the family skis over your shoulders to the slopes, while screaming at your children to walk faster because you are late for their nine o'clock lesson. Here the whole family can put their skis on at the doorstep and slide all the way down to the centre to the sky instructors.

Belambra Les Menuires is ideal for families. Their Mascot Leo, a big fluffy fox, will be the kids' highlight during your stay, giving daily 'apres ski' dances, cuddles and photos sessions. The staff at Belambra are extremely friendly – it's a young dynamic crew who like to call themselves 'les saisonniers', which means that they often work in the mountains during the winter and then head towards the coast for the summer. The rooms are pretty basic and the food is very good with seasonal dishes prepared by the local chef and served in a restaurant with a panoramic view. The half-board package is perfect for families – you can have your lunch in one of the 48 restaurants in the resort and in the evening have your dinner in your hotel after an energetic dance with Mascot Leo. After dinner, if you and your kids still have some energy, there are shows ranging from magicians, plays, Karaoke, card games and many others.

Whether you are an advanced skier or a just beginner, you will definitely love Les Menuires for its breathtaking landscapes, diversity in slopes, big choice of things to do and friendly atmosphere. Let's face it, ski holidays remain an expensive luxury so value for money is important. And that is exactly what you will get in Belambra.

Now is the time to book a holiday where all the family can have fun together.

[en.lesmenuires.com](http://en.lesmenuires.com)

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

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Photo © G. Lansard/Office de Tourisme Les Menuires



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# The Ardennes: A clean-air break from the city

**Colin Moors** takes a look at a local company renting holiday accommodation on your doorstep

City life can be tiring for all of us. If you have children, there's the school run, their after-school activities and looking after the home. If not, there's the long working day, the stress of the job and possibility of dashing out to a local bar or restaurant for some brief downtime before bed and then back to work. The city atmosphere is gripped by smog and poor air quality and the traffic is regularly at a standstill.

Wouldn't it be nice to get away from it all? You might be thinking that would mean getting to the airport, getting a plane, the transfers, the stress of air travel in general. Well, you could do that. Or, you could take a short journey by car – only an hour and a half away – to an oasis of rolling green hills, rivers and fresh, clean air, right on your doorstep – the Belgian Ardennes. Take an early finish on a Friday and you could be there in time for dinner, your comfortable accommodation awaiting you, thanks to Ardennes-Etape.

Founded in 2012, Ardennes-Etape have 14

years' experience in taking you out of the city and welcoming you into the beautiful Belgian countryside. Based in Stavelot, in the heart of The Ardennes, they offer a selection of high-quality accommodation to suit any budget and any number of people. To save you money, Ardennes-Etape also supply a book of suggestions for activities, eating and visits, with anything up to 20% off the list price and often 2 for 1. The Ardennes-pass is required reading to get the best out of your stay. For an idea of what is possible, here are a few suggestions to start your getaway:

Perched on a hillside in the village of Coo, overlooking green fields and mountains, is an exclusive hangout for two people. Use it as your base for cycling, trekking or even cave-diving, then sit back and relax in the sauna before dinner. You could visit Plopsa Coo for an adventure of a different sort – bobsledding, playing mini-golf or visiting the monkeys on Monkey Island. Or, you could just take the dog and go for a walk, it's up to you. Man's

best friend is welcome too.

If you have a large family, how about the next step up? A completely stand-alone (and outstanding) house right in the middle of the countryside with a real log-burning fire and enough space for nine people. Set in Saint-Hubert, it provides an opportunity to visit the 9th century Baroque basilica, and if places of worship aren't your thing, it's just 20 km from Rochefort, where religion takes on a new angle – the famous Trappist beer. The huge kitchen in the house may only get used at breakfast time, as you will no doubt want to go out and relax in the countryside or take advantage of the many places to eat and drink in the surrounding area. If you like to fish, bring your equipment and pick a spot at one of the well-stocked lakes from around €10 a day. There's sometimes a no-kill policy, so if you were looking to provide food for the family, it's best to check.

