

Together

magazine

MARCH 2017 #76

POLITICS
POSSIBLE EXITS

MONEY
FREE TRADE

Fashion
White days
Charlotte Collard

Dining
COSTA D'AMALFI
L'ARCHITECTE

Beauty
SELFIE-READY

TECHNOLOGY
BRUSSELS APPS

ST PATRICK'S DAY
BLACK CRAIC
IRISH BEEF

DESIGN

MARIE'S CORNER

Shopping

FITNESS
AQUA JUMP

NUTRITION
Spotlight
on men

TRAVEL
MARRAKESH
DEAUVILLE
WALKING THE PLANET

**PERSONAL
DEVELOPMENT**

Everyday heroes
Forget a stress-free life

INTERVIEW

Alicia
Vikander

Airdrenaline fortwo.



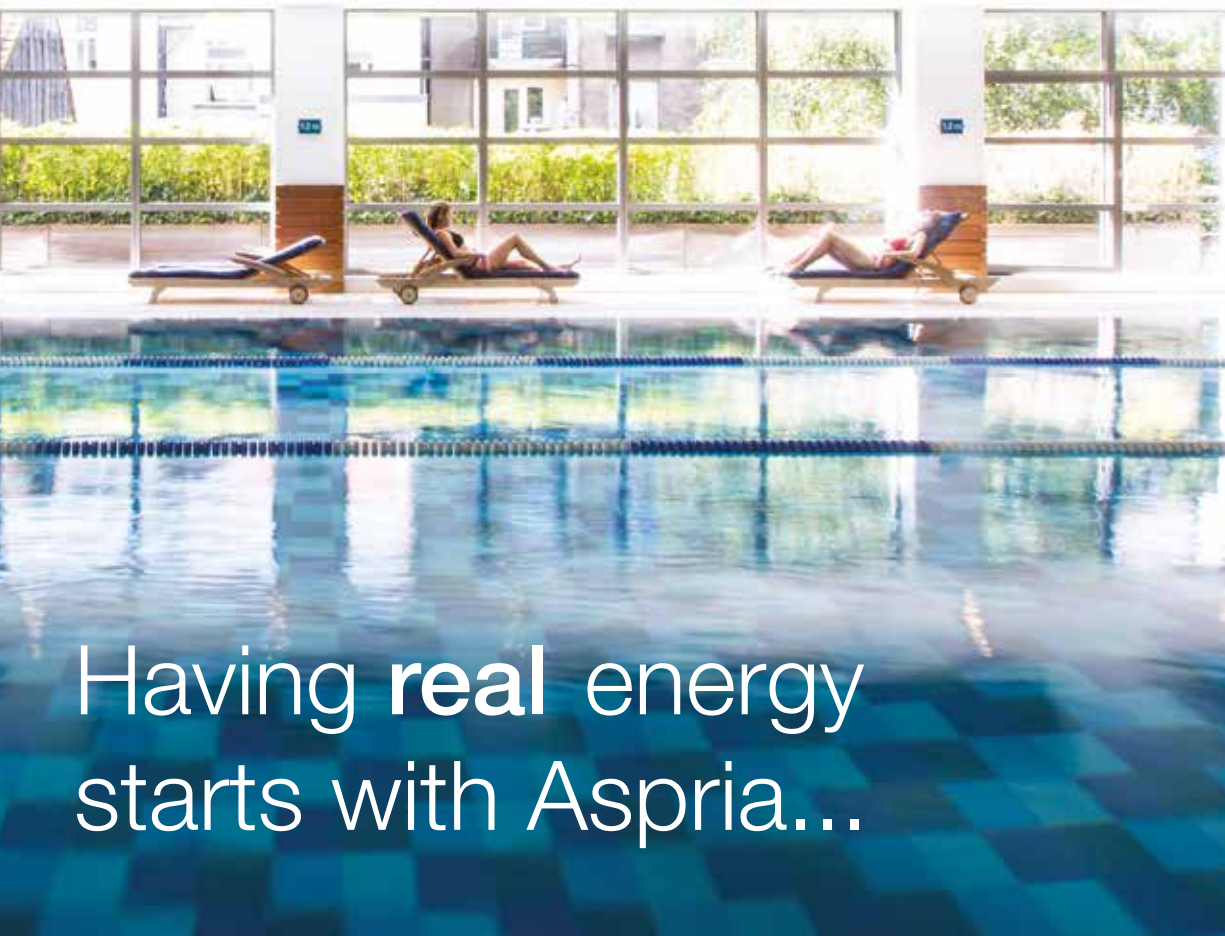
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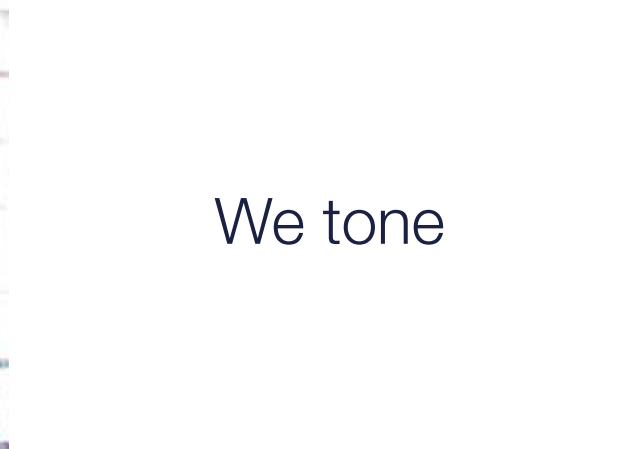
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Editor's LETTER

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

ON THE COVER



Alicia Vikander stars in the
new *Tomb Raider*

BEING SOCIABLE

This is one of my favourite times of the year (at the time of writing, late February) when spring has not quite arrived yet but even a solitary slender ray of sunshine has us all believing that it has come early. The same goes for the birds I watch from my desk – magpies, blackbirds and crows are busy in the skies and in the bare branches - you can almost hear the crack of twigs as they start to build their nests.

They are quite remarkable builders, using something so fragile to make something sturdy enough to withstand the strongest of winds. However, the humble species in my garden don't quite have the building skills of the African hamerkop whose nest is a huge structure, with its own roof, located in the fork of a tree – it requires 10,000 twigs to build and the male and female build four nests a year.

But in this era of 'Me first!', politicians and voters alike could take a leaf out of the Sociable Weaver's book. These birds nest and brood in groups, building an intricate series of nests attached to trees and poles. This avian commune can house more than 100 breeding pairs, each contributing to its construction, maintenance and repair. Now, that's safety in numbers...

Paul Morris
Editor





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Interview
Alicia Vikander



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Costa d'Amalfi, L'architecte

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Ben Affleck: Playing the bad boy in the movies

Together spoke to Ben Affleck, an actor, director and fundraiser who has had his up and downs in the fickle world of show business. Once the darling of Hollywood in the years following *Good Will Hunting* and subsequent high profile romances with Gwyneth Paltrow and then Jennifer Lopez, he saw his world fall apart after *Gigli* bombed and earned him the worst reviews of his career. But then he rebuilt his life and career...

Brittany: Town and water in north-west France

The first thing to do in Rennes is take a tour of the historical centre – the route twists and winds around, leading you into the flamboyant Gothic architecture of Saint-Yves Chapel, and then out into streets lined with remarkably well-maintained timber houses, emblazoned with age and colours that you can't define. Go up to the square that houses the Parlement of Brittany, whose façade boasts so many beautiful windows – a building flanked by elegant private mansions.

Success: Think and Grow Rich

We continue our recommendations for audio books that can inspire you to reach your dreams, focusing on *Think and Grow Rich*. Educate yourself further in the world of business and life while you're on the move. Napoleon Hill was an American author and impresario from the 'new thought' tradition of the 20th century. He went on to become an early producer of personal-success literature.

Modern fitness for the modern man

myASPRIA Contributor Nils Courcy undertook the perilous exercise of defining male beauty in modern fitness in the present day. Today's man is well-groomed and proud of it. The modern male is now abandoning the weight room and signing up for activities that were long considered to be a female preserve: yoga, stretching, bodystep, bums and tums, bodyart, body balance, pilates, ballet, etc. 1



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Hello Tomorrow



Starring in Belgium



Bai Kamara Jr.

Born in Sierra Leone and brought up in England, Brussels-based singer Bai Kamara Jr. primarily uses the themes that revolve around humanitarian themes such as social injustice, political or economic refuge, the environment

and personal relationships. Expect funk, soul and r'n'b and material from his 5th album *Bai Kamara Jr presents: The Mystical Survivors & Some Rare Earthlings Vol 1*, which will be released this month. **19 March.** Botanique, Ronde standing. Tickets: **€19**
www.botanique.be



Rhiannon Giddens

Giddens passed this way in 2010 with the *Carolina Chocolate Drops* – she's back with a new album *Tomorrow Is My Turn*, produced by T Bone Burnett no less. Giddens extensively references Dolly Parton, Patsy Cline, Odetta, Nina Simone, Sister Rosetta Tharpe, Joan Baez and The Staple Singers, among others. Americana country folk, gospel, jazz, blues and roots rock all rolled into one. **26 March.** Ancienne Belgique. Tickets: **€15**
www.abconcerts.be



Patricia Kaas

Patricia Kaas rediscovers her element, the live stage, a love affair she has maintained for more than thirty years. Her beautiful voice illuminates her 10th studio album released in November 2016, for the first time in 13 years, a compilation of all new titles. "This new album will be an opportunity for me to meet my audience on stage with my greatest songs, after the beautiful experience of *KAAS sings PIAF*." **28 March.** Forum Liège. Tickets: **€53.50**

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The Jesus and Mary Chain

The Damage and Joy Tour comes to town. The iconic band from East Kilbride in Scotland will be offering up classic songs from their debut album, *Psychocandy*, and songs sandwiched in between that and *Damage And Joy*, their brand new studio album released this month. **18 April.** Ancienne Belgique. Tickets: **€38** ●



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Bednet: The right to education, even when ill

It seems self-evident. Even when you are ill for a long time, you preserve the right to learn and keep your place in the social environment of your class group.

Since 2006 Bednet has made sure that a fundamental right under the Convention on the Rights of the Child is fulfilled. But it is only since 1 September 2015 that synchronous internet education (SIE) is structurally embedded in the educational system of the Flemish Community.

Along with lessons, Bednet takes care that children and youngsters who are absent for a shorter or longer period because of illness, surgery or pregnancy, can continue attending the lessons – from their home and with their own class group. This real-time distance education is available for pre-school children from the age of five and pupils in primary and secondary schools. It applies to all certified state subsidized schools in Flanders and Brussels. The equipment and the counselling are free for schools and families throughout the period in which the child needs it.

Bednet makes an opening in the isolation of the child by enabling regular contacts with peers. The illness recedes to the background and the child is temporarily back with friends 'in his or her class group'. Bednet creates a live connection between the pupil with an illness and his or her class group. The pupils and the teacher see the youngster on the flat screen at the back of the classroom. The child at home can direct a camera, enabling him or her to

attend the lesson and/or talk to peers. The pupil participates actively in the lesson, answers questions, can send and receive documents and take part in group work - just as if the pupil was really sitting in the classroom.

In the first full school year during which Bednet was active (2007-2008), 37 children were supported. In the school year 2015-2016 that number had increased to 335. Since the start

1,569 children with a long time or chronic illness have used Bednet in 887 Flemish schools with synchronous internet education. Cancer remains the most common pathology with 41% of all users.

Under the authority of the Flemish government, Bednet faces the big challenge of guaranteeing the right

to SIE for each and every child with a long term illness. Besides the Flemish government other structural partners support Bednet. There are also private sponsors. This support is necessary to ascertain that the computer equipment for the continually increasing number of children and schools remains free of charge.

"I have a difficult school year behind me because I was not able to attend courses during a long time because of my illness (late stage Lyme disease). Thanks to Bednet I could keep up with the courses and I was able to do my exams. Many thanks!" (Aisha)

www.bednet.be 



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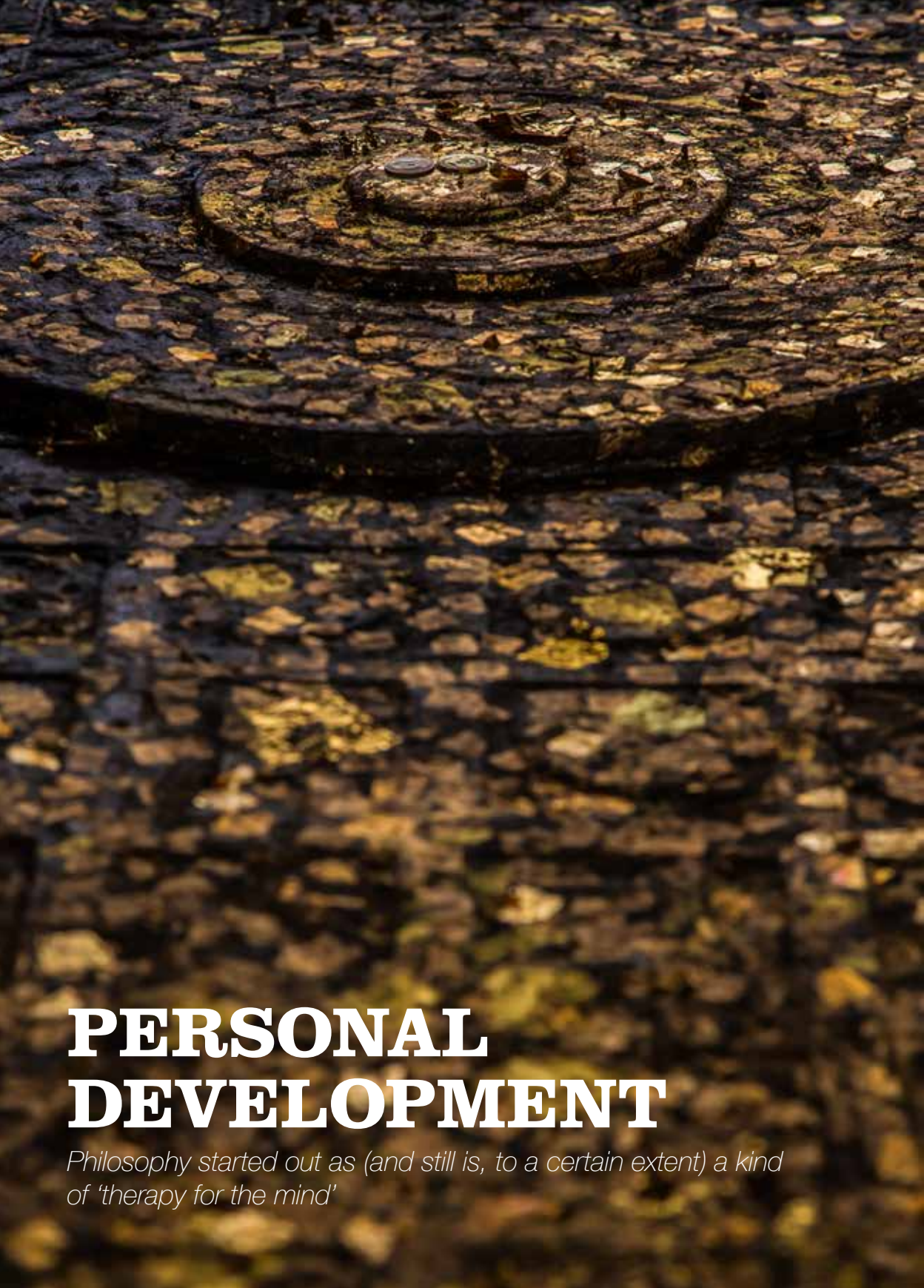
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PERSONAL DEVELOPMENT

Philosophy started out as (and still is, to a certain extent) a kind of 'therapy for the mind'

PERSONAL
DEVELOPMENT

Fitness

Aqua JUMP

myAspria Contributor **Nils Courcy**
declares that fitness can be fun



Created in Brazil, Aqua JUMP is the little brother of aquagym and aquabike, a group class based on a simple and original concept: jumping in rhythm and to music on a light, individual trampoline which is fixed to the bottom of a swimming pool with suction pads. This class makes an excellent complement to your usual "cardio" and muscle-building workouts.

