

Together

magazine

APRIL 2017 #77

POLITICS
EU-TURKEY DEAL

DESIGN
LIVING PODS

MONEY
INFLATION IS BACK

Shopping

Fashion
AXL Jewelry
Fashion shoot

TRAVEL
MONUMENTAL BEAUTY
STANHOPE HOTEL
AMASTAN HOTEL PARIS

Dining
TABLE DE MUS
MAGNUM
THE GRAPEVINE
TOUCAN BRASSERIE

Be successful
Arnon Barnes


Beauty
COLORAMA

TECHNOLOGY
DIGITAL HELL

Charity
RUNAWAYS

QATAR AIRWAYS
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Lopsided friendships
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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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Editor's LETTER

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ON THE COVER



Damian Lewis is currently
starring in *Billions*

THE 50- YEAR ITCH

Many of my UK friends here were – and still are – strictly for 'Remain' back on 23 June 2016 when a slender majority voted to leave the union. These are uncharted waters and each landmark – such as Article 50 being triggered – appears to see us lurching towards another rocky outcrop, increasing the persistent feeling of shock. It's as if someone had made it all up and it will be all right on the night.

It's very tough on those have been in Belgium for more than 15 years – my 22-year-old daughter has spent most of her life here and will be allowed to stay it appears: and by 'here' I mean Europe, in the EU and beyond its borders. I do feel for the young people in the UK who had grown up with (relatively) open borders and could travel at will across the Europe continent, hopping from country to country with ease. They seem bewildered by what comes next: a potential return to visas that they have never set eyes on in their lives.

Meanwhile, folks like me and EU nationals in the UK face a gruesome exchange of hostages if the negotiators don't find common ground. Before it sees its 50th year in the union, the UK will have managed to make the break-up complete, leaving many to wonder if such a colossal change to the European landscape had been allowed proper reflection. Only time will tell.

Paul Morris
Editor



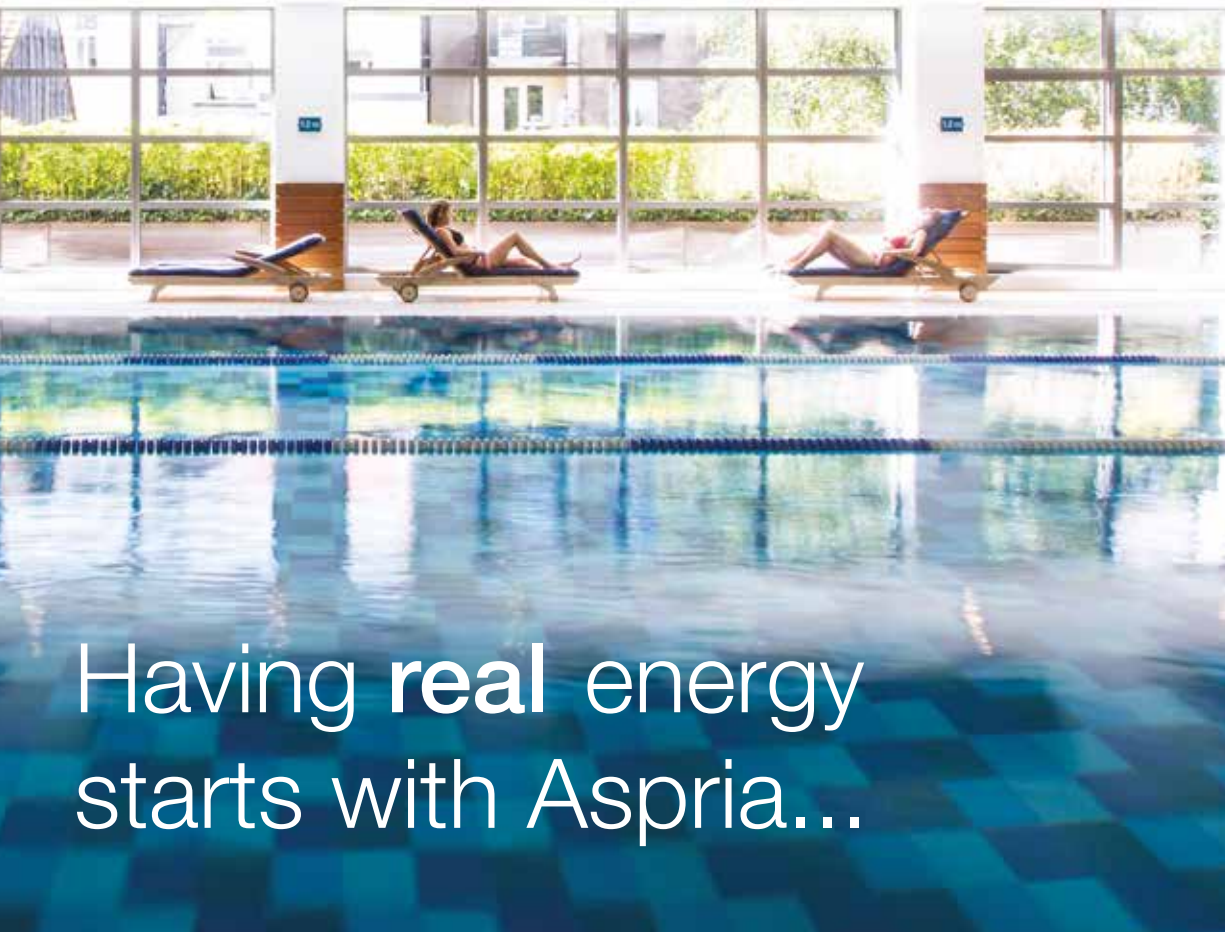
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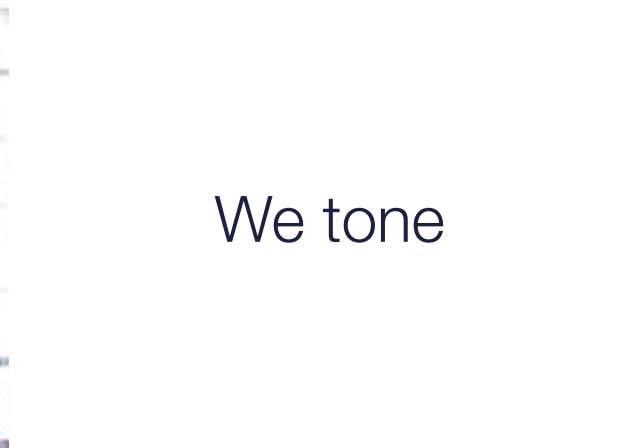