If you really can't get away from your work colleagues but still want to experience all the Ardennes has to offer, there's a way to persuade them to come along with you. A house that sleeps between 28 and 34 people, and which even has a meeting room. The meeting will be considerably less painful once you realize there's also a sauna, indoor pool, hot tub and games room to lose yourself in afterwards.

The Ardennes is the perfect place to visit any time of year. The attractions may be more obvious in the summer and autumn, with the wide range of outdoor activities, woodland walks and breath-taking scenery – even cave-diving for the adventurous spelunker! In the winter it's transformed into a winter sports paradise. Europe's best-kept secret, there are numerous pistes for downhill and cross-country skiing, alongside tobogganing and many other winter diversions. For some, the idea of heaven is to rent a place out in the snow-covered country, light a roaring fire and just do nothing – a complete de-stress.

You might choose The Ardennes for many different reasons. Some prefer to stay in a town, such as Bouillon, with its famous castle, or Dinant, one of the most well-known locations in The Ardennes. Others go for a more high-octane stay, visiting the famous Spa Francorchamps racetrack, the "most beautiful circuit in the world". When the motor racing professionals aren't doing their thing, there are track days when you can take your own car around the circuit.

Whatever your reason, Ardennes-Etape has a cosy place to call home at the end of a busy day's relaxation.

[en.ardennes-etape.be](http://en.ardennes-etape.be) 



# Dining

## Wine Bar des Marolles

Paul Morris discovered that this excellent (recently renamed) venue is more than just the wine bar of its title. It's an excellent restaurant that serves wonderful food in a calm, refined but unfussy atmosphere. And the wine list is extensive. The plan here is to buy as local as possible, and the Namur snails dressed with little chunks of bacon are indeed testament that it works. However, I was delighted they went all the way to Basque country for my pork cutlet, which was the best piece of meat I have tasted in a long time. If you prefer to rustle up your own grub pop next door to their grocery, packed with the finest ingredients. [www.winebarsablon.be](http://www.winebarsablon.be)



## Blue Elephant

Caroline Dierckx headed to a mythical place that has existed for some years now. The decor is an invitation to travel, inspired by the Kingdom of Siam, with plants, orchids and warm colours. Comfortably installed and handed warm towels, we chose our starters from the suggestions list: marinated and grilled Gambas, topped with a sauce of lime, mint, lemongrass and chilies. For the main courses, we ordered shrimp and jackfruit in an orange curry sauce and coconut milk. For dessert, we were tempted by the fresh exotic fruit salad and sorbet Thai Red Tea (surprise!). Also noteworthy is the friendly staff that guided us in our choices. A captivating culinary experience awaits you. [www.blueelephant.com](http://www.blueelephant.com)



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## Winter food and wine

Local vindumois.be experts take on the challenge of matching wine with heavy winter fare

**L**et's find the perfect match – both red and white – that will accompany raclette, fondue and other heavy winter meals.

### Raclette cheese

Produced in Savoie, raclette cheese is the meal that often follows the day's skiing. Sitting with friends, you might be wondering which wine would be your best partner for the evening. Most of the time, you go for a local one – a good choice, but take a few risks!



Beaujolais wines bring fruitiness and light spicy flavour to the party. Boasting ten appellations, this region is located north of Lyon. The name recalls red and young wines from the Gamay grape. It usually grows on limestone and benefits from three climates (Mediterranean, Oceanic and Continental). The result is magnificent – red fruits pop in your mouth, and you cannot deny those embracing tannins. A perfect accompaniment for your greasy cheese!

### Fondue

Soaking bread in cheese can be a problematic affair, but choosing wine to go with it should be much easier. Let's focus on the cheese once again. This time, our choice will come from the white wines. Give credit where credit is due: Savoie offers plenty of choices, mainly in white. Jaquère, Roussanne and Roussette ring a bell to those who like to remember the names of grapes on the bottles. These three generally deliver mineral and fruity wines, even though the soil changes quickly there. The sun does

not shine the same way on every vineyard and landscapes switch from mountains to valleys to rivers. Our advice is to pick one of these appellations: Apremont, Jongieux or Cruet.