The continuous bounces and the resistance of the water to your movements create, first and foremost, an intense cardio-vascular activity which significantly expands your respiratory capacity. Because this intensity can be adjusted according to the height and speed of

execution, your Aqua JUMP class can allow you to do "HIIT" (interval work at high intensity). The quantity of calories burned is remarkable and will continue for some time after your workout. And don't forget about the draining action produced by the continuous friction of the water on your skin, drastically reducing the "orange peel" effect!

And while your figure is being honed, your muscle fibres are being strengthened! Because the trampoline is an unstable surface, it disrupts your buoyancy and forces you to keep moving and to contract your muscles to maintain your body's stability in the water. The intense demands it makes on the deep



muscles of your abdomen, your back and the muscles of your lower body promotes better postural balance. Aqua JUMP also develops your motor functions and proprioception (your capacity for awareness of your body in space), essentials for good mobility.

Let's take comfort from our old friend Archimedes: the weightlessness of the water above all helps to absorb shocks, looking after your joints' natural shock absorbers while reinforcing your ligaments and tendons!

But the thing that we loved most about this activity was that it's such fun! What could be more effective than exercising while having fun, in a group, in the pool, to the rhythm of rousing music? The variable level of difficulty makes this class accessible to everyone, beginners, enthusiasts

and athletes, from 14 to 99 years old!! The 45-minute choreographies are presented by our qualified instructors. Finally, you don't need to know how to swim because the Aqua JUMP class is performed in water at hip height.

Aqua JUMP represents a new ally that's great fun, good for your figure and for slimming! Give a summery Brazilian air to your Brussels winter workouts! Not sure yet? Give it a try!

Aspria Brussels Royal La Rasante. Every Tuesday (19.15 – 20.00), Thursdays (10.00 – 10.45) and Fridays (12.30 – 13.15).

Note that this class is not suitable for pregnant women, but does not present any risk of pelvic organs descending in women (prolapse). ●

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Everyday heroes

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Dustin Hoffman and Andy Garcia in Accidental Hero



The biographer William Manchester described this little boy as: "Sickly, an uncoordinated weakling with the pale fragile hands of a girl, speaking with a lisp and a slight stutter, he had been at the mercy of bullies... This was hardly the stuff of which gladiators are made." Years later, this weakling would prepare Britain for war, a time that is considered to be his finest hour. "Faith is given to us to help and comfort us when we stand in awe before the unfurling scroll of human destiny," he broadcasted to the nation on 14 July 1940, on the cusp of the Battle of Britain. He said: "We must show ourselves equally capable of meeting a sudden and violent shock or – what is perhaps a harder test – a prolonged vigil. But be the ordeal sharp or long, or both, we shall seek no terms, we shall tolerate no parley; we may show mercy – we shall ask for none." For his courage and

conviction, Winston Churchill is remembered as one of the greatest heroes of all time.

Dr Philip Zimbardo, professor of psychology at Stanford University, US, has dedicated 35 years trying to understand what makes a hero, an area of research that is still in its infancy. According to him, heroism is more than altruism - it is a deep concern for other people in need or for a moral cause, at great personal cost, without expectation of reward. Through his Heroic Imagination Project, he aims to stir ordinary people into heroic action, something that he believes we are all capable of. His project also attempts to debunk the myth that heroes are divinely appointed, natural warriors, or are individuals acting alone. Rather they can be of all ages and from all walks of life; they may work in a network, they dedicate their life to a cause; or merely do one single heroic act

in their lifetime.

Heroes aren't always good people. Churchill spoke just as disparagingly of Gandhi as he did of Hitler. Churchill was a keen supporter of eugenics, deemed a racist and white supremacist, and was in favour of using gas to quell a rebellion. Zimbardo believes that the line between good and bad is permeable: people can cross it many times. Furthermore his research, such as the 1971 Stanford Prison study, shows that good people can do evil under certain circumstances.

Another lesser evil is the act of doing nothing. Examples include when US soldiers in Abu Ghraib stood by whilst inmates were being abused by their colleagues, or when UN peacekeepers in Srebrenica did nothing to prevent the genocide of Bosnian Muslims by the Bosnian Serbs. "The only thing necessary for the triumph of evil is for good men to do nothing," wrote Edmund Burke. This type of wrongdoing tends to be committed by people Zimbardo calls 'reluctant heroes' – the silent majority in between the heroes and evil-doers.

What makes a hero? Research identifies the following factors: opportunity (there are more occasions for heroism in the city than in the suburbs), education, being a volunteer, being male (males reported more acts of heroism than females, but it may be because women don't recognize their heroic actions as such), race (black people were more likely to be heroic than white people), and personal history (survivors of traumatic experiences were more likely to be heroes). Another factor is the ethical litmus test that is engrained in us all. This may result in a sense of duty like that of the British journalist Clare Rewcastle Brown. In July 2015, she broke the story that \$700 million belonging to a Malaysian state fund was sitting in Prime Minister Najib Razak's bank account. She regards herself as a "mere reporter", who was just doing her job.

Zimbardo believes that heroism can be learned. Furthermore, by normalizing it and focusing on the act, rather than on the person, anyone can do a heroic deed. To strengthen the hero muscle, heroes must be mindful of

and critically assess what is happening around them, not fear conflict for standing up for our convictions, trust that those convictions will be recognized by others, and not rationalize or justify inaction.

The most heartening thing to discover about heroes is that they work best in a network, not alone. Churchill understood very well that victory was only possible when the nation was committed to the fight, no matter how small the contribution. 76 years later, the Queen expressed it too: "On our own, we cannot end wars or wipe out injustice, but the cumulative impact of thousands of small acts of goodness can be bigger than we imagine."

The recent protests against the Muslim travel ban to the US, the peace ring around the central mosque in Quebec City and the solidarity marches against Brexit surely demonstrate that the reluctant heroes are stirring into action. ❶



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European schools

We take a look at two European schools: Lycée Molière and the more recently opened L'Ecole de Bruxelles Argenteuil

Located in front of the ULB on the edge of the Bois de la Cambre, the reputation of the **Lycée Molière** is very well established. A variety of options, an emphasis on the arts (music, visual arts, theatre) and sports, immersion in English from Secondary 1, a rich cultural programme and the possibility of international exchanges offer students a curriculum that meets their interests and prepares them for the world of today. The Lycée is also a school that welcomes every student with respect for his or her characteristics and needs. A support cell for pupils with learning disabilities (dyslexia, dysphasia, dyspraxia), systematic remedies for pupils in difficulty, daily supervision two hours after the courses concentrating on homework and the lessons in order to acquire a work method are aimed at bringing all students to academic success as well as the optimal development of their potential.

But over and above the academic training provided, the Lycée aims to be a true school of life – it has a family atmosphere, a warm setting, small classes and attentive and enthusiastic teachers, allowing young people to evolve in a climate of benevolence, listening, attentiveness towards other people but also responsibility and autonomy which constitute the key values of its educational project. The Ecole des Devoirs is also open from Monday to Friday to every secondary school pupil attending other schools.
www.lycee-moliere.be



The **European School Brussels-Argenteuil** opened its doors last September. As an accredited European school, EEBA offers the distinction of being able to welcome all students who wish to benefit from the European Schools program. Under the supervision of the Board of Governors, the EEBA is a private school offering the same curriculum as the four European Schools already established in Brussels. It offers very high quality multilingual teaching from kindergarten to preparation for the European Baccalaureate, in three language sections: English, French and Swedish.

EEBA places at the heart of its project the values of diversity and multiculturalism that underpin European ethics. The historic campus of the Château d'Argenteuil, located at the gates of Brussels, is equipped with high-quality academic and sports facilities. It provides students with an exceptional learning and living environment in a unique natural and historical location in Europe.
www.europeanschool.be ●

The case against a stress-free life

Natalie Morris grapples with the notion of 'will to power'



A semester into my first year at university, I unexpectedly decided to take on a major in Philosophy. Although I hardly ever make decisions with as little planning or pondering, once I considered it, it seemed like a surprisingly obvious choice. It wasn't until my first seminar, essentially based on the premise that philosophy started out as (and still is, to a certain extent) a kind of

'therapy for the mind', that I began to understand why it all seemed so fundamental to me. And it wasn't until my second seminar, on Friedrich Nietzsche, that I had the opportunity to put a philosopher's thinking – meaning, of course, my still questionable and in any case subjective understanding of a philosopher's thinking – into practice in my own life.

A central concept of Nietzsche's thought is the famous 'will to power'. In my own words, you could say that he believed the will to assert one's power over the world was the driving instinct behind all things, and in particular human relationships and events. The interesting part for me is that there seems to be two kinds of 'will to power', two fundamental ways in which people assert the superiority of their point of view, their way of life – their essence. One is what the French philosopher Deleuze calls in his book on Nietzsche the 'affirmative', the other being the 'negative'. Basically, to affirmatively assert your will to power would be to positively express and act on your own strength and uniqueness in this world. On the contrary, to negatively do so would be to undermine the power of others.

But where it gets really interesting for me is the notion that this negative will to power consists not only in opposing others' instincts to thrive and so on, but also one's own instincts. Indeed, when resentment grabs hold of the human soul (as it does to varying degrees for all of us), the result can be an internal battle with one's own desires, thoughts and general way of being. Examples of this kind of thinking are prevalent in all the great religions it seems, Christianity being Nietzsche's main adversary, as the notions of sin, guilt and humility dominated public morality in his time in a far more obvious way than they do now.

As if all that weren't twisted enough, we must add the notion of 'internalized fear', one of the plagues faced by a society in which there is no cause to be afraid anymore, forcing the instinct of fear to turn inward. At times, it seems old Friedrich would have loved to go back to a time when crazy Visigoths and other conquerors roamed around Europe, clashing with each other on a daily basis and terrorizing the meek and powerless – hey, I never said the guy was perfect. But it is interesting to consider a certain type of existential anxiety as

the result of being protected from the perennial conflict for survival and supremacy (or appear to be so) – having no way of exerting our fighting spirit and energy, while being weighed down by the awareness of sin and obligatory guilt and humility, we have no choice but to lash out at ourselves, in the form of mental punishment and, of course, resentment towards those who seem to have miraculously escaped this man-made spiritual hell.

The more I think about it, the more it seems surprising that I would choose such an author as a kind of therapeutic guide. And yet it's also very unsurprising that this analysis on anxiety would speak to me as much as it does.

Though I wouldn't say that I lack confidence in general, the image of someone hell-bent on never entertaining pretentious thoughts, to whom guilt and endless analyses of their actions comes easy, while action is discarded, struck close to home. Actually, my first 'revelation', if you will, was learning Nietzsche's

“ STRONG CHARACTERS WERE THE ONES THAT WERE ABLE TO FORGET ”

thoughts on the importance of forgetting. In one of his earlier books, he said that strong characters were the ones that

were able to forget what didn't suit them, and store only what helped them to continue to act, here and now. Instead of intentionally remembering every little thing, like a nerdy German historian, the strong don't dwell on what only brings about guilt or embarrassment (note: Nietzsche died, of course, long before the rise of nationalism and its consequences). If this were true, there was no doubt on which side of the comparison I personally stood.

But in practice my attempts to apply as much as I understood about Nietzsche's philosophy in my own life were questionable, if not downright disastrous. I thought the key was self-empowerment by convincing myself I had no doubt that I was powerful – although, my reasoning may have been a little less simplistic. But looking back, it couldn't have been a lot more nuanced either. When the inevitable

disillusionment struck, it struck hard, my previous anxieties now fortified by the guilt about feeling anxious again.

For a while, I didn't seek any philosophical answers to my troubles, simply trudging on with life, leaving my burden of conscience to its own devices. But recently, I felt the unprecedented urge to 'try something out'. What I tried was Buddhist meditation, at the Diamond-Way Buddhist Centre, which organizes public meditations as well as weekly information sessions, for newcomers. To be clear, I am in no way an expert on Buddhism. I visited the centre twice. All I can speak of are my own personal impressions, and how it ultimately didn't appeal to me.

Although the meditations themselves weren't as hard to get into as I had expected, the general ideas, as they were taught to me – establishing a kind of ruling of the mind over the impulses, finding ways to avoid "disturbing thoughts" and attempting to reconnect with a lost state of tranquillity – brought me right back to good old Friedrich and his not-so-Zen teachings.

Of course, neither Nietzsche nor any kind of meditation practices allege to do away with anxiety altogether (to my knowledge). But they do offer very different views on how to cope with the misery of the human condition. As I understand it, meditation, Buddhist or not, offers paths to acceptance, whereas Nietzsche's approach is to conquer, not one's own 'disturbing thoughts', but the world itself (metaphorically speaking). Of course there are potentially nefarious consequences to this kind of thinking, namely hubris and selfishness. But does the implementation of good in the world require more of the turn-the-other-cheek type of humility we've been taught to admire above all else, or does it rather require a breadth of spontaneous and ferocious empathy, anger and courage in the face of injustice, and the will to empower the meek and powerless?

Since it is possible that a restricted life behind what Nietzsche called the "veil of culture", although far more preferable to the barbarism of perpetual war, ultimately renders the animals

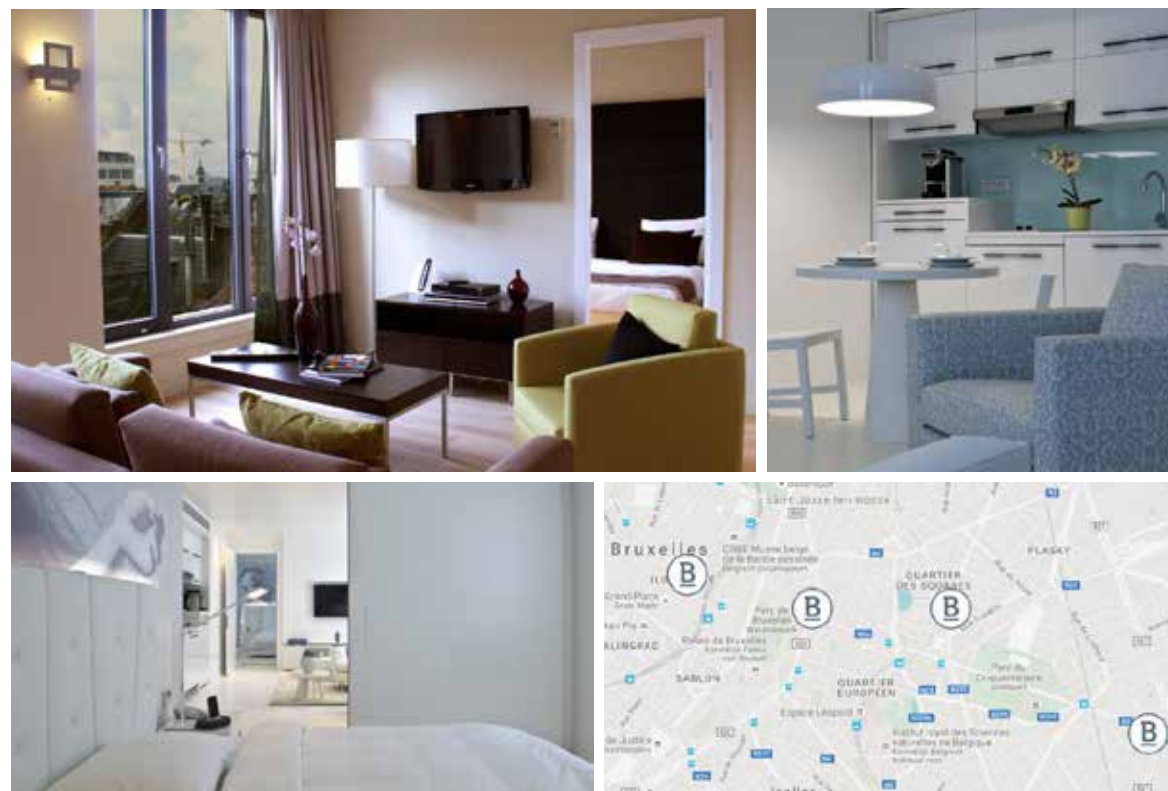
that we are in need of excitement. I've come to the conclusion that turning the internal struggles we have outward could be far more salutary than achieving the comfort of acceptance. This does not mean violence or even competition amongst ourselves. For me, it means adventure. If life is will to power, a life full of risk taking, excitement and the overcoming of one's limitations – not the taming of one's feelings and desires – could be the true path towards healing the soul of its infernal troubles.