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Contents

APRIL 2017

9 Editorial
12 Contents & Contributors
16 Together online
18 Starring in Belgium
20 Charity: Fugue



27

Health
A month of detox



35

Self-help
Lopsided friends

PERSONAL DEVELOPMENT

23 **Fitness:** Spring to life
27 **Health:** A month of detox
31 **Nutrition:** Healthy microbiome
35 **Self-help:** Lopsided friends
38 **Self-help:** Dark night of the soul
43 **Be successful:** Arnon Barnes
50 **Technology:** Digital hell
58 **Politics:** EU-Turkey deal
55 **Money:** Inflation is back
61 **Self-help:** Young expat survey

12 | togethermag.eu



65

Luxury
Luxury suits



76

Fashion
Axl Delhaye jewelry

LIFESTYLE

65 **Luxury suits**
68 **Fashion shoot**
76 **Fashion:** Axl Delhaye jewelry
81 **Fashion:** Be a piece of art
85 **Beauty:** Selfie-ready
88 **Shopping**
93 **Design:** BenBo pods

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PUBLISHER
David Mc Gowan
david@togethermedia.eu

KEY ACCOUNT DIRECTOR
Renaud Philippart
renaud@togethermedia.eu
+32 (0) 494 64 67 93

ACCOUNT DIRECTOR
Caroline Dierckx
caroline@togethermedia.eu
+32 (0) 479 47 47 77

ACCOUNT MANAGER
Vicky Mabille
vicky@togethermedia.eu
+32 (0) 496 96 74 94

EDITOR
Paul Morris
paul@togethermedia.eu

DESIGNER
Xavier Bostem
xavier.b@carafe.be

CONTRIBUTORS
Sophie Bruno; James Drew
Gerry Callaghan; David Deruytter
Experia; Philippe Geluck
Emilie Guillaumin; Steve Harrison
Jeanie Keogh; David Mc Gowan
Colin Moors; Natalie Morris
Paul Morris; Gemma Rose
Sarban Sen; Delphine Stefens