### Still hungry?

If you are more into greasy and heavy meals, we would direct you towards more spicy places, such as the South-West, Languedoc or Rhone – these wines have the sweet smell of success for your evening. For example, AOC Costières-de-Nîmes is a region between Montpellier and Avignon and its vines grow on sand and pebbles, turning red wines into powerful, round and less-acidic beverages. It is highly recommended to tackle the huge amount of food on your plate!

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With your first subscription you will receive a free bottle! 🍷

What's on

# What's on Belgium

## Imagine Europe – In search of New Narratives

This spring BOZAR is bringing numerous thinkers, scientists and artists together in order to develop new ideas, images and narratives for Europe. Imagine Europe. In search of New Narratives is not a classic exhibition with completed works of art and cut and dried ideas, but a cross between a public market place, a lab and a workshop. Alongside established names a younger generation is given the opportunity to try out new ideas and narratives. **Until 29 May.** BOZAR. [www.bozar.be](http://www.bozar.be)

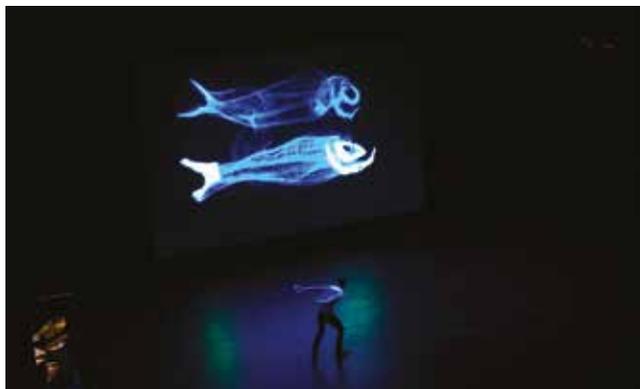


## Dara Ó Briain – Crowd Tickle

Due to the instant success of his earlier announced show in Antwerp, Dara Ó Briain has decided to bring his first live stand-up comedy show in three years to Cirque Royal in Brussels as well. Make sure not to miss the passage of this intellectual scientist-comedian. With *Crowd Tickle*, however, Britain's favourite Irishman is going back to his stand-up comedy roots. **30 May.** Cirque Royal, Brussels. **€35**  
**2 June.** Stadsschouwburg, Antwerp. **€35**  
[www.livecomedy.be](http://www.livecomedy.be)

## Méduses

Since 2008, Vincent Glowinski has been working with the media artist Jean-François Roversi in search of a stage equivalent to his street frescoes. In *Méduses*, the dancers-cum-drawers walk in the half-darkness over a dull surface. They are painted white and dimly lit by ultra-violet light. In *Méduses*, it is the impression of the body itself that generates the depicted forms. 12-17 April. Théâtre National, Brussels. [www.theatrenational.be](http://www.theatrenational.be)



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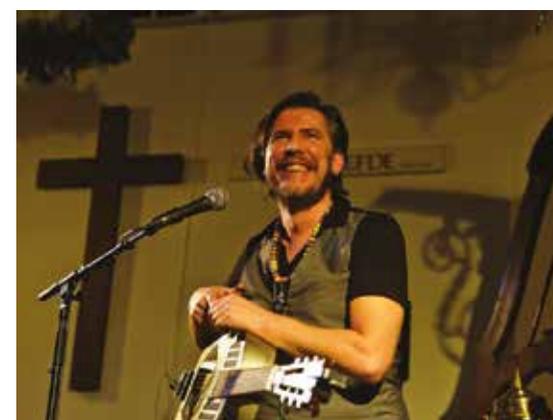