All this being said, I am fully aware that these thoughts about adventure might be out of touch with the drudging reality of most peoples' lives, somewhat weighed down by the mundane struggles of having children or barely keeping out of financial turmoil. All I can offer is my own perspective at this moment in time. Specifically, the moment when, during my second attempt at meditation, I smiled at the thought of hearing the same mantra, accompanied by the sound of a steady but increasingly ferocious beating of the drums. It may be helpful to be kept afloat by a peaceful attitude towards injustice and hardship. But is it empowering? 🕒

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Spotlight on the men

Our nutrition expert **Sophie Bruno** asks men to get motivated for the right reasons



There is a tendency in today's society for men to be overly concerned about nutrition and diet optimization. This phenomenon is commonly driven by personal aspirations to enhance body image and build muscle, rather than being health motivated. This general male preoccupation with outward appearance and the correlation between food and its muscle-building potential results in the overlooking of the broader spectrum and value of nutrition, and the power it holds to deliver a myriad of health benefits and reduce the risk of disease.

Here are a list of foods that men of all ages should aim to incorporate in their diet, to boost health, wellbeing and ensure longevity and quality of life.

Think red - red tomatoes, peppers
Health impact: fertility, prostate health

Red vegetables, in particular peppers, are one of the richest sources of vitamin C, with a single portion (1/2 red pepper) delivering more than 200% of the recommended daily intake.

Although vitamin C deficiency is rare in Europe, it may be interesting for those trying to meet the recommended requirements for health. Some research suggests that vitamin C, a potent antioxidant, may help to prevent sperm agglutination (sticking), a common phenomenon in infertility. Other benefits of vitamin C encompass boosting the immune system and promoting wound healing. Other rich sources of vitamin C include kiwi, broccoli, kale and oranges.

Red vegetables (especially tomatoes) also contain high levels of lycopene, which is the pigment responsible for delivering the red colouring. So, feast on tomatoes, watermelon and red grapefruit. Lycopene, a bioactive plant compound, also behaves as an antioxidant, which prevents free radical damage to cells. This cellular damage is the process that precipitates the onset of chronic diseases and the ageing process. Moreover, lycopene has been shown to have a strong inverse association with prostate cancer, by exerting an anti-carcinogenic role.

Advice: consume five or more portions of different fruits and vegetables per day, which should be rainbow coloured. Try to include one serving of red coloured fruit or vegetables.

Oily Fish
Health impact: heart, erectile dysfunction and fertility

Plentiful levels of omega-3 can be found in oily fish such as salmon, fresh tuna (not tinned), sardines, herring, mackerel, trout and anchovies. These fats are referred to as essential since they cannot be synthesized in the body and can only be obtained from diet. Oily fish is reputed to deliver many health benefits, including augmenting the level of good cholesterol (HDL-cholesterol). Furthermore, omega-3s are involved in the production of the compound prostaglandin, which mitigates inflammation.

Long-term inflammation has been found to be responsible for the damage of healthy tissues and is thought to compromise the immune system. Inflammation is regarded by the scientific community as being one of the instigators of many diseases, including heart disease and cancer. One of the earliest indicators of heart disease is erectile dysfunction. The body requires good blood circulation and, as the penile arteries are smaller than the coronary ones, they are more prone to becoming blocked. According to some scientific studies, men in their 40s with erectile dysfunction bear a 50-fold greater risk of having a heart attack over the succeeding ten years. A low intake of omega-3 has also been implicated in infertility. Studies have demonstrated that men possessing low sperm count and poor sperm motility, also exhibit low levels of prostaglandins (a group of physiologically active lipid compounds having diverse hormone-like effects in humans and animals).

“ OATS ARE A RICH SOURCE OF SOLUBLE FIBRE ”

Advice: Try to eat one or two servings of oily fish per week - grilling, baking or steaming all constitute healthy cooking techniques. It is preferable to consume the whole fish rather than resorting to fish oil supplements – research indicates that it is the synergistic interplay between the micronutrients in whole fish that will deliver the health benefits.

(Brazil) Nuts and Seeds
Health Impact: Heart, fertility

Nuts are highly nutritious foods, rich in heart-healthy fats as well as delivering a powerhouse of nutrients such as magnesium, vitamin E and B-vitamins. Monounsaturated fats have also been shown to improve blood cholesterol levels and to reduce the risk of cardiovascular disease. Nuts are associated with better blood glucose control. Magnesium delivers important benefits for heart health, as it helps in the maintenance of a regular heart beat. Moreover, Brazil nuts are a rich source of B-vitamins, which facilitate the conversion of food into



energy. Brazil nuts are also rich sources of selenium. This mineral is involved in the production of proteins found in sperm.

Research shows that the blood levels of selenium are lower in men possessing low sperm counts. Selenium plays a number of other roles in the body, including optimizing the immune system and the formation of enzymes that protect the body from free radical damage. It has been said that selenium plays a protective role against cancer onset, in particular prostate cancer. However, the evidence implicating selenium in prostate health has not been demonstrated in randomized controlled trials.

Advice: Try to select the raw varieties of nut, avoiding the dry roasted and salted versions. Nuts are very energy dense, so portion control is key. Stick to 2 tablespoons (one small handful).

Zinc - lean red meat and poultry, seafood i.e. oysters and shrimps

Health impact: fertility, prostate health

Zinc has many functions in the body, including immune system optimization, wound healing, DNA synthesis and testosterone production. This trace mineral is important in the male reproductive system and spermatogenesis.

High concentrations of zinc are found within sperm cells, which make it a noteworthy mineral for male fertility; in fact, zinc deficiency has been shown to be responsible for decreased testicular function in infertile males. This mineral has also been associated with optimal prostate health and research suggests it may help to reduce the development of an enlarged prostate.

Advice: Red meat is very nutritious but try and limit yourself to no more than 500g per week to reduce the risk of bowel cancer. Try exploring other plant-based sources such as seeds, green vegetables, peas, pulses and nuts.

Oats

Oats are a rich source of soluble fibre ensuring a slow, steady release of sugar, which will keep you satiated for longer. Fibre helps to keep at bay colorectal cancer and maintains a healthy digestive system. In addition, oats are especially rich in B-glucan, a compound that promotes LDL-cholesterol reduction, reducing cardiovascular disease risk.

Tip: Add oats to yogurt as a healthy snack or breakfast, and include oats as a core ingredient in smoothies. ❶

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The Brussels apps

Our tech guy **Colin Moors** looks at apps that can improve your daily life in the capital

Of all my scribbles about tech for this magazine, I realized I have yet to do a roundup of useful apps for Brussels-based people. So, whether you're here for a short-term contract (which is how the majority of us ended up staying ten or more years) or zipping over for the weekend, here are the apps that'll enhance your stay and just maybe make life a little easier. For convenience, I have tried to make sure all apps are available for iPhone and Android devices and that all are free, or fully useable but with paid extras.

First and foremost, you're going to need to get around. One of the joys of car ownership in Brussels is the sheer number of hours you'll get to watch pedestrians whizzing past as you wonder why it's taking so long and what the

hell that bozo up ahead is playing at. This can all be avoided by using public transport. Yes, the system is not without its detractors and sometimes it's mystifying, but it is still the best way of getting from A to B, for the most part. The three transport apps that are always in my pocket are:

STIB/MIVB: The official app of the Brussels area transport authority. The web site is good but complicated on small devices, so the app is what you need here. All the bus, tram and Metro times are shown in real time, or as close as is possible, so if the app says the bus is 10 minutes away, it usually is. Great for checking transport times but not so great for planning a trip.

CityMapper: This is the go-to for getting around – and it is useable in many major cities, too – not just Brussels. You can let it find you by location services, or just plug in where you want to get to and from and let it figure out the best combination of transport. For a free app, this is ridiculously good. If you have the phone's GPS on, it'll give you

step-by-step directions to your destination. It'll also tell you how many calories you burned on the walking bits, and how many trees you've saved by not using your car. It also includes full transport maps. I have no idea how they make any money, as I have yet to see an advertisement on there.

UberX: I suspect you've heard of this, as it's powered by Google, a company not shy in promoting its services. In case you don't know it, it's like a taxi service, except people use their own vehicles. No money changes hands, as it's all taken off your credit card by UberX, not the driver. Routes are pre-agreed and you can check that they are going the right way directly from your own app. The regular government-licensed cabs in Brussels go from quite expensive during the day to frighteningly expensive after dark. Using UberX to get you to the airport is a no-brainer.

So, you know how to get around – but where will you go? Many of the mainstream travel apps seem to work on the basis that you already know the city but I prefer the ones that are slightly off at a tangent.

Culture Trip: I really like this app and, like CityMapper, it's not just for Brussels, so you can take it on your holidays too. Once you've chosen your continent, country and town, you're presented with a menu entitled 'I Want'. Choose from a range of categories, just one or as many as you like and it'll fetch articles based on what you requested. It appears to be

slightly subjective but it certainly isn't bland. Besides, I like a little bit of opinion to colour a review. The majority of official apps tend to have an obvious agenda, which is understandable. My one tiny criticism would be that some of the articles are a little bit like clickbait, such as '10 reasons you need to see Brussels from a helicopter' or something equally odd. The information-to-filler ratio is very high, however, and I would heartily recommend it. As far as my personal experience goes, it isn't constantly trying to coerce you into paying for something either, which is a welcome change.

Brussels Gardens: A slightly misleading title really but a great app. Produced by the city (Brussels Environment), the app gives a unique insight into one of Brussels' best-kept secrets – its wide variety of parks, gardens and forests. The casual visitor could be forgiven for thinking Brussels was just a city with quirky statues and an unhealthy obsession with waffles but tucked away in every available space is a small park here, a mini forest there. If you're here for the long haul, or just passing through, this app will surely have something for you. A surprisingly good find and 100% free.

My, but it's hungry work, all this travel and leisure, isn't it? There's a recent flurry of activity on the food delivery scene in Brussels but if I want to go out to eat, like in the old days, I usually turn to:

The Fork: One of the really good things about



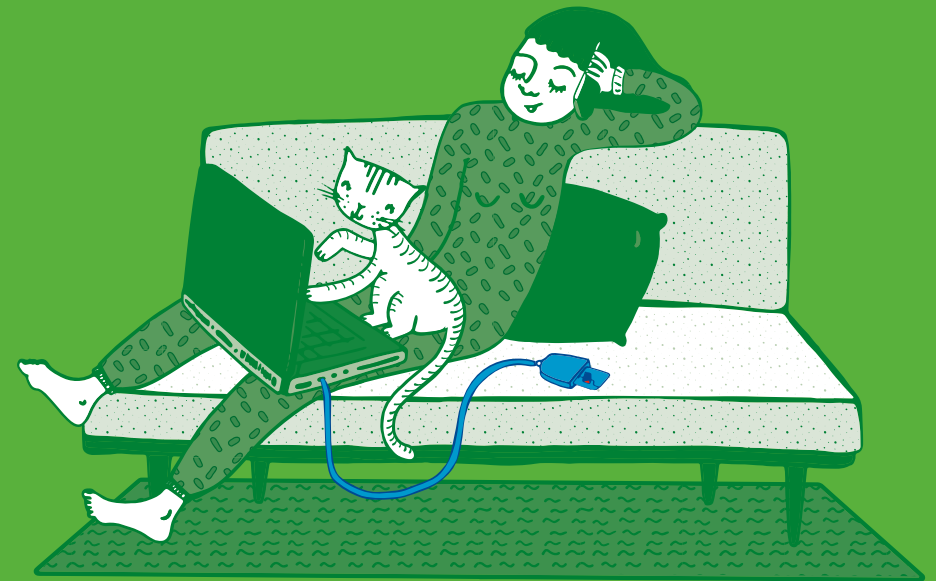


this is that it'll search for places by cuisine, by location and other criteria, but, more importantly, by when the restaurant is open. Not a big deal, you might think but in Brussels with its mix of cultures and religions, the 'standard day off' simply doesn't exist. Many a time I have pored over a web search, drooling onto my keyboard, only to find that the place I fancy is shut. The Fork also offer special deals on certain places at certain times, so it keeps you coming back for more. The downside is the review system. It's owned by TripAdvisor, so the review data really can't be seen as

authoritative. It's pulled straight from TripAdvisor – a site on which you don't have to have visited the restaurant in order to provide a review. That said, it's mostly OK in my experience.

Brussels is a gift that keeps on giving. Hopefully, some of these apps will keep you coming back, or help with your stay. 📍

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Exeunt all stage left?

Gerry Callaghan is up to his neck in possible “exits”



By the end of March, Prime Minister Theresa May will trigger Article 50 and begin the UK's withdrawal from the European Union (EU). The British people voted to leave, and as Ms May has repeatedly stated, somewhat ambiguously, that “Brexit means Brexit”. As yet, there are no indications of how amicable the divorce proceedings are likely to be. Brussels is adamant that the four pillars of the market are inseparable: the free movement of people, goods, services, and capital. This leaves the UK government in a tricky position as they pander to the anti-immigration rhetoric of Nigel Farage and his UK Independence Party (UKIP). May's government is heading for a ‘hard Brexit’. It could be a negotiation strategy from Ms. May to scare concessions from the EU, but the Prime Minister has focused significantly more on reinstating UK border controls than she has on maintaining access to the Single Market.

Europe awoke on the morning of 24 June 2016 to the UK's 52% vote in favour of ‘Leave’. Brexit was expected to unleash a surge in Eurosceptic sentiment, but even the EU's leading nationalist parties have toned down their opposition to the soon to be 27-member bloc. Within Britain itself, there is both division and confusion. Scotland and Northern Ireland voted to ‘Remain’, throwing again into question the UK system of government, whereby the largest member, England, has the ultimate say. Scotland held a narrowly unsuccessful independence referendum in September 2014 on the basis of continued EU membership. The country's First Minister, Nicola Sturgeon, pressed Theresa May to be included in the Brexit talks, so far to no avail. She will have to take a back seat in negotiations, but if the UK pulls out of the single market ‘without a parachute’, she insists, there will be another

independence referendum. The situation in Northern Ireland, as you would expect, is even more complicated still, due to the country's history and close ties with Ireland.