ART DIRECTOR
Nicholas Sirot

ONLINE EDITOR
Paul Morris
paul@togethermedia.eu

FOUNDER
Jérôme Stéfanski

Together Media
Boulevard St Michel, 47
B-1040 Brussels
+32 (0)2 400 00 24
info@togethermedia.eu
www.togethermag.eu

For advertising sales rates please consult
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togethermag.eu | 15



Interview
Damian Lewis



Travel
Stanhope Hotel

LIFE OF LEISURE

- 97 Interview:** Damian Lewis
- 105 Travel:** Amastan Hotel Paris
- 106 Travel:** Monumental beauty
- 111 Qatar QSuite**
- 112 Travel:** The Stanhope Hotel
- 115 Dining:** Toucan, Table de Mus
- 117 Dining:** The Grapevine, Magnum
- 118 Wine and cider**
- 120 What's on Belgium**
- 126 What's on International**
- 128 What's on cinema**
- 130 Le Chat**

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Luxury: 8 most successful fashion brands

What began 40 years ago with a collection of ties has grown into an entire world, redefining American style. Ralph Lauren has always stood for providing quality products, creating worlds and inviting people to take part in our dream. Lauren says: "We were the innovators of lifestyle advertisements that tell a story and the first to create stores that encourage customers to participate in that lifestyle."

Success: How to Win Friends & Influence People

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. If you know of only one self-help book then it is likely to be this one. Dale Carnegie's subtitle to his book How to Win Friends & Influence People is The Only Book You Need To Lead you to Success.

Computer viruses: Keep your computer clean

For every great program and cool tech toy out there, there's someone, somewhere who's figured out a way to use it to cause you and your money (or personal data) to part company. I'm going to run down the top three in my experience and tell you what you can do to combat them. The first rule of keeping a clean PC is not to be a bad boy or girl in the first place. Stay away from the dark side.

Alzheimer's: Use your diet to reduce the risk

Our nutrition expert Sophie Bruno looks at the connection between our diet and dementia, particularly Alzheimer's disease. If you are concerned about your future health, you may benefit from the latest research to help empower you through knowledge to make targeted dietary choices; in practice, this can be achieved by selecting foods and nutrients which could reduce the risk, or slow the progression, of dementia and Alzheimer's disease. ①



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Starring in Belgium



Ozark Henry

Ozark Henry will be reunited with his Belgian fans at the end of April, offering songs from his impending release *US*, a very long-awaited new album. Ever since David Bowie named his first album as a personal favourite in 1996, the Belgian singer has taken us along from avant-garde electro to pop, to a symphonic project with the Belgian National Orchestra. **29 April.** Ancienne Belgique. **€35** www.abconcerts.be



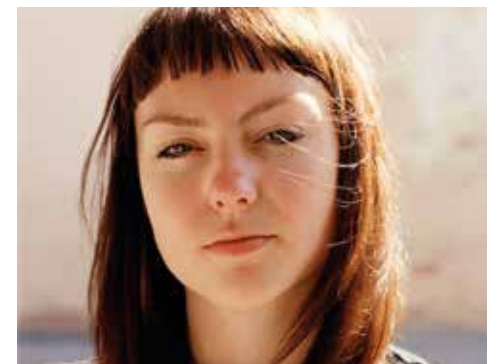
Little Hurricane

Sexy, minimalist US bluesy alt-rock duo Anthony 'Tone' Catalano and Celeste 'CC' Spina from San Diego offer up drums, guitars, pedals, vocals and sometimes a bit of mandolin, plus plenty of fine synergy and energy. Their third album will to be released in spring 2017 on the Mascott label. *Rolling Stone* said: "Little Hurricane might be a duo, but they have a big sound and they aren't afraid to get messy." **4 May.** Ancienne Belgique. **€15** - www.abconcerts.be



Iron Maiden: The Book of Souls World Tour

The mammoth tour arrives in Belgium, having played fourteen sold-out shows in the USA and Canada along with a further 58 concerts in 34 other countries around the globe. Expect "a full-throttle, devil-may-care performance that thrilled a sold-out BB&T Center" *Sun Sentinel*. *Revolver* magazine described the band's legendary mascot Eddie as "a walking zombie towering over band members". **22 April.** Antwerp Sportpaleis. **€50-€70** www.forest-national.be



Angel Olsen

With Ryley Walker and Tim Darcy. Angel Olsen is an American singer-songwriter and musician who was raised in St. Louis, Missouri. She has recorded and toured as a backing singer with Bonnie "Prince" Billy and the Cairo Gang, before embarking on her own career. She will offering up songs from her album *My Woman*. **17 May.** Botanique. **€20** - www.botanique.be

Runaways: Help is at hand

This month we highlight an association formed to help runaways and their families reunite



At SOS Jeunes - Quartier Libre, we regularly encounter situations of family and/or institutional breakdown. These can take different forms, of which the two most common are running away and exclusion. It is a fuzzy concept which is very difficult to define.