## LIFE OF LEISURE

What's on

### Exit 15

After three years of intense training at l'École supérieure des arts du cirque, young circus artists prepare for the big jump at this year's ESAC event. For more than two hours, one act follows another, covering all the circus disciplines. A chance to see the birth of new, remarkable talent. **25 – 29 May.** Halles de Schaerbeek. **€9 – €18** [www.halles.be](http://www.halles.be)



### Festival monte le son - Voyage dans le Blues

With Guy Verlinde (vocals, guitar, harmonica), Marcus Weymaere (drums) and Karl Zosel (bass). Under the guidance of Verlinde, a charismatic master of ceremonies and storyteller, this trio takes the audience through the intricacies of yesterday, today and tomorrow of pop music, while evoking the most significant trends of the blues repertoire. **April 16.** Flagey. [www.jeunessesmusicales.be](http://www.jeunessesmusicales.be)



### Mitridate, Re di Ponto

This opera is billed as "European summit turns into Greek tragedy". Do we hear a (recognizable) call to war and resistance, or is this opera primarily about the love that drives a father and his sons apart? Mozart composed *Mitridate for Milan* at the age of fourteen, and it

was with this work, in which he displays his insight into human nature and his recently acquired mastery, that he made his breakthrough in opera. **5-19 May.** Palais de la Monnaie marquee at Tour & Taxis. **€15-€130** [www.lamonnaie.be](http://www.lamonnaie.be)

What's on

# The Botanique

**Paul Morris** runs the rule over one of his favourite Brussels venues



**F**or more than 30 years, the Botanique has excelled in providing a diverse range of culture. Back in 1984, the challenge to turn the building and grounds into concert venues was daunting, but the founders pressed on and surmounted the difficulties, especially how to sound-proof parts of a listed building that you can't touch (the building was previously the main orangery of the National Botanic Garden of Belgium). Initially, its new, non-scientific use was set up to feed a culture-thirsty, French-speaking population, but it soon took on an extra, international dimension.

Music-wise, you have a choice of three concert rooms. The Orangerie, at the far end of the building can accommodate 700 standing and 350 seated. And it is where I first saw The View, a raucous punk band from Scotland. It is a flexible hall, so it can also be used for seminars. Smaller but very atmospheric, The Rotonde is the central hall and is acoustically the best of the bunch, with room for 250 standing and 125 seated. My best memory: seeing the wonderful American singer-songwriter Jesse Sykes in this intimate gem of a venue. You have to go underground for the third venue, the Witloof Bar, and it has a unique ambiance. The vault has been converted to a café-theatre with 200 standing, and I was one of that number some years ago to watch the enchanting Alela Diane from Portland, Oregon.

And it's not all about music. The Museum is the most beautiful room of the complex and hosts prestigious exhibitions, including Dubuffet, l'Agence Magnum and Marie-Jo Lafontaine. The Galerie, located on the second floor, welcomes young artists who are mainly from the French Community of Belgium, and the 90-seater cinema is kept busy with various film festivals.

And the month of May would not be quite so merry without one of the best annual music festivals Belgium can offer. Hop over to the Botanique website ([www.botanique.be](http://www.botanique.be)) for a complete list of the varied singers and bands lighting up Les Nuits Botanique from 5 May to 7 June. 📍



Photo © Marquis Xavier



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What's on

# What's on international



## Salon du dessin

Founded in 1991, the Salon du dessin was the first art fair exclusively devoted to drawing that triggered interest in the medium. 25 years later it boasts unmatched longevity in its speciality. Visitors will enjoy an exceptional programme for this anniversary, including the attendance of the prestigious Pushkin State Museum of Fine Arts as guest of honour, exhibiting a fantastic selection of its drawing archives for the first time in France. **30 March – 4 April.** Place de la Bourse, Paris. [www.salondudessin.com/en](http://www.salondudessin.com/en)