A trade deal with Donald Trump's America might be the only way for Theresa May to salvage something from her party's self-inflicted wound. Trump campaigned for President on ‘America gets a bad deal’, and he will not agree to a deal that harms US business. The UK would go into negotiations

In France and the Netherlands, the EU's fiercest critics now talk of renegotiations rather than flat-out withdrawal. Marine Le Pen, leader of the country's Front National party and current French Presidential candidate, is campaigning on withdrawing France from Schengen and the Eurozone. “I think we need to renegotiate with the EU to bring back sovereignty to France, backed by a referendum”, she said in an interview with RMC. At the moment polling puts Le Pen on 24 per cent, trailing Republican party



severely weakened by withdrawal from the single market, leaving itself at the mercy of Trump. This could have far reaching consequences for the UK in much the same way as the Transatlantic Trade and Investor Partnership (TTIP) would have for Europe. That is, by lowering environmental standards, lowering food standards and giving up substantial power to corporations through the Investor State Dispute Settlement (ISDS), where business can sue government for loss of profits, therefore, making it more difficult to legislate against the interests of business, even if it is in the public interest. This could be particularly harmful for the National Health Service which is under extreme financial pressure due to Conservative cuts. If some parts are outsourced, ISDS may mean that it will be well-nigh impossible to bring them back to public ownership.

candidate, François Fillon, who sits comfortably at 44 per cent. Still, if 2016 taught us anything it's ‘do not to trust the polls’, Brexit and Trump's victories stand as cases in point. Le Pen talks of French sovereignty, and she's extremely critical of the liberal elite, but who can fault her there, with their push for more globalization. Her rhetoric is likely to strike a chord with disenfranchised voters, and there are plenty of them around at the moment. The French politician recognizes the mistake of former Conservative leader David Cameron. In his referendum, the UK was asked if they wanted to leave the EU, it could be argued, ‘at all costs’. I'm paraphrasing of course, but there was no indication of what the consequences of a ‘Leave’ would be. The public was hugely misinformed by the mainstream media - who now print anything said, without rigorous fact checking.



The initial cost of Brexit is likely to be significant. Since the vote, UK markets and the pound reacted negatively and Brexit hasn't even started. 'Frexit' is unlikely to follow the same route. Also, talk of 'Nexit' has added more fuel to the EU fire. The Dutch Party for Freedom and its Eurosceptic leader, Geert Wilder, lead in opinion polls ahead of the country's parliamentary election on March 15th, currently standing at 23%. Wilders has tapped into a huge anti-establishment and anti-immigration feeling in the country. Wilder is a fierce critic of the EU's Schengen open border policy. However, in France and the Netherlands, both right-wing candidates would need to secure an overall majority in parliament to fully implement their anti-EU policies - this, according to analysts, is very unlikely.

In other EU countries, the same anti-establishment feeling prevails. February saw the reappearance of 'Grexit', the prospect of Greece being forced out of the Eurozone. After recording an economic contraction in the last quarter of 2016, Brussels and the International Monetary Fund have become increasingly concerned that Greece, currently on its third bailout program, hasn't made enough austerity reforms and is in danger of defaulting on its

next €6bn debt repayment due this summer. In Italy, satirical comic Giuseppe Grillo's Five Star Movement recently tried to leave the European Parliament's Europe of Freedom and Democracy group of which UKIP are members. Despite being rejected by the Alliance of Liberal Democrat's in Europe group, his party showed they are working to change Europe, rather than leaving the bloc entirely.

The UK is facing both an internal and external identity crisis. Europe remains cautious as to how it's unfolding. For the moment, many citizens of the continent still hold a strong anti-establishment sentiment, but exiting the EU and leaving himself at the mercy of that very establishment isn't perceived to be the answer. Even the bloc's staunchest critics are beginning to recognise that. Replicating

Brexit would have serious repercussions on their country's economy. Article 50 will be triggered by the end of March. ❶

“ IT COULD BE A NEGOTIATION STRATEGY FROM MS. MAY ”

Learning through drama

Providing good quality education that aims at developing students holistically goes way beyond the chalk and board methods that characterize the traditional idea of schooling. In fact there seems to be an agreed consensus among the various stakeholders that schools should aim at developing their students through a child-centred approach, where the student has an active role in his/her own learning process. Children learn best by doing and when they can make connections with things or events which are relevant to them - a belief which is endorsed by the International School of Montgomery (EIM).

With this in mind, one will realize that the approach adopted by schools to teach students has a fundamental role in a child's development and achievements. Incorporating drama, both as a subject in itself and as a means of motivating and enhancing learning in other subject areas, is one way of promoting a holistic approach to learning. Indeed among the benefits of teaching drama and through drama one finds language development, including interpretation and meaning, increased self-confidence, improved co-operation and collaboration skills as well as problem-solving skills. Moreover, it helps to stimulate children's imaginative and creative skills and allows them to develop a sustained focus of mind via memorizing. Apart from this, drama enhances one's communication skills both verbally and non-verbally; including voice projection, articulation and fluency as well as establishing a presence and communicating through body language.



The inclusion of drama in a student's education can be done in various ways and forms. At EIM, apart from having theatre lessons and preparing for the annual show, teachers include role play, encourage students to retell stories and create situations that stimulate a child's imaginative and creative mind in their classrooms on a regular basis. With the aid of a few props, which can even be created by the students themselves, one would be surprised to see how ingenious children can be! ❶



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Champions of free trade

Dave Deruytter looks at the rapidly changing face of the world economy



Is China in a position to replace the US as the champion in global free trade and investment? Or is that a role the EU should take on?

When president Donald Trump pulled the US out of the Trans Pacific Partnership (TPP), China was quick in announcing that it might be interested in taking the place of the US in that trade and investment partnership. The focus of president Trump is on the domestic US economy, and his threats of high import tariffs on the products of companies producing outside the US for the US market, is not good news,

particularly not for China.

China relies heavily on exports, to among others the US, because its own domestic market is not big enough yet to consume most of its own production. Those exports are important to generate the money for the payment of imports of advanced equipment for the development and production of those and future export products. Such advanced production machinery and equipment cannot always be found locally in China. In other words, the Chinese domestic market is not big enough yet, and China's innovation not strong



enough in the high tech, high-added value, future-oriented economic sectors.

It is in that light that the recent comments by the Chinese leaders in Davos, and elsewhere, in favour of free global trade and investment, have to be seen. That is also why the Chinese leadership is courting the EU, another one of its important export markets, for support and further cooperation on global free trade and investment.

Weaker Chinese exports because of higher tariffs in the US would also hurt the US and EU exporters to China. Indeed, China should react by also putting up high import tariffs, or (more likely) the Chinese trade balance would become more negative, leading to a weaker Chinese yuan (RMB). The latter would mean trouble for exporters to China, since either the Chinese buyers would no longer be able to buy, or (more likely) there would be downward pressure on the sales margins of the US and EU exporters, resulting in less profit or even losses for them. Furthermore, China as a country would no longer have the same amounts of foreign exchange reserves

to spend on buying US and other government bonds, leading to upward pressure on the interest rates there.

Extrapolating the current speed of development of China, its economy and local innovation, it should take at least ten more years before China is fully ready to take on a more prominent role, alongside the US and the EU, in championing global free trade and investment. By then its domestic market should

be big enough, and its innovation landscape and structure strong enough, to take the possible short term negative side effects in its stride.

In conclusion, if today there is one economic powerhouse, next to

the US, that should be able to make a real difference in further promoting free global trade and investment, it is the EU. Alas, with Brexit dominating the EU agenda, at least during 2017, the EU is currently not paying enough attention to that matter. Still, the EU leadership should understand the importance of free global trade and investment for the EU and take it on as its top priority, limiting the Brexit damage at the same time. This means continuing to

“ THE CHINESE DOMESTIC MARKET IS NOT BIG ENOUGH YET ”



strengthen the competitiveness of the EU economy, the stability and safety of its financial and banking system, but also paying extra attention to innovation and entrepreneurship. The latter meaning making it easier, cheaper and less risky to be an entrepreneur, to invent, or to do business in general in the EU. But they must not lose sight of the social aspects and keeping up the high standard of living in the EU.

That is a lot of work and the upcoming elections in many key EU countries this year will not help to speed up these much needed actions. But once those elections are behind us, and hoping for a constructive (new) leadership as a result, there may come a window of a few years to work on a new more efficient and flexible EU on the economic and political side.

In most developed countries you can change the constitution with a 2/3 majority, yet in the EU unanimity is needed for too many decisions. That cannot continue if the EU wants to have a structural long term future. And if that would mean an EU at two speeds, so be

it. Anyway, the EU is already moving at two speeds today, given that some EU countries are in the Euro and others not, plus there is the Schengen zone of the core EU member states. Thus an EU really moving at two speeds should not be an issue.

There is a lot of fundamental work on the plate for the EU. It is high noon to isolate the Brexit issue in a special task force and get on with the real job of reforming the EU. And what bet-

ter symbolic date than the 60th anniversary of the Treaty of Rome this year to launch such a plan and build on all the good work already in place.

In doing so, the EU would not only safeguard its own future but it could also

become the leader of free global trade and investment on our planet. In doing so the EU would surely win great support from China and other Asian countries, plus it might stimulate the US to continue, or to come back, to play a logical co-lead role. The free global trade and investments landscape should work much better with two strong engines than with only one, and on a ten-year horizon a third engine could join the club. China. ❶

“ CHINA SHOULD REACT BY ALSO PUTTING UP HIGH IMPORT TARIFFS ”

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Secrets of the Millionaire Mind

Our inspirational book this month was written by a man who can spot your financial blueprint

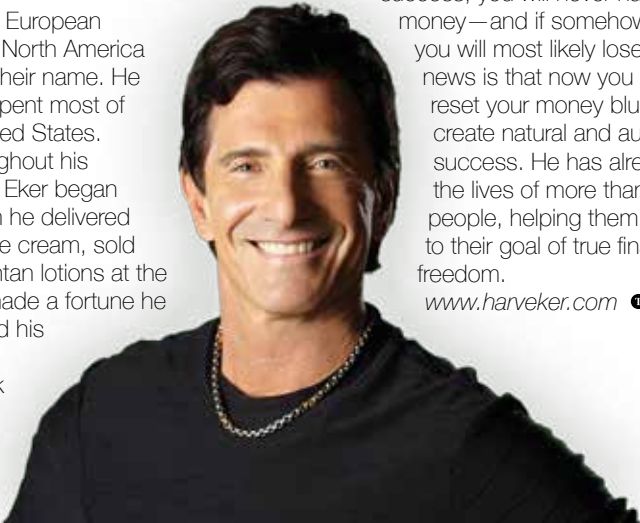
Most people never become financially successful and go through life never knowing why. They remain blissfully ignorant about their financial future, keep on working and hope they have saved enough to retire. The question you have to ask yourself is: "Is this going to be your story?" The honest truth is your financial success has nothing to do with how good or bad the economy is or your working income - that's external. The root of the problem is internal.

Author, businessman and motivational speaker, T. Harv Eker's motto is "talk is cheap" - he is the author of the book *Secrets of the Millionaire Mind*. He has also developed several highly-acclaimed courses such as The Millionaire Mind Intensive, among others.

T. Harv Eker is the son of European immigrants who came to North America with only thirty dollars to their name. He grew up in Toronto, but spent most of his adult years in the United States. Money was scarce throughout his childhood, so at thirteen, Eker began his working life. As a teen he delivered newspapers, scooped ice cream, sold novelties at fairs, and suntan lotions at the beach. When he finally made a fortune he promptly lost it and turned his attention to finding and "revealing the missing link between wanting success and achieving it!"

He asks: "Have you ever wondered why some people seem to get rich easily, while others are destined for a life of financial struggle? Is the difference found in their education, intelligence, skills, timing, work habits, contacts, luck, or their choice of jobs, businesses, or investments? The answer is none of the above! In *Secrets of the Millionaire Mind*, Eker states: "Give me five minutes, and I can predict your financial future for the rest of your life!" Eker does this by identifying your "money and success blueprint." We all have a personal money blueprint ingrained in our subconscious minds, and it is this blueprint, more than anything, that will determine our financial lives. You can know everything about marketing, sales, negotiations, stocks, real estate, and the world of finance, but if your money blueprint is not set for a high level of

success, you will never have a lot of money—and if somehow you do, you will most likely lose it! The good news is that now you can actually reset your money blueprint to create natural and automatic success. He has already touched the lives of more than 1.5 million people, helping them move closer to their goal of true financial freedom.
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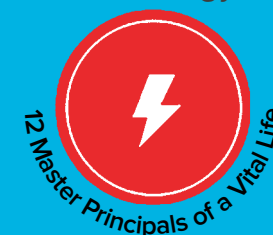
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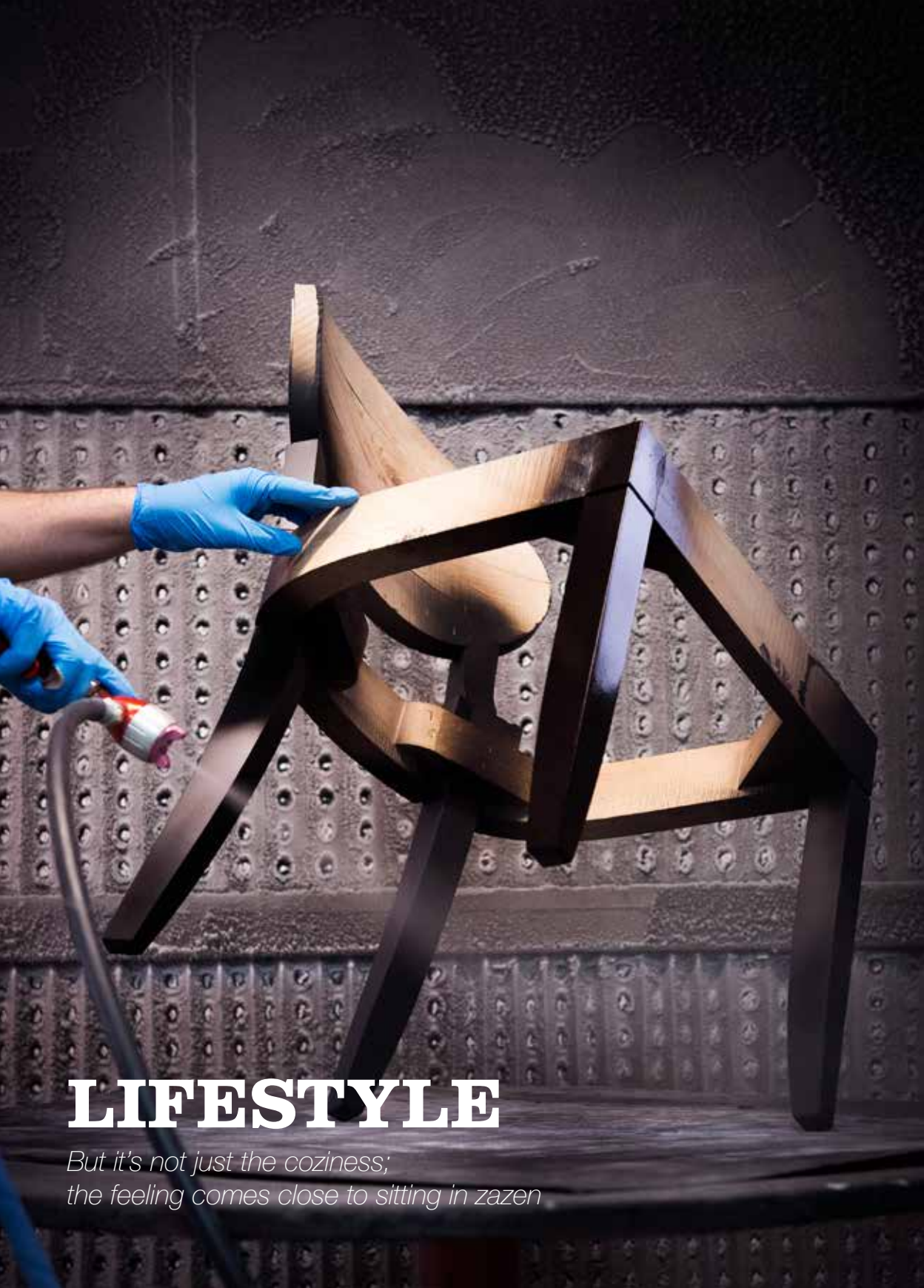
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LIFESTYLE

Luxury

Passport to 50: 20 cities, 20 days

*Together looks at the trip of a lifetime
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Experiential travel boutique DreamMaker has designed a trip around the globe aboard a privately outfitted Boeing 767 for its ultra-high net worth clientele. Passport to 50 is styled as a milestone celebration for the billionaire client and up to 50 friends and family flying in tandem on a second Boeing Business Jet. Offered at \$13,875,000, the unprecedented DreamMaker experience is slated for August 2017, covering 20 cities in 20 days. Passport to 50 is the first of its kind to completely circumnavigate the globe and cover 50,000 kilometres in the air. The trip includes a surprising time ratio of 88% on the ground and 12% in the air.