A bit of history

Running away from home is far from being a new phenomenon: teenagers have always left home but the reasons and answers as to why have changed dramatically over the centuries. In the middle ages, two young lovers would often run away to be able to live their love far from family constraints. At the end of the 19th century and the beginning of the 20th century, it became an act of 'vagrancy' – for the state it was an offence to be repressed because of the socio-economic context in which street children were considered a danger. The vagabond minors were imprisoned until vagrancy was decriminalized in 1935.

The views about runaways can vary greatly depending on the socioeconomic and cultural context of the family and the difficulties that running away can cause for the young person and his or her entourage. This is why it is important to have a clear definition of the

fugue.

Definition

It is very difficult to define running away because there is no single definition – there are as many definitions as there are experts. This diversity is explained by the different domains chosen to approach the phenomenon: sociology, law, psychology, education, etc. Each field has its vision and therefore its definition of runaways.


“ THE VIEWS ABOUT RUNAWAYS CAN VARY GREATLY ”

As part of the work at SOS Jeunes - Quartier Libre, they have chosen a definition based on a combination of the following:

- Be a minor
- Go against the parental will or that of a legal guardian
- Act, by spending at least one night away from home

Help

Help can be found in the main francophone regions of Belgium: Brussels, Brabant Wallon, Hainaut, Namur, Liège and Luxembourg.

To find out how you can help or get advice check out the website.
www.fugue.be 

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PERSONAL DEVELOPMENT

Our minds might be embracing the spring, but our bodies remain wrapped in winter lethargy

PERSONAL
DEVELOPMENT

Fitness

Spring into life

Steve Harrison, group head of wellbeing at Aspria, lays out a seven-day plan to get you in shape for spring



Spring is here, which means one thing: it's time to kick-start your body! We outline a seven-day plan that will leave you feeling fresh, vibrant and ready for anything. It's springtime – a time when we're all coming out of winter sluggishness, cheered by the arrival of the sun and the days getting longer and lighter. But sometimes our bodies can be left behind – our minds might be embracing the spring, but our bodies remain wrapped in winter lethargy. Here's a simple seven-day plan that can help: seven things you need to do every day for seven days, for results you'll already feel by the end of the week.

1. Morning flush with hot lemon and cloves

Squeeze the juice of half a lemon in a cup of hot water, add 3–5 cloves and leave to steep for 2–3 minutes. Drink first thing in the morning, before breakfast. This kick-starts the digestion, cleanses the intestinal system and helps you replace valuable antioxidants – a great start to the day.

2. Everyday exercise

Aim to exercise every single day – ideally one hour a day if your schedule permits. Try to perform activities that make you puff and pant and get you sweating – high intensity group

cycling, interval training on our cardio equipment, a total body conditioning session in our functional training zones, or even a one-to-one session with one of our expert personal trainers. Vigorous exercise will help increase your lymphatic flow, improve circulation and drainage and aid in flushing out the toxins from your body.

3. Keep it raw and chew, chew, chew

Eat mainly raw foods, and minimally heated foods, for the seven-day period. Raw foods contain more nutrients and enzymes than cooked or processed foods, as well as a higher level of fibre. Try adding an additional fresh, raw vegetable to every meal to add new micronutrients and antioxidants to your diet – add fresh bean sprouts or radish to a daily salad, for example. Aim to chew each mouthful of food 10 to 12 times before swallowing. This improves digestion and allows you to feel a sense of fullness without over-eating.

4. Detox the mind

While you're detoxing your body, try to clear the stress and clutter from your mind too. Aim for 15 minutes of 'me time' every day. Meditation comes in many different guises – simply try to find an activity or indulgence that frees your mind. If you've never tried meditation, try belly breathing. Start by placing hands palm down on your lower belly. Breathe in through your nose, counting slowly to between 3 and 5 counts. Feel your tummy rise with your inhalation, breathe out just as slowly and under full control, allowing the belly to deflate and drop inwards. Try to count up to 50



“ OUR BODIES REMAIN WRAPPED IN WINTER LETHARGY ”

breaths.