Photo © Judith Schlosser



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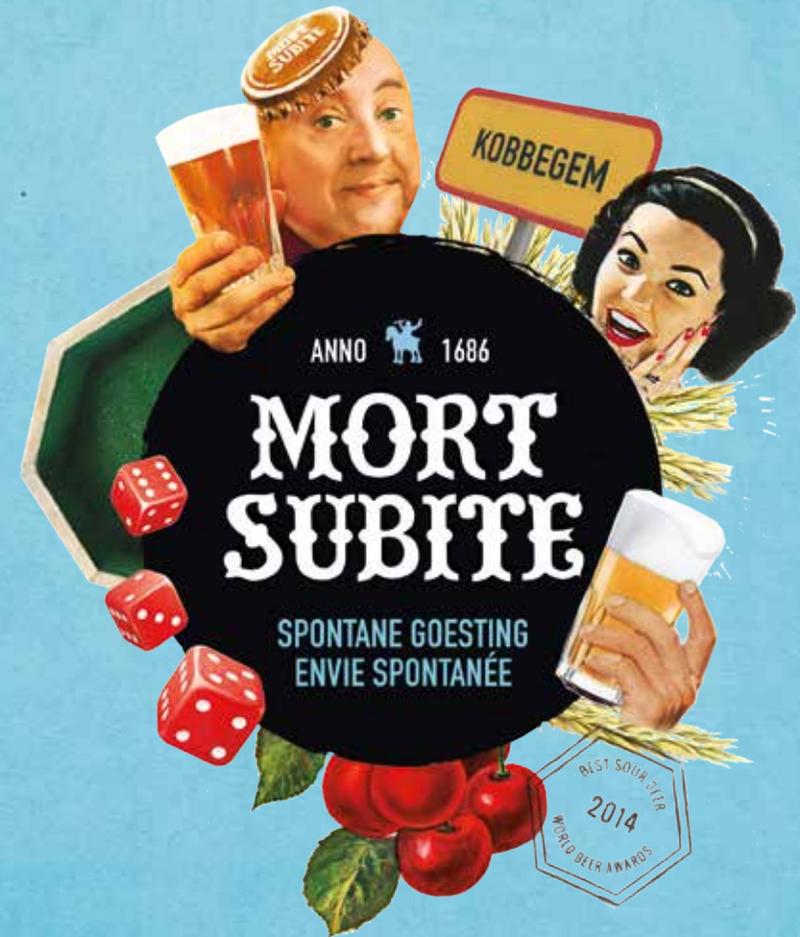


## Wicked: The Untold Story of the Witches of Oz

Flying monkeys, ruby red slippers and a tornado-topping house all make appearances in the spellbinding musical *Wicked*, but the show does far more than recycle the clichés that we are familiar with from the original book and Technicolour film. Adapted from Gregory Maguire's 1995 novel, *Wicked* is a dizzying theatrical spectacle that subverts the well-worn story of Oz and provides a shocking backstory to explain how the Witches of Oz earned their reputations as Glinda the Good and The Wicked Witch of the West long before Dorothy arrived on the scene. **Long-running.** Apollo Victoria Theatre, London. Tickets from **£17.50** [www.apollovictoriatheatre.org](http://www.apollovictoriatheatre.org)

## Elektra

Germany has one-seventh of the world's opera houses, and Berlin itself can count on three state-subsidized opera houses – a record not even matched by Italy. Deutsche Oper's building may appear seriously austere, but it knows its opera. A tragedy in one act based on the poem by Hugo von Hofmannsthal, it was first performed on 25th January, 1909 at Dresden. Evelyn Herltzius plays the lead role. **3 April – 26 June.** Deutsche Oper, Berlin. Tickets: **€29 - €95** [www.deutscheoperberlin.de/en](http://www.deutscheoperberlin.de/en)



Bier met liefde gebrouwen, drink je met verstand.  
Une bière brassée avec savoir se déguste avec sagesse.