For almost three decades, Gregory Patrick, founder and experience designerSM, has honed



“ A SET OF 18-CARAT GOLD SWIZZLE STICKS SET WITH WHITE AND BLUE DIAMONDS ”



his craft as an Experiential Artist to transform travel into an art form. He has been the exclusive domain of royalty, celebrity and the uber wealthy. These clients whisper among themselves about him, and in reverent tones they call him ‘The DreamMaker’, making his services available “to a select clientele who are ready to experience what it means to take a trip beyond the boundaries of homogenized luxury travel and adopt a new reality in a world where travel becomes art”.

“Since 1988, we have been setting benchmarks in the experiential travel space worldwide,” says Patrick. “In 2017, we will be the first to introduce Experiential AviationSM as the pinnacle of private aviation.” Highlights in the air include a \$500,000 charity poker tournament with the world’s top-ranked poker player, inflight yoga session, a fashion show, and a master sommelier. Partner World of Diamonds Group was commissioned to create the trip’s most luxurious amenity: a set of 18-carat gold swizzle sticks set with white and blue diamonds worth a total of \$1 million. The Passport to 50 experience also directly benefits children around the world through Experiential Giving.

www.houseofdreammaker.com 


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Top and suit: Zadig & Voltaire
Bolero: Maison Lejaby
Bracelets: Olivia Hainaut



Top: Zadig & Voltaire
White dress: Twin-set
Lace-on dress: Pépé Jeans
Scarf and bracelets: Olivia Hainaut



Bolero: Maison Lejaby
White denim jacket: Diesel
Bridal Veil creation: Maison Selene



Wedding Dress Cymbeline for Maison Selene
Bracelets: Olivia Hainaut



Wedding Dress creation: Maison Selene
Bracelet: Olivia Hainaut



Wedding Dress creation Maison Selene
Silver Perfecto: Zara
Denim Vest :Diesel



Wedding Dress creation Maison Selene
White Perfecto: Zara
Bracelets: Olivia Hainaut

Charlotte Collard: Where food meets fashion

Catherine Feore chatted with a woman who has managed to combine two of her favourite things

Former top model Charlotte Collard took a step back and then decided to take a step in another direction. The busy mother of three decided to focus on the things she loved most, her husband and children, friends, sharing, fashion and great cooking. In sharing her work via Instagram she made a surprising discovery; she was bringing the fashion and food world together.

Did you teach yourself how to cook or did you learn from your parents?

I learned from watching my grandfather who was an amazing cook and who made everything from scratch. He was living in Canada, so each summer we would go there for two months where we would cook everything. The vegetables came from the garden, meat from my grandfather's hunting, homemade baked bread, yoghurt, everything!

As a former top model you have lived and worked in many cities, has this influenced your cooking?

Yes, I was so lucky to travel the world and lived in cities such as NYC, LA, London, Paris, Barcelona, Milan, Florence, Zurich and Brussels! Meeting so many different people and cultures has given me great memories that still inspire my every day.

In the popular imagination a model is someone who might eat a stick of celery a day and not much more. Is this a myth? Do you have to sacrifice food for fashion?

It is not a myth, it is true! However, I would say that models are not the only ones to hit extremes, but fashion is a world that 'speaks out loud' and as a result there are often food



Photo © Gaston Laiford from MYOPE Studio

“ GREAT MEMORIES THAT STILL INSPIRE MY EVERY DAY ”

and drug problems. Models do need to fit in their clothes, just as students study to pass their exams. It is a career like any other with good and bad sides, with fun and sacrifices.

What is the magic trick to enjoying tasty food and staying slim?

The first trick is to avoid diets, avoid even thinking about the word diet! It is the worst word you can think of as it will only result in frustration.

I always say: "Feed your body not your head." In other words think about what you give to yourself, take care of yourself. To give the best to yourself, you must first love yourself. Your body won't get better with years, so it's better to enjoy it now than complaining every day about it and then waking up one day and realizing that your body was fine. Enjoy it now!

I also never leave the table with this feeling of having eaten too much. I always stop before that point. I could give tonnes of advice!

Your recipes are visually appealing; is how food looks as important as how it tastes?

I would say that quality is definitely a priority. So, first of all I make sure I get the best produce I can find, then I create recipes with the ingredients to make something really fresh and then I work on the visual side. The taste is foremost for me and more important than the way the dish looks, but I do care a lot about both. I am deeply attached to details and subtle beauty.

As a mother you must be concerned about the nutritional value of food? How





do you make your kids eat healthily?

My girls never had a soda in their lives, I buy simple natural ingredients, avoid processed food and bake their snacks for school. The most important thing for me when it comes to my girls is to teach them the best habits and how to enjoy simple tastes with the best quality ingredients.

I never push them to finish their plate but teach them to listen to their little belly and stop when they are not hungry anymore. Who are we to judge if they are hungry or not, they are the only ones who know?

I am not thinking about controlling what they eat, I try to teach them to choose the best for themselves. We all know that one day our children are going to eat fast food and have good and bad life experiences, but that's part of learning who you are and your limits. I don't worry too much about this - we all did it and we usually come back to our roots and habits.

You have over 20,000 followers on Instagram. Would you describe yourself as a lifestyle guru? Belgium's Gwyneth Paltrow?

It is very nice of you to compare me with Gwyneth! I would not call myself a guru, but I am willing to share what I can do best, keep improving what I have to offer my followers on nutrition, motherhood, psychological shortcuts. My fans are really supportive - I am looking forward to sharing more of my pictures and recipes.

www.charlottecollard.com

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THINKING ABOUT
THE WORD DIET ”

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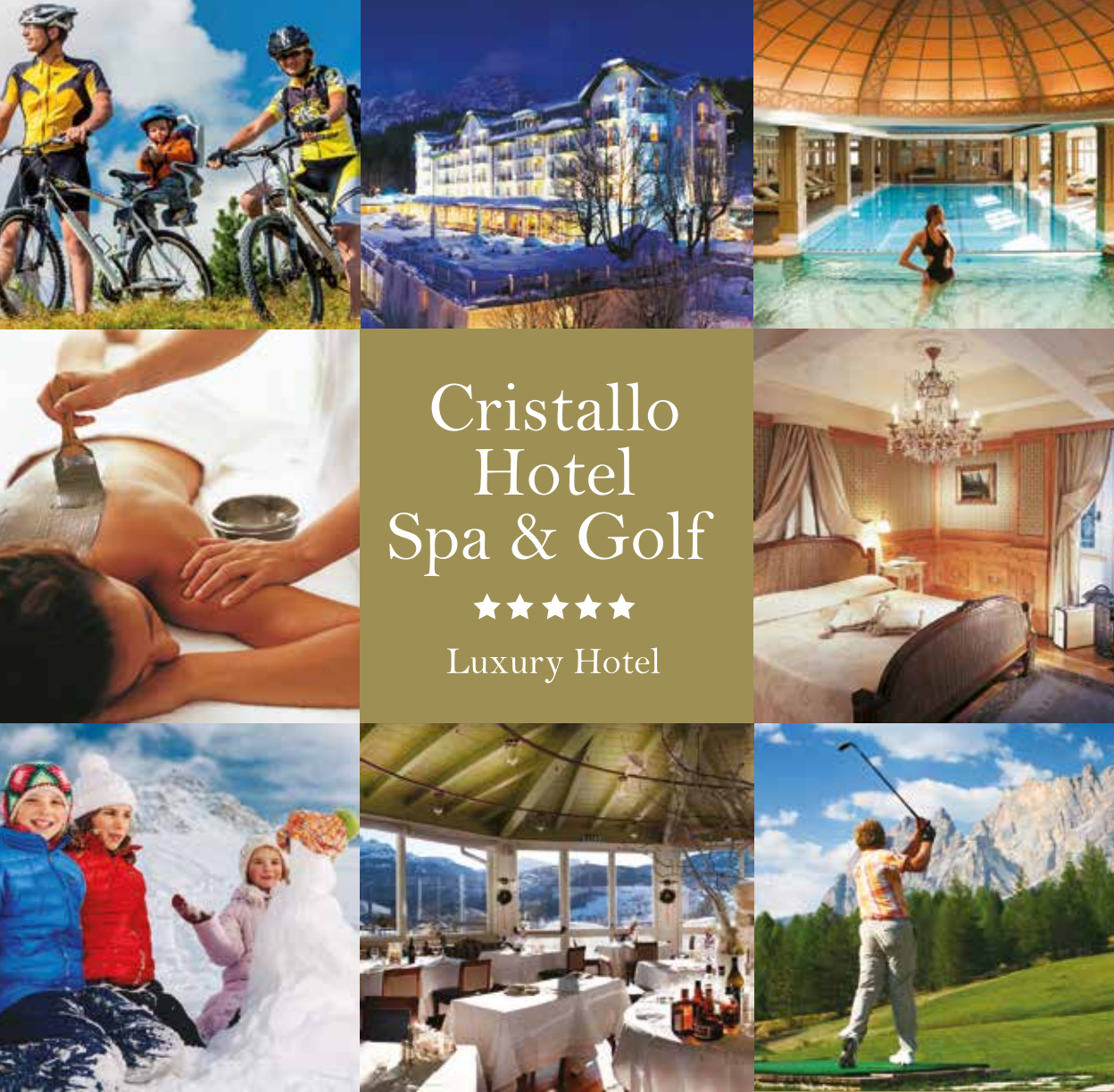
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LIFESTYLE

Beauty

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Our beauty expert **Delphine Stefens** welcomes the return of an old favourite

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Teint Idole Ultra Wear SPF 15 by **Lancôme**. Available in 40 shades. **€46**



After decades of fine-tuning the lightest possible formulas for an ideally natural finish, ultra covering foundation is back with a vengeance. But if one wants to look selfie-ready at all times, one doesn't necessarily want to shift into overdrive.

Luckily, the newcomers are heavy on pigments but still going for silky textures with often a selfie-proof matte finish on top, such as the new long-lasting and velvety foundations from Armani and Lancôme. Should you still like a touch up on the go, Givenchy presents a new powder compact and YSL now offers a glamorous cushion.

And while Estée Lauder goes for a user-friendly stick format, Dior innovates with a cushion that is more skincare with a dab of color and easy to build. Clinique introduces pigment drops that you can mix with your day cream, BB or CC cream and even foundation for a tailor-made result. Finally, guys who want to stay clear of make-up but wish to give their complexion a hint of sunny filter may want to look into the new Clarins tan booster drops.

Fusion Ink Cushion Foundation SPF 23 by **YSL Beauty**. Available in 6 shades. **€62**



LIFESTYLE

Beauty



DreamSkin Perfect Skin Cushion by **Dior**. Refillable and available in three shades. **€84.50**

Matissime Velvet Velours de Teint Poudré Matité Absolue by **Givenchy**. Available in six shades by the end of March. **€55**



Double Wear Nude Cushion Stick Radiant Makeup by **Estée Lauder**. Available in 12 shades. **€40.35**



BIY Blend It Yourself Pigment Drops by **Clinique**. Available in several shades. **€36.70**

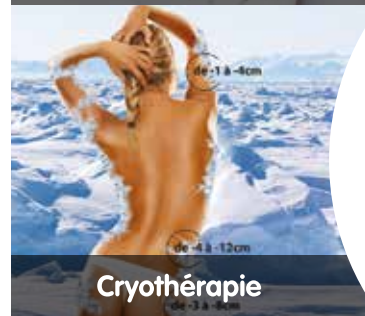
Tanning Booster by **ClarinsMen**. **€28.50**



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What started as a glass factory in Iittala, Finland, today celebrates generations of essential objects that are made to enrich people's everyday lives, with lasting design that inspires individual use and expression. Iittala believes in interior design that lasts a lifetime. The progressive philosophy of its design heroes, Kaj Franck and Alvar Aalto, still inspires them to keep forever relevant. They believe in timeless design that will never be thrown away. The Rain and Dark Grey collection puts these dark colors in a new perspective. Iittala Vitriini 60x60mm, grey: **€29.90**, Iittala Aaltomajakko 255mm, rain: **€149**
www.iittala.com



Pantone 2017: Greenery

Greenery is nature's neutral. The more submerged people are in modern life, the greater their innate craving to immerse themselves in the physical beauty and inherent unity of the natural world. This shift is reflected by the proliferation of all things expressive of Greenery in daily lives through urban planning, architecture, lifestyle and design choices globally. A constant on the periphery, Greenery is now being pulled to the forefront - it is an omnipresent hue around the world. A life-affirming shade, Greenery is also emblematic of the pursuit of personal passions and vitality. Bigli Mini Sweetie, Swarovski crystal dust bangle: **€89**
www.pantone.com/color-of-the-year-2017

LIFESTYLE

Shopping



Cosijns Chocolatier

This Belgian chocolatier company's history began in 1958, when founder Roger Van Cruchten, employed as a packaging products representative in the bakery/pastry industry, decided to set up his own business. This bold decision was a response to pastry customers looking for decorative objects for their products. Roger embarked on the adventure with his wife Marie-Louise Cosijns, and it is after her that the latest Marie-Louise Collection is named. In the late 2000s, Laurence and Gregory, the 3rd generation, decided to walk in the footsteps of their parents and grandparents. They launched a collection of coated pralines that bears the name of their late grandmother, Marie-Louise. Classic Box, 150g, 16 pralines: **€15.50**, Exotic Box, 150g, 16 pralines: **€15.50**
www.cosijnschocolatier.be



Fabienne Kriwin Jewellery

Fascinated from childhood with the world of fashion thanks to her grandfather, a textile manufacturer, Fabienne Kriwin developed a passion for materials, shapes and colours. In 1990, she created her own clothing line: César and Rosalie, with a desire to dress women in clothes that were free, supple, unexpected and colourful. After 15 years, Fabienne Kriwin felt the desire to turn to other subjects, to find a new impetus, a new inspiration. Her encounter with precious stones was love at first sight. Colours reveal themselves, play with nuances, show their different facets, sometimes soft, tender, warm and suddenly vibrant, sharp and mysterious. Earrings yellow gold rings 18k aquamarine: **€425**, Ring brushed yellow gold 18k aquamarine: **€1,875**

www.fabiennekriwin.com



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Marie's Corner: Addicted to comfort and elegance

Jeanie Keogh ensconces herself in a very comfortable sofa for her latest interview



Sitting down with Marie's Corner CEO Serge Silber at the company's flagship store in Brussels, it doesn't take long to get into the comfort zone. We're perched on the Dakota, one of the most popular sofas, discussing the evolution of the renowned business in the 25 years since founders Laetitia Zichy and Alain Low started making furniture in their garage.