5. Power of water

Aim to drink 2–3 litres of non-caffeinated, water-based fluids every day. This will help move the lymph and support kidney detoxification. Choose from pure spring or filtered water, fresh vegetable juices and herbal detox teas.

6. Skin refreshing

Body brushing daily will support circulation and improve skin detoxification. Using a loofah, a natural fibre body brush or even a pair of exfoliating gloves, brush your skin with firm circular strokes before you shower or bathe. Start from the feet, moving up the legs and torso, and then move

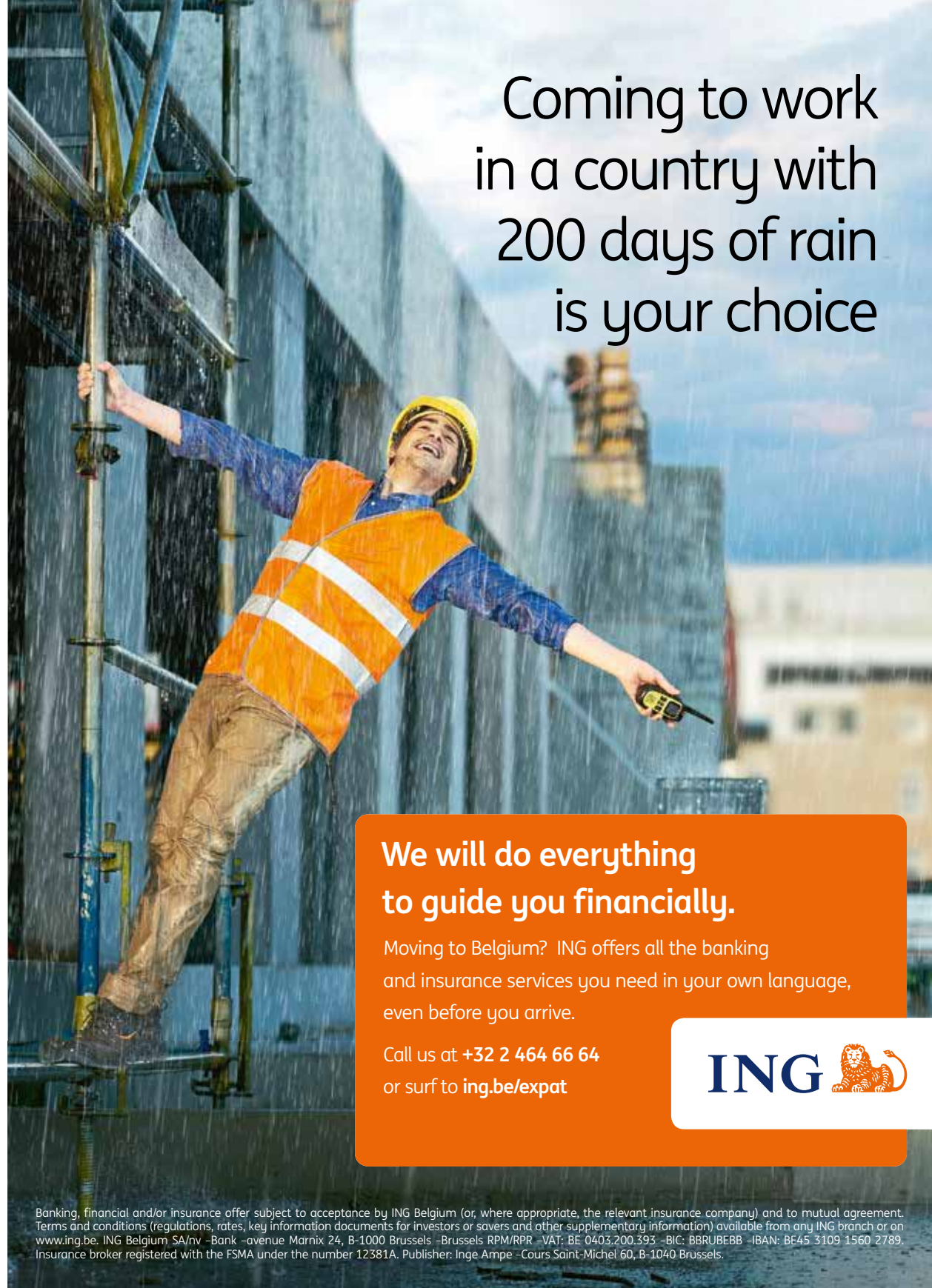
from your hands up your arms, avoiding the delicate area of throat and face (as well as any rashes or sore spots). At the end of your shower or bath, finish with a 30-second blast of cold water to bring the blood circulating nice and close to the skin.