What's on

# Cinema

Picturenose.com's **James Drew** discovers a couple of films that suggest the planet is on the verge of extinction



## London Has Fallen

A sequel to *Olympus Has Fallen* (2013) – in London, the British Prime Minister has died in mysterious circumstances, and the leaders of the Western world flock to his funeral. But there are devilish plans afoot to unleash a terrifying new world order, and the only hope rests with US President Benjamin Asher (Aaron Eckhart), his US Secret Service top agent Mike Banning (Gerard Butler), Vice President Allan Trumbull (Morgan Freeman) and a British MI6 agent (Charlotte Riley). You likely know what you're getting, so maybe just put the brain into neutral? Babak Najafi (*Sebbe* (2010) directs. 100 mins.

## 10 Cloverfield Lane

Intriguing-sounding sci-fi mystery, produced by J.J. Abrams and directed by Dan Trachtenberg (his first film) – Mary Elizabeth Winstead stars as a young woman who wakes up in a cellar, where her 'hosts' (John Goodman, John Gallagher Jr.) inform her that the outside world is now uninhabitable, following a chemical attack. Unsure whether to trust them, she decides to escape – and that could be a *bad* idea... It is described by Abrams as a "blood-relative" to his original, superb 2008 hit *Cloverfield* – as I said, more than a little intriguing, don't you think? 90 mins.

## Eddie the Eagle

Remember Eddie 'The Eagle' Edwards? Back in 1988, he was the first British skier to represent Great Britain in Olympic ski jumping, and now we have a British-American-German sports comedy drama film directed by Dexter Fletcher, starring Taron Egerton as Eddie, and also starring Hugh Jackman and Christopher Walken. Could be a riot... 105 mins.

## The 5th Wave

And another cheery sci-fi – *The 5th Wave* follows 16-year-old Cassie Sullivan (Chloë Grace Moretz) and her family after an alien invasion has devastated the world and Earth's population is on the verge of extinction, with humankind knocked back to the Stone Age. J Blakeson directs, and it's likely to be the first of three, based on Rick Yancey's eponymous novel. 112 mins.

[More film reviews on picturenose.com](#) ▶



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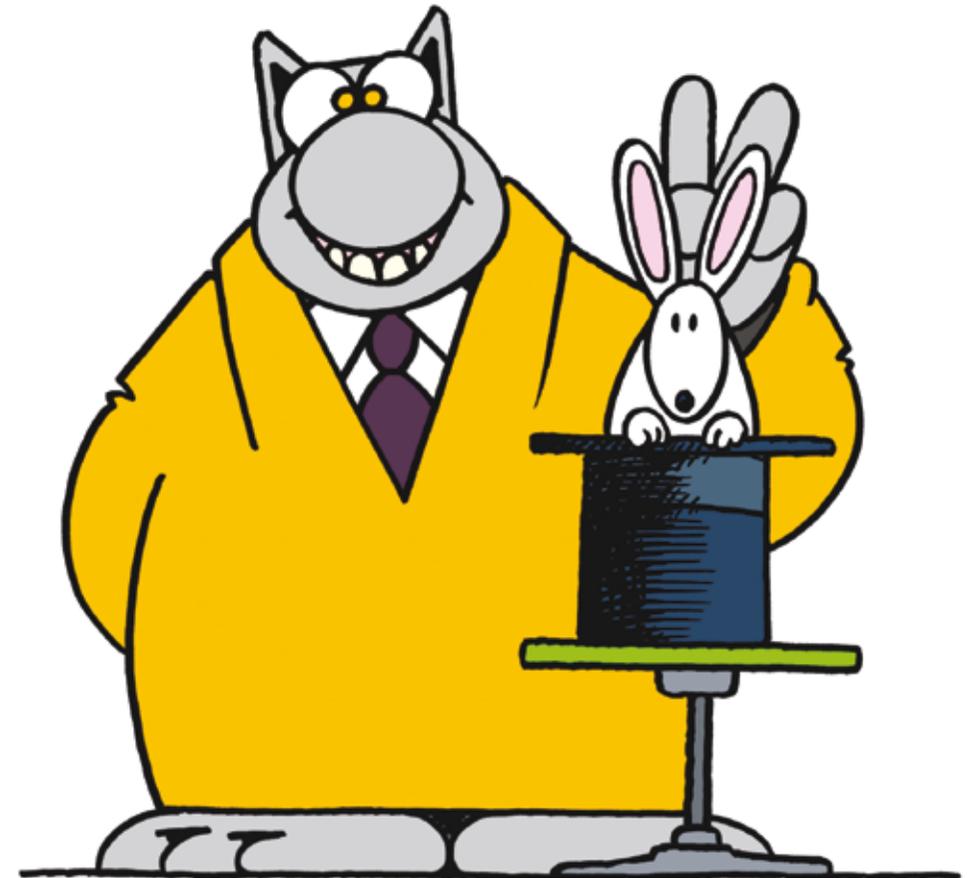
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NOS PARTENAIRES