It's hard to concentrate, the sofa is that comfortable. But it's not just the coziness; the feeling comes close to sitting in *zazen*. What we're doing is not simply sitting, but experiencing the furniture, becoming one with the down and microfibre-filled cushion.

The company motto – 'addicted to comfort and elegance for 25 years' – is a statement of truth couched in plain terms: the Dakota we're nestled in really could create addictive tendencies, and not just for the couch potato at heart. Silber hunkers down to explain that comfort is what Marie's Corner has become known for, and the crux of its continued success lies in "creating something that we would want for ourselves in our own homes".

"Comfort is two things: the first contact – the moment you sit down in it and you feel good. Then, there is the fact you're going to sit on it for two or three hours, that's what's going to make the difference from one chair to another."

Silber begins talking about the new direction the company has taken since he and partner Philippe Vanhemelen bought the business a year-and-a-half ago. They're moving away from the company's classical and neoclassical reputation and more towards contemporary models, trimming down the collection to clarify the style, and giving the brand image a fluffing up.

They've introduced straighter, purer lines to give it a more modern feel, eliminated models which were similar to each other to avoid confusion and product overload, and returned to what Silber calls the DNA of Marie's Corner – products that are made in Europe using natural materials in a mix of styles and colours.

"Today, we're starting to have five categories – classic: certain models that the clients love and keep coming back to; neoclassical: models that are a little harder to define, but that are not entirely classical and not contemporary; and contemporary: like the San Francisco, Dakota, products that we introduced with this specific goal in mind, which we already had in the collection, but have been able to showcase more, retro-vintage and cottage, models that are deep and low, more American, with a focus on comfort."

In addition to reupholstering the image of Marie's Corner, Silber says he wants to restore in consumer consciousness "the fact that we are still a product that is made traditionally by hand which people see when they see the factory in Spain. There are no machines, only a pneumatic cutter".

"People had forgotten it was a product that was anchored in a made-by-hand tradition. They recollected or had a memory of that that

but they had forgotten it a bit so we had to reestablish our reputation of who we are and who we want to be. We worked really hard over the past three or four years on returning to the true values of the brand."

The tailor-made element is also a strong selling feature for the Wavre-based company in that it adds character and exclusivity to the high-end brand.

"Customers can select the material they want to use, the finishing touches, the stitching, even the legs, the dimensions, the different levels of comfort. It's not a product that is

finished and then 'that's it, that's all'. People can really choose and bring their own ideas to it."

The associated costs that go along with this added luxury are something Silber says are

completely justified when the customer sees what goes into making the product.

"People who are in the know, who have had a Marie's Corner sofa at their place for ten years, they know, they can attest to that. We're talking about a product that can last for years and years."

He finishes up by telling me about business-to-business projects that Marie's Corner has provided decor for: BFO private wealth consulting firm in Gent, Bonbon restaurant in Brussels, Cuines 33 restaurant in Knokke-Heist, a lodge in the Ardennes, a golf club in Wanze, a ski chalet in France, among others. The five-year plan is to make a Marie's Corner hotel with a partner, wherein Marie's Corner will set up the communal spaces of the hotel which will function as a kind of showroom.

A few potential customers wander into the

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SOMETHING THAT WE
WOULD WANT FOR
OURSELVES IN OUR
OWN HOMES ”**



project store at 39 Namur Street. After a look around, they play musical chairs between the Jackson and the Hollywood models. They look like they could be in their own living rooms, ready for a glass of wine or tea. One person looks around, possibly wondering if putting her feet up on a pouf would be beyond the pale. I lead by example.

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Bentley Mulsanne Extended Wheelbase

Motoring expert **Pierre-Benoît Sepulchre** gets behind the wheel of a simply luxurious motor car

The peaceful force

Malicious tongues may say that this is the first true Bentley designed in the Volkswagen era. It is certainly the only model which sports the mythical 6.75 litre V8 engine. In any case, this Mulsanne encapsulates what the prestigious British manufacturer does best!



Bentley cars are not simply luxury limousines adorned with leather, precious woodwork and chrome: these English cars have won the 24 Hours of Le Mans on five occasions in the 1920s. The Mulsanne sedan looks to become the symbol of Bentley's glorious past, as suggested by its name which refers to the fastest bend on the Le Mans circuit, the bend which today's racing cars speed through at over 350 km/hr after the Hunaudières straight.

Released in 1980 under the Rolls-Royce banner, the first Mulsanne was certainly no racing car, even if its powerful 6.75 litre V8 engine set it as one of the most powerful sedans on the market. This legendary engine, built in 1959, is, for purists, the seal of authenticity that, still today, is the beating heart of the flamboyant Mulsanne. Brought up to date by Audi engineers, it embodies to perfection the latest technology and the know-how of craftsmen who meticulously assemble

this exceptional limousine on their production line in Crewe, UK.

Winged lounge

The sedan version, the Mulsanne Extended Wheelbase, is an impressive 5.82 m long, which makes it 25 cm longer than the standard Mulsanne. This allows for a truly royal interior, clad in buttoned leather upholstery and exotic wood veneers which lend it a plush and rich finish. The interiors are also set off by unique details such as the oculus air vents and the ashtrays in polished steel and the two vanity mirrors inset into either side of the back panels. It can hardly get any more exclusive or luxurious!

But the showstopper has to be the push-button located on the central armrest that opens up a fridge located between the two back seats: slide away the opaque glass panel to reveal a pair of crystal-cut flutes and two bottles of champagne.



Tradition and high-tech

The Mulsanne catalogue offers all the possible options for your personal customization. Our test-drive model was equipped with a Wi-Fi router, two detachable tablets of the kind you could expect to find on a private jet, and a cordless keyboard. What more could you need to work in complete peace, comfortably ensconced between duck-down cushions, legs stretched out on leather-clad footrests and your neck nestled on headrests designed to cushion in around your head? Last but not least, sliding blackout curtains have been fitted into the car doors and the rear window so that the gentle push of a button can shelter your cocoon from the outdoor chaos.

Iron hand in a velvet glove

Of course, the 6.75 litre V8 engine of today's Mulsanne had little in common with that of its 1959 ancestor. The engineers in Ingolstadt equipped it with two turbo-compressors, but they also added the most cutting-edge technology, such as direct injection and variable displacement. At gentle cruising speeds and light throttle the engine management system deactivates 4 cylinders, saving some invaluable litres of fuel, despite the car having a fuel tank capacity of 96 litres!

Modern updates notwithstanding, this big-block engine has preserved the charisma for which it was known: a muscular but smooth temperament. This bridled strength is clearly necessary to drive the 2.7 tons of this robust model. But with a titanic torque of 1,020 Nm, responding at 1,750 rev/min, and a power of 505 hp, the Mulsanne cannot be faulted. On the contrary, it can accelerate from 0 to 100 km/h in a mere 5.1 seconds and to notch up to 296 km/h. It is also worth noting the smoothness of the 8-speed ZF automatic gearbox which offers you four different driving modes to slightly adjust the car's ride to your choice.

On balance...

The Bentley Mulsanne Extended Wheelbase is a delight for both passenger and driver. The incredible legroom allows the rear passengers to stretch their legs without touching the front seat. The luxury of the passenger experience is complemented with top-notch equipment and unequalled comfort and soundproofing. But the drivers' seat is also an exceptional place to be: with a car so powerful and pleasant to drive, the temptation must be irresistible to give your chauffeur a break and sit behind the wheel instead! ●

Alicia Vikander: Keep working

This month *Together* chatted to a former ballerina and rising movie star



There appears to be no stopping Alicia Vikander. She's still on a meteoric rise up the Hollywood ladder that has her taking on the coveted role of Lara Croft in the rebooting of the franchise. Not that blockbusters are her priority - it's simply that she's a fearless performer who is anxious to explore every opportunity.

LIFE OF LEISURE

A Climat is the name for a specific vineyard site combining vine plots, grape variety and know-how

In person, she's enthusiastic, albeit mildly restrained as befits her Swedish stoicism and sense of discipline that she acquired from her rigorous training as a ballet dancer. She smiles easily, however, and gives the impression that she is enjoying her time in the limelight the way someone who never expected to become a major movie star would feel. Yet she's also learnt that it's important to stay grounded.

"My roots mean a lot to me, and I miss my family and my friends," Vikander says. "I've realized during all my travels that you need to find time for yourself and stay close to the people who care for you. My mother is very important to me and I rely on her advice as well as that of my father whenever I'm considering a new project. That's become a tradition for me, especially since I haven't been able to see them that much during these very busy years."

Her new film, *Tulip Fever*, directed by Justin Chadwick and written by Tom Stoppard, is set in 17th century Holland during the so-called 'tulip craze' era. The story, based on the eponymous Deborah Moggach novel, revolves around a secret love affair between an unhappily married woman, Sophia (Vikander), and the artist (Dane DeHaan) commissioned to paint a portrait of her and her patrician husband (Christoph Waltz). The Weinstein Company production also co-stars Cara Delevingne, Judi Dench, Matthew Morrison, and Zach Galifianakis.

The 28-year-old Alicia Vikander divides her time between London and New York with her boyfriend of the last two years, Michael Fassbender, after the couple fell in love while making *The Light Between the Oceans*, which was released last autumn. She will be seen later this year in Wim Wenders's *Submergence*, and *Euphoria*, co-starring Eva Green. She is currently in the midst of shooting *Tomb Raider*, set for release in 2018.

Together: Alicia, you've been traveling and working virtually non-stop the last

several years. Does it ever seem like a dream?

Sometimes, but it's one of those beautiful dreams that keeps unfolding. I love the work that I'm doing and it's hard to say no to all these projects that are coming my way because you remember how hard you fought to reach this point.

There's also this fear inside you that tomorrow it's all going to be over which is something that probably stays with you as an actor your entire life. It's the nature of the job. And I will always have moments when I'm nervous about how audiences react to my work. It keeps me focused.

Do you still get nervous when beginning a new film?

Not as much as before. I remember when I started to work on *The Danish Girl* and Eddie (Redmayne) would keep telling me: "Oh, sit down and relax." This really made me feel so much more at ease that I could finally bring to the camera the level of performance I wanted to give. I always place very high expectations on myself.

How badly do you miss your life in your native Sweden?

Sweden will always be a huge part of me. But you know the funny thing? You only start to appreciate your cultural heritage when you're traveling and you've basically left your country, which is what happened to me. I'm very glad to have this wonderful opportunity to live and work in so many different cities and see things from a different perspective, but I still feel very close to my country and that special feeling you have for your own culture. That will never change.

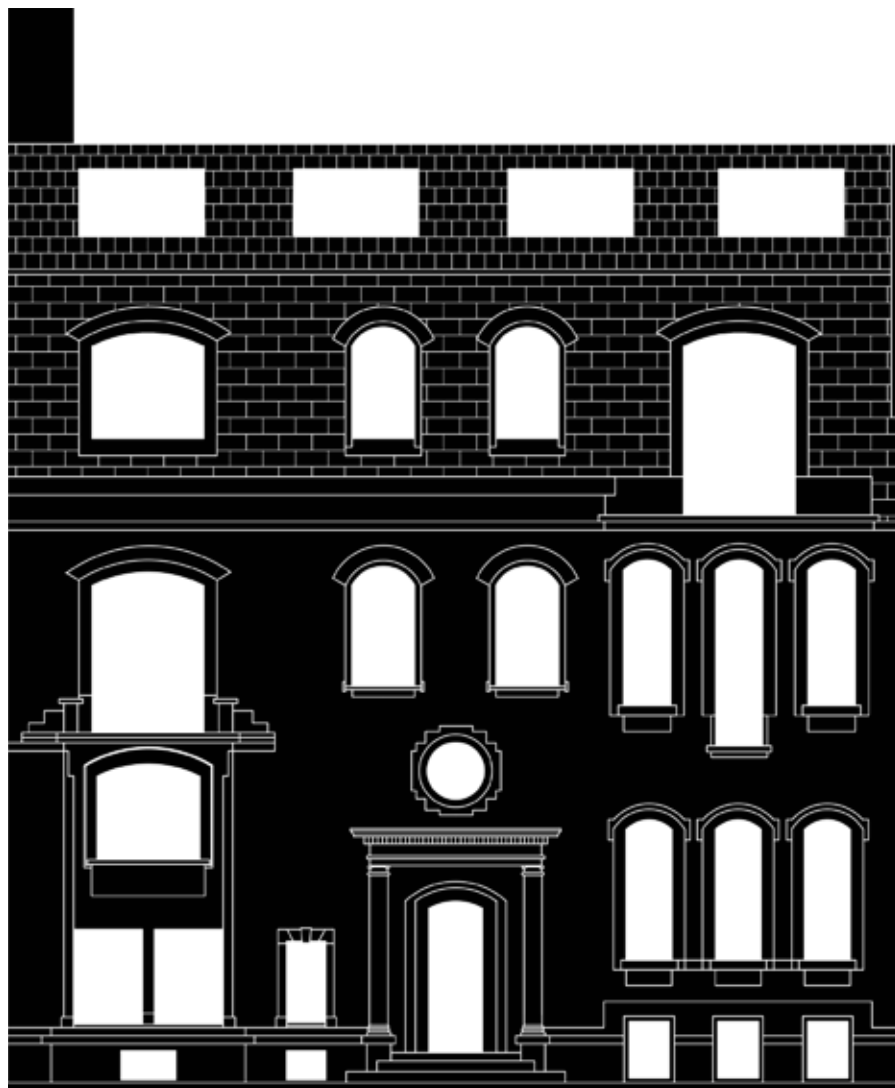
In *Tulip Fever* you act in another period piece. Do you enjoy these kinds of historical dramas?

I love exploring different times. It's exciting to do the research and understand how people behaved in different ways and there were different sets of rules governing their behaviour.





T I M E S M O R E



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LIFE OF LEISURE

Interview

You try to put yourself in the position of a woman in past times whose world was much more restricted and you try to imagine how you would feel and how you might want to rebel against those limitations. It's fascinating.

Do you become very philosophical or caught up in the lives of a woman like Sophia or other women characters like the one you played in *The Light Between the Oceans*?

I become very invested in my characters and I try very hard to understand their emotional world and their psychology. What's interesting for me is being able to push myself and get outside of my comfort zone.

It may seem strange, but I usually look for roles which scare me and make me worry about whether I can really pull it off. I feel that the more I challenge myself the more I will evolve as an actor and as an individual.

Is it important to you to play strong-minded and determined women?

If possible, yes. I feel drawn to characters that have a lot of willpower and spirit and I like to be able to go on a journey with them. The most important thing is to find a good project and make a film that you will enjoy being part of and create something that the audience will enjoy.

How do you feel about taking on the Lara Croft role in *Tomb Raider*?

I'm thrilled to play Lara Croft. I still remember how excited I was when the first film with Angelina Jolie came out. Our story is more of an origin story, though, although I'm not allowed to tell you anything more! (Laughs)

What about the physical preparation?

I'm looking forward to that. I trained as a ballerina so I'm used to working very hard on training my body and this will be a different kind

of a challenge. But I love the physical aspect of this kind of a story and I'm really excited about it.