7. Passive warmth

A daily hot bath, sauna, steam or spa session will accentuate the benefits of your seven-day cleanse. Being exposed to external heat can help draw your toxins out through your lymph nodes and sweat glands, as well as helping with your mindfulness control.

Please note: If you are pregnant, breastfeeding, elderly, have high blood pressure, are underweight or following a specific health practitioner-led guidance programme, then you should consult your doctor or healthcare advisor before participating in any intense detoxification regime. ¹

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PERSONAL
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Nutrition

Detox: Tournée minérale

Dave Deruytter joined his fellow Belgians in abstaining from alcohol in February



What are the effects of not drinking any alcohol for one month on the body and mind? Why do people start drinking again afterwards?

More than 120,000 people in Belgium joined an initiative to not drink any alcohol during the month of February 2017. It was dubbed 'Tournée minérale', playing on the phrase 'Tournée générale', the 'drinks all around' concept where someone pays a drink, mostly alcohol, for everyone in the pub, and 'eau minérale', meaning mineral water. Most of the

participants succeeded in staying 100% sober for the whole month, and I was one of them.

The idea of not drinking alcohol for one month has already been tried out in other countries, in the UK for example with notable success. In Belgium, the month of February was chosen, not only because it is the shortest month of the year, also because it comes after the end of year festivities and the many New Year drinks in January.

I joined in because I started to realize that I had

not had a dry month for more than 35 years. I am not a heavy drinker though. I typically drink seven consumptions of alcohol per week. One on Friday evening, three on Saturday and three on Sunday at noon. So, I am 'dry' four days a week. Still I wanted to prove to myself that I am not dependent on alcohol and that I can quit it for a 'longer' period of time.

What are the effects of not drinking alcohol for one month on the body and mind?

Medical studies have shown that after one month without a drop of alcohol you have 16% less glucose (sugar) in your blood and 15% less liver fat than before. That is pretty impressive. On the subjective side, I can confirm that I kind of felt fitter, more alert, more active and more confident. Furthermore, I had my memory improved and I slept better during this prolonged period without alcohol consumption. So, alcohol indeed seems to 'kill' the grey cells in your brain, or at least puts them asleep – I felt that they came back to life when I did not drink alcohol.

If all of that is true, then why drink alcohol at all?

On the negative side of not drinking alcohol for a month, many participants mention that they feel less social when not drinking with their friends. In my case I felt kind of a bit not up-to-speed throughout my dry month, particularly towards the end of it and it even started to hinder my good sleep. Maybe I was also a bit less friendly and patient.

Alcohol apparently functions as a calming medicine, definitely with me. And I am not sure that if I would take calming pills instead to get to the same state, which would be better for my health. For sure, I would not have the same pleasure in taking those pills than drinking wine or beer. And I would not have the same feeling of looking forward to drinking wine at the weekend if I took pills.

How do you feel after starting to drink alcohol again?

The first glasses of alcohol after one month of

abstention were a kind of special enjoyment. I really felt the calming effect on me. Later my drinking went back to normal, but I am more attentive now to enjoying and taking my time when drinking alcohol. I am no longer in a hurry to finish my glass.

I like the view of an UK expert on what level of alcohol consumption per week is 'acceptable'. He talks about the '2 by 2' rule: 2 glasses of alcohol per day, 2 'dry' days per week. I trust my '1 plus 3 plus 3, by 4' is not too bad either. It just is much easier for me not to drink during the working week and more at weekends. Still, I no longer feel inclined to force myself to drink the third glass of alcohol, just to finish a bottle for example. One glass is quickly enjoyed, a second one makes the experience complete – I will have a third one only if I feel like it.

Will I do one month without alcohol again next year?


I definitely plan to do so. It felt great and it was not too great an effort. It requires attention and character when the others around you continue drinking alcohol. Before you know it you have a glass in your hands. To be able to say 'no' to a drink because you joined the 'Tournée Minerale' initiative is typically greeted with respect. It is recognized also by those not joining. And that makes it socially much more acceptable than if you would launch a dry month on your own initiative.