# Cat trick



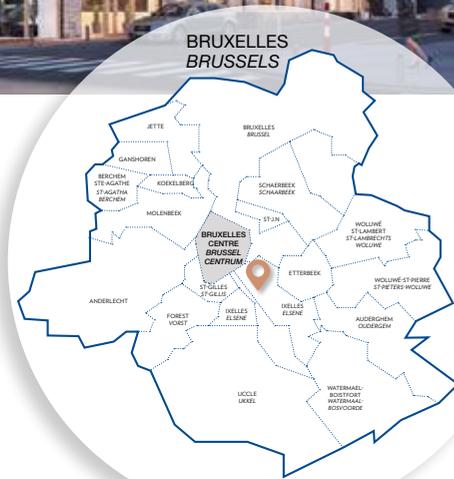
LE CHAT by Philippe Geluck

# 85 CONTEMPORARY APARTMENTS

## PEACEFUL AND BRIGHT APARTMENTS IN THE HEART OF THE CAPITAL

Ixelles is one of the most sought after communities of the Brussels' region and is renowned for its' many remarkable sites:

**L'abbaye de la Cambre** and its' «École supérieure des arts visuels», **the Ixelles ponds**, the former broadcasting building Flagey (Art Deco) and numerous other Art Nouveau buildings, the two main universities **Université Libre de Bruxelles (ULB)** and the **Vrije Universiteit Brussel (VUB)** adding a youthful touch to its vibrant neighborhoods.



## SHOPPING AND RESTAURANTS: THE PLACE TO BE

Just a few yards from Place Fernand Cocq (town hall) **Élysée is surrounded by the trendy neighborhoods of Flagey, Saint-Boniface, Louise, Porte de Namur and Toison d'Or.** The residents will be well connected to the public transport system (**bus, tram, metro, Luxemburg station at 1 km.**)



## KEY FEATURES

- ▶ Balcony or terrace
- ▶ Luminous spaces
- ▶ Installed kitchen
- ▶ High end equipment
- ▶ Semi-massive oak floor
- ▶ Reduced energy consumption (max. K33)
- ▶ Double flux air stream ventilation system optimized for each apartment
- ▶ Insulated window glazing
- ▶ Video parlophone
- ▶ Ecological green roofs
- ▶ Access security for pedestrians and cyclists
- ▶ Commons cleaned with rainwater system
- ▶ Personal basement
- ▶ Underground parking (optional)

## THE ÉLYSÉE PROJECT

### URBAN LIVING IN A QUIET PRIVATE RESIDENCE

The 85 apartments are to be constructed around a peaceful and private patio and will offer comfortable homes in winter as well as summertime

The design is such that all apartments offer **optimal natural lighting and space**, large windows accessing terraces or balconies. All apartments offer full comfort and will be delivered with **all necessary equipment**: installed kitchen, high performance insulation (thermic and acoustic), high end sanitary, semi-massive oak floor, access security.



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