Do you like the idea of playing a very physical role in a big action film like this?

Yes. I've always been such a big fan of these kinds of action and adventure movies and I have been a big fan of the video game of Lara Croft, too.

When I was a teenager, I would always watch the Indiana Jones movies and then of course it was such a thrill to be playing in the Jason Bourne film even though my character didn't get to do action scenes. So playing Lara Croft

is something I would never have dreamed of doing. But that's how incredible and unpredictable this business can be.

You've also formed your own production company, *Vikarious Productions*, which sees you playing opposite Eva Green?

We shot the film in

Bavaria, Germany and it's called *Euphoria*.

It's great to work with Eva Green who I admire so much. We play two sisters. And Charlotte Rampling is also on board in the role of our mother.

Did you want this film to be centered around women?

We need more women's stories and for women to occupy a more important place in our industry. Lisa Langseth, who directed *Pure*, a film I did many years ago with her in Sweden, is also directing this film.

It's sad, though, that women still need to fight so hard in this day and age to have more opportunities. It's very frustrating to be asked how it feels to play a strong female part because it shouldn't even be a question anymore. There should be strong female

“ A FEARLESS
PERFORMER WHO
IS ANXIOUS TO
EXPLORE EVERY
OPPORTUNITY ”

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characters just like there are always strong male characters.

Also, there needs to be more roles for women and not just one or two good parts in films. When I look back at the 16 or 17 feature films I've done, there are only a few where I had great scenes with other women. That needs to change.

You've said in the past how you were looking to take some time off but it doesn't seem like you're going to be able to do that?

I don't think so. Even after the Oscars (where she won for best supporting actress for *The Danish Girl*) I had to rush back and go back to work on the Bourne film. But I still find time here and there where I can turn off my phone and disappear for a while and do yoga and enjoy my time away from the movies.

And when I wanted to take several months off I got a call from Wim Wenders (for his new film, *Submergence*, with James McAvoy) and how was I going to say no to a legendary director like that?

You career keeps gathering momentum with the Oscar for *The Danish Girl*, your Bourne film, and *Light Between the Oceans*. Soon you're going to begin work on the new *Lara Croft* film. What is your perspective on taking over that role?

When I heard they were going to make a new *Tomb Raider*, I thought Angelina was the one and only Lara Croft, and she would be difficult to replace. But a new version of the video game came out in 2013, and our film will give a different vision of the character and we want to be able to put our own stamp on it.

It's always going to be a challenge to take on a character like this, especially one that Angelina Jolie turned into an icon. It's very exciting to have the chance to play Lara Croft. It's obviously going to be much more physically

demanding than anything I've done before and I hope I'll be up to the challenge!

Do you think it will be difficult to keep your private life with Michael Fassbender from receiving too much attention?

It's something that I've chosen not to speak about and I think that is the best way to deal with it. He's an amazing actor and the rest I want to keep private.

Do you fear the added pressure of becoming a major star?

When you're working, you never think about any of that. And when I have some free time, I spend it with friends and family I've known for many years and I never feel strange or as if people are treating me differently.

What's the oddest thing about traveling so much?

Once I had a Skype dinner with my friends. We each decided to buy a bottle of wine and cook something for ourselves and then sit at a table and Skype each other. The whole thing started as a joke

but it actually worked. We had such a good time that when it was over we thought we would all go out for a drink together until of course we quickly realized that we were in different parts of the world. But it was a great night anyway! ●

“ I'M USED TO WORKING VERY HARD ON TRAINING MY BODY ”





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LIFE OF
LEISURE

Travel

A journey to Marrakesh

Caroline Dierckx visited a very
special Moroccan 'riad' within the
medina



The 'Pearl of the South' bears its name well – Marrakesh is a real jewel in the heart of Morocco, at only 3 hours 30 minutes from Brussels by plane. With sun and a mild climate for most of the year, this ochre city has many surprises.

We decided to discover Marrakesh by staying at the Riad Chocolat, which is in an exceptional location in a popular district of the city, close to the famous Jemâa El Fna square (15 minutes' walk) within the medina ramparts.

After only a 20-minute drive from the airport, the Riad's driver dropped us off in a very small alley: was this the right address?! In front of a small Moorish entrance, we were introduced to Naima, one of the masters of the house. A few

steps later, we were in a beautiful Moroccan guest house, with an open courtyard whose central square boasted a majestic palm tree rising up to the sky. Several lounges surround the ground floor, as well as a very comfortable dining room.

We were immediately charmed by the atmosphere of the Riad – our suite was on the first floor, perfectly decorated with local colours (each room has its own unique identity). It must be said that Dominique has taste and understands the small details in the souks that make the difference.

The Riad has a total of five rooms, each with their own bathroom. On the top floor, on the roof, there is a small paradise, a Moroccan



living room in which it is very pleasant to have tea, breakfast or simply enjoy the sun.


The Riad offers different formulas for breakfast and/or evening meals. We chose the latter and enjoyed the tajines, couscous and Moroccan specialties (as well as The Naima's French fries).

Riad Chocolat is clearly internationally recognized, attracting cosmopolitan guests from Finland, Portugal, Switzerland, France and the US. The owners, Eric and Dominique, are Belgian and created and redeveloped the house four years ago. It is not only a privileged location from which to discover the neighbourhood, habits and Moroccan way of life, but also offers tourists advice, good gastronomic addresses (we liked A Dinner in Marrakesh, Bo Zin, Café des Epices), the best taxi prices as well as places to visit, such as The Majorelle Gardens, The Bahia Palace, the Koran School, as well as the souks.

Dominique often allows her guests to discover the locale by indicating precisely the routes to

be taken (even if you do lose yourself!). There is also the shop in which she used to work – among other treats, we discovered the quad, a camel ride and a day trip to the mountains, all intense getaways that are rich in discovery. All must visits!

Discovering Marrakesh with locals is a definite asset, not only because of their welcome, their kindness and professionalism, but we really appreciated also the care taken by the Riad.

We left with memories of the head and the heart, after a magical stay. We promise to return, and we recommend the address to anyone who wants to discover the 'Red City'. www.riadchocolat.be 

Deauville: Treading the boards

Paul Morris headed west once more, this time to a lovely seaside spot in Normandy

When I decided to head to

Deauville for a pre-Christmas break, I expected no favours from the weather on what can be a particularly windy coastline. The sun shone from the minute I stepped off the train and, I kid you not, lasted until I walked back toward the station seven days later – a fine mist cloaked the boats in the marina. I was there for the walks along the front, on the famous boardwalk – Les Planches – lined with huts named after famous movie stars. I was there for the seafood, and, of course, it was available in abundance. But I was also there for the 'gee-gees' – Deauville is also famous for its excellent hippodrome. On the train as we approached the town, as far as the eye could see was packed with stables. This is horse country. I'm not a betting man but my trip coincided with the anniversary of my father passing away. And he loved horse racing. I took in the last four races or rather they – at least the first three – took me... to the cleaners. So I had one race left, and rather than checking any sort of form I decided to bet on the date. And number duly 14 romped home in grand style and I treated myself to a fine Deauville lobster supper.



I mention the train because I am a frequent non-flyer and rely on the rails to get me around Europe, most often towards France and Spain. I use voyages-sncf.com, which are well-connected across Europe. I travel for both business and pleasure, and they have brought out a new app called the V-mobile app, which I think is ideal for business travellers – it takes the stress out of the journey and allows you to get on with getting the work done.

With it you can book, download, store or exchange train tickets on your smartphone and tablet, wherever you are. It will also help you find the best prices for any month, and the best itinerary to and from the station. On their website there's a very useful video on how to get the best use out of it.

Happy travelling!



La Presqu'île de la Touques

I crossed the bridge that connects Deauville to Trouville – named Pont de Belges after the brave Belgians who lost their lives trying to defend it in 1944 – as I headed to Robert & Denis, fish specialists who do a wonderful line in oysters and dry white wine. Low on the horizon, across the water, I could see the busy spot where work is under way on the largest project of the decade in Deauville: the re-urbanization of Presqu'île de la Touques, a real challenge for the town and its inhabitants, and something of which they are justly proud.

La Presqu'île is spread across 6.3 hectares (over 15 acres) and is situated between la Touques, the sea and the town centre of Deauville. To transform this space into an area that is lively throughout the year, the town launched a huge project of urban renovation. The objective is to transform this region, which has seen no real activity for 25 years, into a lively and multifunctional area so that it will become a showcase of the lifestyle and craft of Deauville. The aim of the different contributing parties is to offer a more pleasant place to live, where the architectural character will be protected, and to bring the area to life so that it fully represents the dynamic and colourful character of the Deauville of tomorrow. Formerly a hub of industrial and maritime activity, a new image of la Presqu'île is now taking shape. Ideally situated along the

seafloor, Presqu'île will boast housing, shops and businesses, as well as four new squares and a promenade. The area will equally host the accommodation of the future Pierre & Vacances premium residence.

The future 5-star Pierre & Vacances premium residence of Presqu'île de la Touques will be situated alongside the marina and La Touques - less than 10 minutes from the centre of Deauville and close to the train station - with an expected opening date in early 2018.

The residence is in keeping with the iconic architecture of the town of Deauville, inspired by the traditional Normandy and Haussmanian styles, with its timber frames and wooden shutters. While maintaining the styling of the town, the residence also responds to the energy efficiency standards and technical demands of modern buildings. The 161 one, two and three bedrooms apartments will be dotted across low-energy buildings of controlled heights (just three or four floors). 38 of these apartments will be installed in the Customs House which will be restored by Pierre & Vacances-Center Parcs group. The upmarket residence will equally offer numerous services including indoor and outdoor pools, a spa and a landscaped garden.

Find out more:
www.pierreetvacancesimmobilier.com 

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Levison Wood: Walking the planet

Responsible Travel met up with an intrepid explorer whose oyster is the world



Levison Wood is a British explorer, writer and photographer. His work has featured around the world. Wood has recently returned from walking the length of the Himalayas, a six-month journey of more than 1,700 miles from Afghanistan to Bhutan, which was televised on Channel 4 as a five part documentary series, airing throughout January 2016. His accompanying book *Walking The Himalayas* has been published across the globe. Levison also walked the length of the river Nile - an expedition of 4,000 miles that took nine months and was also documented to critical acclaim. His book *Walking the Nile* was a Sunday Times bestseller. Lev's most recent expedition *Walking The Americas* from Mexico to Colombia aired on Channel 4 as a 4 x 60' series in January 2017, with his accompanying book due to be published on 23 February 2017. His work has taken him

around the world leading expeditions on five continents and he is an elected Fellow of both the Royal Geographical Society and the Explorers Club.

Where's home?

I live in Hampton Court, London. It's a nice combination of being far enough away from the madness but close enough to commute into town. Also it's right next to the river and Bushy Park which is glorious.

What's your first ever travel memory?

A holiday to Greece with my parents when I was four or five. I remember having to learn to ask the Greek shopkeeper for some sweets in Greek.

Family holidays that give the kids an opportunity to learn about a new culture will

inspire them for years to come. This family holiday in Greece combines adventure with ancient history in a very un-touristy region. Try hiking, biking and sea kayaking as a family, while exploring traditional Greek coastal towns and ancient archaeological sites. Costs from €720pp for 8 days excluding flights.

Describe yourself in three words?

Adventurous, risk-taker, creative.

What inspired you to start travelling?

I always wanted to see the world with my own eyes and form my own opinions. I read lots of books about explorers and history which I loved.

What do you dream of for our world in the future?

That we realize just how fragile our environment is and that we stop being selfish, that the population will steady out - or even hopefully drop, so that nature can recover a bit. If we don't then basically our children will lead a pretty tragic life.

What's been the biggest challenge you've faced on a journey?

Overcoming the death of a companion. A journalist called Matt Power came to write about me and collapsed and died while in the remote African bush in Uganda.

Where's the best place you've woken up?

I can mention a thousand places, but perhaps on a mountainside in Nepal to the sound of a cockerel.

Homestay holidays offer some of the most authentic travel experiences out there. This Nepal holiday sees you trekking between remote villages in the mountainous Gorkha region, where homestay accommodation each allows you to participate in day-to-day rituals of traditional rural life. Costs from £950pp for 13 days excluding flights.

Is there one person you've met who you feel you were so lucky to connect with?

Again - a thousand people, but I've been fortunate enough to meet some pretty amazing humans, from the Dalai Lama to George Clooney but it's my close friends that I feel luckiest about.

Has anyone ever told you that you won't make it?

Ha, plenty of times. My boss in the army thought I was mad for leaving in the midst of a recession. I told him I'd be fine.

Tell us about a time when you felt like walking away from an adventure?

The only time I've walked away from an adventure was when I tried to cycle from Madrid to Gibraltar. It was January 2005 and didn't stop raining. I was poor and slept at the roadside and didn't eat for days.

Eventually I got arrested by the Spanish police who thought I was a tramp and spent a night in a homeless shelter. After that I gave up cycling and went to Morocco instead where the weather was better.

A cycling holiday in Morocco offers a more comfortable adventure on two wheels. Explore unique culture and landscapes from Marrakech to the Atlantic coast, through palm-filled valleys and the foothills of the Atlas mountains with plenty of stops to refuel on delicious Moroccan cuisine: Costs from £1,149pp for 9 days including UK flights.

What keeps you going if you ever feel like giving up?

The privilege of being able to travel for a living.

What are you most proud of?

Getting into the PARAs probably - passing the gruelling selection and commanding soldiers on operations in Afghanistan.

What's your happiest travel memory?

I think a road trip with my best mates from London to Malawi.



Discover the underrated 'warm heart of Africa' on this 10 day adventure. Visit local villages, relax on the shores of beautiful Lake Malawi and spot the 'big 5' on game drives, walking safaris and boat trips through Liwonde National Park. Costs from £2,400pp for 10 days excluding flights.

What's always in your bag – no matter what adventure you're on?

A compass and a linen shirt.

What do you still dream of doing that you haven't yet done?

Antarctica, Papua New Guinea, Canada, Japan, road trip across the USA etc, etc.

Have your own epic adventure on this sea kayaking adventure around Papua New Guinea. A truly off the-beaten track experience, kayak between remote island communities that rarely see outsiders, snorkel on pristine coral reefs and sample fresh, delicious sea food. Costs from £2,125 for 9 days excluding flights.

Where would you like to be right now?

On a beach in Thailand.

In your lifetime, where's the most memorable place you've been and why?

Cape Town, the first place I travelled solo.

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WANTED TO SEE
THE WORLD WITH
MY OWN EYES ”**

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enjoying stays at nearby wine estates, beautiful beaches, whale watching excursions and a chance to spot the Big 5 at a private game reserve. Costs from £1,900 for 15 days including UK flights.

What does responsible tourism mean to you?

It means making the right decision - working with local partners, writing honest reviews, speaking out about poor performers and people abusing the system, ecosystem and local population.

Check out the Responsible Travel site to visit some of the places Levison Wood has been, such as a family holiday in Greece combining adventure with ancient history, trekking in the mountains of Nepal and visiting remote villages, exploring unique culture and landscapes from Marrakech to the Atlantic coast or experiencing your own epic adventure on a sea kayaking adventure around Papua New Guinea.

www.responsibletravel.com 



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Dining

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L'architecte

Housed on the first floor of the Brussels University Press building on Flagey, the creation of this space was a collaboration involving the building's president, architect Pablo Lhoas, chef Antoine Germain and eminent restaurateur Damien Bouchéry. And it works very well indeed – it's bright and spacious with a great view over the bustling square below. The menu is mercifully straightforward, allowing for dishes that use only the best seasonal produce. I had the succulent brill filets with chips, but not chips like you see elsewhere - these are hand-cut in long triangular shapes, and they were delicious. My dining partner went for the vegetable risotto and we finished off with young chef Germain's charming dessert of the day: caramelized French toast with a dollop of ice-cream on top.

<https://restaurant-larchitecte.be>


Costa d'Amalfi

In the heart of the European quarter, this Italian restaurant has been open for only a few months, and has a few surprises up its sleeve. We're talking genuine cuisine, far from the Italian gastronomic standards that everyone knows. As its name suggests, the Costa d'Amalfi takes us on a trip to the magnificent Amalfi Coast. The chef and his associates (from the kitchen to the table, everyone is involved in the restaurant) offer creative dishes with produce of exceptional quality. We followed the chef's suggestions of a beef Maki, crunchy vegetables, Grana Padano 24 months and balsamic reduction, followed by the suggestion of the day, spaghetti à la colatura (anchovy juice) and red tuna tartare. A veritable feast for the taste buds. It's worth noting the lunch and wine of the month formulas. This is an address that will become the HQ of all lovers of good food.

www.costadamalfi.be

Burgundy: Protecting heritage

Bernard Gauvrit explains the work that is going into protecting the region's wine heritage

In Burgundy (Bourgogne), a Climat is the name for a specific vineyard site combining vine plots, grape variety and know-how. The word 'climat' should not be misinterpreted – it is not related to meteorology but is a specific term, unique to Burgundy, designating a specific vineyard site. Since 4th July 2015, The Climats, vineyards of Burgundy, have been inscribed on the UNESCO World Heritage List a program that encourages the protection and preservation of cultural, natural and mixed sites.



**“ DEEPEN OUR
UNDERSTANDING
OF THIS
PATCHWORK OF
CLIMATS ”**

The Association of the Climats of Bourgogne is committed to saving the region's dry-stone walls and shelters. In 2014, the Association of the Climats of the Bourgogne Winegrowing Region began the mammoth task of creating an inventory of the entire region's wine-related architectural heritage. The project's latest objective is to share this information and to start work on restoring these walls, gateways, *meurgers* (piles of stones), and huts. To do this, they are looking for sponsors.

“This restoration programme will require an investment of between €6-€9 million over the next four years,” explains the association's director, Bertrand Gauvrit. This may seem like an impressive amount but this is a unique site, with 1,246 registered Climats and 220km of walls to restore.

“This large-scale operation also seeks to deepen our understanding of this patchwork of Climats by restoring and maintaining this unique heritage that is the basis of the Exceptional Universal Value of the site,” Gauvrit adds.

For the past two years, one full-time employee and a handful of volunteers have been tackling this valuable inventory, which will be published in the next few months. The work will be shared with owners and local authorities. It will also be made available to academic institutions to help further study into the subject. The fund should allow a program to raise awareness and train people to be launched later this year, along with projects for both volunteers and experts. A call for projects will soon be launched to encourage landowners and volunteer organizations with an interest in the subject. **1**

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All day, from 11:00 a.m. to 5:00 p.m., you can taste the many different products available to be sampled for the first time at our counters. Benefit, too, from the savoir-faire of men and women who are experts in the business, as well as the small producers who'll be present and at your disposal to ensure you some intense gourmet experiences.



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Bercés dans un cercle vertueux qui nous a inculqué les valeurs fondamentales d'une belle profession, mon frère et moi travaillons pour perpétuer cette marque de fabrique tout en lui donnant notre touche personnelle. Nous prenons un réel plaisir à créer un véritable endroit de vie et de fête, un lieu qui bouge avec son époque tout en honorant l'héritage culturel de ce passé dont nous sommes fiers.»

Jean Callens



Tombé dans la marmite quand il était petit, Jean Callens a créé, en 2004, avec son frère Olivier, le Callens Café, le dernier opus d'une partition familiale presque centenaire.

Tradition et classicisme s'harmonisent avec cette étincelle d'originalité inhérente à l'équilibre de la fratrie qui les unit et les guide. Cela se ressent dans les ambiances habilement composées d'un décorum aux multiples facettes. De la «Brasserie», dans la plus pure tradition, à la salle «Premium» plus feutrée, en passant par le bar event de «L'Appartement», tout invite aux réjouissances et à la découverte. Côté fourneaux, Jean Callens orchestre avec raffinement une cuisine cosmopolite qui fait la part belle à notre terroir pimenté, avec l'art et la manière, par des saveurs bigarrées... une incitation au voyage...

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Black craic

James Drew pulled himself away from work to take part in a very unusual workshop

So, a chance to drink Guinness, have key questions answered thereof and enjoy more than a little of the *craic*? It was an offer I could scarcely refuse, so it will probably come as no surprise to you that I didn't and, at this festive time of the year (well, St Patrick's Day is very nearly upon us, and we all know what the Black Champagne is, right?), what better time to enjoy a glass of black gold?



can scarcely imagine **every** exporter getting it wrong when it comes to the serve?

"No, it's not that at all," said our very friendly and helpful online expert. "What it is, is that Guinness in Ireland is simply

drunk so frequently, and the pipes cleaned so regularly, that it never gets a chance to go 'stale'. Seriously, that is all there is to it."

“SLÀINTE!”

Stefan was the key representative of Guinness (John Martin in Belgium) and master of ceremonies on the big day; we were there to enjoy a range of Guinness varieties, sample a little Irish cuisine and, perhaps most importantly, engage in a live online question-and-answer session concerning Ireland's premium export. Well, I had but one question and, to be fair, it was answered very quickly: "Just why is it that everyone says Guinness always tastes better in Ireland?"

The reason for my question was quite simple – while everyone knows that Arthur Guinness was a brilliant innovator who had the foresight to take out a 9,000 year lease on St. James's Gate Brewery in Dublin in 1759, the beer is produced and served under licence in numerous countries around the world, so one

So, there you go and, to help you enjoy a pint of the black stuff on 17 March, here are a couple of facts about Guinness that you may not have heard:

The same four ingredients – barley, water, hops and yeast – have been used to make Guinness since the 18th century. The dark ruby red colour and the unique taste come from the roast barley.

The bubbles in Guinness draught actually rise as well as fall. When the nitrogen bubbles touch the walls of the glass, they experience drag which stops them floating upwards. Bubbles in the centre of the glass can rise freely though, providing the visual conundrum of rising and falling bubbles during the surge.

So, there you go - sláinte!

Bord Bia

Belgium is a very important market for Irish agri-food products: beef, lamb, seafood, snack products, dairy products and beverages. The specificities of Irish beef and its Irish Hereford and the Irish Angus breeds are largely aimed at restaurants. Belgium's top chefs have long been admirers of Irish beef – among the members of the Belgian branch of the very select Chefs' Irish Beef Club are Jean Callens (Callens Café), Gaëtan Colin (Jaloe), David Martin (Brasserie La Paix), Luc Mignon (Le Saisonnier), Larbi Ouriaghli (Lola), Rocky Renaud (Le Passage), Lionel Rigolet (Comme Chez Soi) and Geert Van Hecke (Karmeliet).
www.bordbia.ie

Lola's Irish beef recipe

Prime cut of Irish beef with shallots, Szechuan pepper in a Guinness sauce, edamame beans and white Japanese mushrooms with orange peels.

Ingredients (feeds four people)

1 kg prime cut of Irish beef
2 bottles of Guinness
Olive oil
100 gr of butter
Thyme / Laurel
Fleur de sel
Szechuan pepper
½ beef stock
250 gr of shallots
4 spoonfuls of brown sugar

Garnish

250g white Japanese mushrooms
500g of edamame beans
2 oranges / 3 tablespoons sugar

Ingredients for sauce

1 celery stalk
1 carrot / 1 shallot / 1 onion
Thyme / Laurel
1 bottle of Guinness
Brown sugar
Olive oil (2 tablespoons)

Brown stock (4 tablespoons)
Salt & Pepper
¼ litre of water / Honey

Preparation

Cut vegetables into pieces
Sweat vegetables
Add brown sugar and Guinness
Add water, pepper, salt
Simmer for 20 minutes
Softened with honey

Shallot garnish

4 shallots
2 tablespoons olive oil
20 gr butter
Slice the shallots into olive oil over low heat
Salt then pepper and finish with a small piece of butter

Vegetable filling

Wash 250 gr of white Japanese mushrooms
Take 500 gr of edamame beans
2 oranges
3 tablespoons sugar
2 tablespoons olive oil
20 gr butter

Preparation mushrooms

Sauté the Japanese mushrooms in a frying pan with olive oil as well as the bleached edamame beans

Cut oranges and orange zest
Mix everything
Add pepper and salt

Preparation of the meat

Remove the nerves
Take a saucepan, pour in olive oil
Season with salt and pepper
Cook the pieces of meat 2 minutes on each side (depending on required cooking time)
Finish with a piece of butter
Let it rest depending on the cooking time
Slice the meat and prepare the dish with its vegetables and the shallots
www.restolola.be



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Irish Food Board



For more information: www.facebook.com/BelgiumIrishFood/

What's On Belgium



The Cunning Little Vixen

'Is this a fairytale or is it all true?' At the end of *The Cunning Little Vixen*, the forester muses on the wonder of the eternal renewal of nature. The 68-year-old Leoš Janáček drew his inspiration for this dazzling opera from a 'strip cartoon' on the joys and sorrows of the vixen Bystroushka that appeared in a newspaper in Brno in 1920. He poetically entwines fantasy and reality in his most cheerful and youthful opera. Belgian artist and director Christophe Coppens inserts an added element of darkness and captures this in an original all-embracing concept in which youngsters and their experiments come into conflict with the adult world in a community that establishes its own nature-oriented rites. **17 March – 2 April.** La Monnaie.

www.lamonnaie.be



Michal Mañas, relief of Leoš Janáček

Festival XS

The festival offers about twenty short performances covering all disciplines. XS is presented by around a hundred artists who come together at the Théâtre National each evening to perform in all areas of the theatre, from the basement to the attic, in front of 500 people or two people in an office, mixing different art forms and disciplines to create a surprise-packed audience experience. A series of short talks is open to everyone, where leading intellectuals, philosophers and scientists speak about the challenges of our time, aimed at young people and families in particular. It also includes a huge open-air event in Brussel's Place de la Bourse, with three free shows. **23 – 25 March.** Théâtre National.

www.theatrenational.be

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ROGER TALLON - *Zombie Chair*

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Yves Klein: Leap into the void



Yves Klein: Theatre of the Void

BOZAR, in cooperation with Tate Liverpool, presents the first major solo exhibition in Belgium since the 1960s of work by the French artist Yves Klein. (1928–1962). *Theatre of the Void* brings together some 30 works from Klein's most important series: from his celebrated deep blue monochrome paintings to rarely seen films and photographs of his performances. His monochrome paintings in this characteristic deep blue shade gave expression to his ideas about Zen and spiritual infinity. Klein sought to express absolute immateriality and infinite space through pure colour. Klein created paintings and sculptures, influenced the development of performance art, wrote works for the theatre and music and also experimented with radical architecture.

29 March - 20 August. BOZAR.

Tickets: **€14 – €16**

www.bozar.be

LIFE OF LEISURE

What's on

Rose Chair © Carla Tolomeo(c)Ble Bart Gallery



Fine Art Fair Eurantica

Fine Art Fair Eurantica remains a fair which honours eclecticism, young antiques enthusiasts and authenticity. It stays very much focused on classical works by Old Masters, ethnic art, but also jewellery, vintage furniture and modern paintings. 22.000 collectors, art lovers, interior designers and professionals are expected at the 36th edition of Fine Art Fair Eurantica. The young generation Belgian and foreign antiquarians and gallerists will reveal, in a relaxed and stylish atmosphere, the trends of the sector in an exhibition space of more than 10.000 m2. The Mechelen City Festival OP. RECHT and the city's department Museums & Heritage will organize an exhibition entitled *Flowers*. **18 - 26 March.** Nekkerhal, Brussels North and Mechelen. Tickets: **€25** www.eurantica.be

What's on international

Lear by Edward Bond

Lear is a 1971 three-act play by the British dramatist Edward Bond. It is an epic rewrite of William Shakespeare's *King Lear*. The play was first produced at the Royal Court Theatre in 1971, and recently revived again at the Crucible Theatre, Sheffield, in 2005 with Ian McDiarmid. Bond, a socialist, was attempting to correct modern trends which focused on the Shakespeare play as an artistic experience, at the expense of more practical elements of social critique. By creating a politically effective piece from a



similar story, he was more likely to cause people to question their society and themselves, rather than simply to have an uplifting aesthetic experience. This Teatro di Roma version is adapted by and directed by Lisa

Ferlazzo Natoli with a translation by Tommaso Spinelli. The cast includes Elio De Capitani, Fortunato Leccese, Anna Mallamaci and Emiliano Masala. **28 March - 9 April.** Teatro di Roma, India theatre. Tickets **from €30** www.teatrodiroma.net

Photo © Museo dei Bambini di Roma

Explora - Museo dei Bambini di Roma

Officina in Cucina (the Cooking Lab) is a workshop area separate from the exhibition pavilion, where food education lessons take place. Jam-filled biscuits, shortbread treats made of two biscuits, one with a hole, sandwiched together and filled with jam, will be on the menu at Explora this month. This recipe, very easy to make, holds the secrets of sweets from the past. Genuine ingredients such as butter, eggs, cane sugar, white flour and cherry or apricot jam make this recipe a tasty surprise



to share with friends and relatives. Yogurt and jam muffins from 1 April – 28 May 28. Workshop lasts 50 minutes, age five years and up. **Until March 26.** Explora MDBR, Rome. Tickets: **€10** www.mdbrr.it



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LIFE OF LEISURE

What's on

Cinema

Picturenose.com's **James Drew** looks ahead to films that will adorn the silver screen in Belgium



Kong: Skull Island

A quasi-remake of the greatest monster movie ever – this one, from director Jordan Charles Vogt-Roberts (*The Kings of Summer* (2013)) is set in 1973, and the mysterious organization Monarch has discovered an island that has been forgotten by time, upon which dwell mighty beasts of antiquity. Kong, naturally, would be the master of the island – until mankind arrives, of course...
118 mins.

Daguerrotype

An aging photographer's obsession with an early form of photography draws his assistant and daughter into a work of mystery. Directed by Kiyoshi Kurosawa and starring Tahar Rahim, Constance Rousseau, Olivier Gourmet, Mathieu Amalric and Malik Zidi, there has already been much praise for this distinctive drama horror fantasy.
131 mins.

The Lost City of Z

Based on author David Grann's novel and directed by James Gray (*The Immigrant* (2013)) *The Lost City of Z* tells the true story of British explorer Percy Fawcett (Charlie Hunnam), who journeys into the Amazon at the dawn of the 20th century and discovers evidence of a previously unknown, advanced civilization that may have once inhabited the region. Despite being ridiculed by the scientific establishment who regard indigenous populations as savages, the determined Fawcett — supported by his devoted wife (Sienna Miller), son (Tom Holland) and aide-de-camp (Robert Pattinson) — returns time and again to his beloved jungle in an attempt to prove his case, culminating in his mysterious disappearance in 1925.
140 mins.

Patriots Day

The 2013 US Boston Marathon bombing forms the centre-point of this action thriller, starring Mark Wahlberg, J. K. Simmons, John Goodman, Kevin Bacon and Michelle Monaghan.
133 mins.



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2. Beer C. et al. (2014). A Clinical Trial to Investigate the Effect of CynaPlus® on Hair and Nail Parameters. The Scientific World Journal, Volume 2014



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