With the month without alcohol barely behind us, the 40 days without meat or fish was on the horizon. I did not join that one, although I could have for the same reasons as not drinking alcohol in February. In any event, I am not a big meat eater and two periods without something I like and enjoy in a row felt too worthy! Before you know it some smart aleck would launch 'the month without fun' and then the 'month without...' and I would lose my interest in the concept for good. ❶

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Nutrition

Diet and a healthy microbiome

Our nutrition expert **Sophie Bruno** spotlights the importance of diet in gut health



The gut microbiome is often considered a 'forgotten organ' or the gateway to our body. A growing body of research reveals that an imbalance in the gut microflora can lead to the onset of an array of chronic diseases, including inflammatory bowel disease, irritable bowel syndrome, type 2 diabetes, allergy, obesity, cancer, autism and even Parkinson's disease.

The gut and brain are intricately connected via the gut-brain axis, which is the interface between the gastrointestinal system and the central nervous system. Gut microbiota is

extremely diverse and is unique to us all, like a fingerprint. Although gut bacteria are partly inherited, they are also strongly affected by diet, lifestyle and environment. In fact, antibiotics, illness, fatigue, stress, inflammation, ageing, lifestyle, genetics and dietary habits can contribute to alterations in the composition of the gut's ecosystem balance, which may precipitate the onset of disease. Moreover, research indicates that gut microbiota may have the power to modulate immune function.

Interestingly, the evidence also suggests that gut microflora can have an impact on mood

and weight, by controlling the amount of energy extracted from food. Notably, research is mounting regarding the implication of microbiota as a contributory factor to the obesity epidemic.

What are gut bacteria?

Gut bacteria refer to the natural habitat of a ubiquitous micro-organism community that permanently resides in our intestinal tract. The human gut is home to approximately 100 trillion bacteria cells, outnumbering human cells by an estimated tenfold. These bacteria are also commonly referred to as gut microflora, gut microbiota or the gut microbiome.

Establishing the microbiome in infancy

We know from research that the gut microbiome may be strongly influenced during infancy, and that the formation of the microbiota towards an adult configuration occurs during the first three years of life. This is supported by research that shows that breastfed children exhibit a differing composition of bacteria compared to formula-fed infants, characterized by a more beneficial gut microbiota profile.

Gut function, nutrition and the microbiome

Gut bacteria have been shown to be intrinsically involved in the immune function, nutrient absorption, digestion, and can even produce vitamins. The microbiota is involved in energy harvesting and storage, as well as in a variety of metabolic functions such as fermenting and absorbing undigested carbohydrates.

The intestinal system is a highly dynamic environment, and it may play a central role in energy metabolism and nutritional status. In fact, food shapes the microbiota and genetic makeup.

Dietary fibre has been shown to positively impact the composition of gut bacteria and

exerts beneficial effects on bowel transit and total bacterial numbers. Flavonoids and polyphenols, commonly known for their antioxidant properties, may also repress the growth of certain pathogenic bacteria and are thought to be beneficial dietary factors in gut homeostasis.

Other dietary factors may be harmful, such as iron which has been shown to increase the proliferation and virulence of gut bacteria. Moreover, high-fat diet alters the composition of bacteria promoting an unhealthier bacteria profile.

Obesity

New research is helping to unravel the mystery of how disruptions to the bacteria in our gut can lead to disease onset. Studies reveal that gut bacteria play an important determinant in obesity susceptibility and related metabolic diseases, such as type 2 diabetes. Research has showcased the changes that occur in the composition of gut bacteria of obese individuals, characterised by decreased numbers of bacterial species and the overall bacterial diversity. It is thought that the 'obese microbiota' may enhance signals that trigger the amount of energy we assimilate from food. This in turn may influence the amount of calories absorbed, thus resulting in weight gain. Other studies show that the gut microbial community regulates the expression of genes that affect the production of adipocytes (fat cells). Gut bacteria could also affect obesity by promoting chronic inflammatory status, which contributes to the development of insulin resistance, which is inherently implicated in metabolic disturbances.

Conclusions and dietary recommendations for optimal gut health

The key messages emerging from the latest scientific literature point towards the consumption of a diverse range of foods, comprising significant quantities of fibre, present in fruit, legumes, vegetables and whole grains, in conjunction with the



consumption of nuts, seeds, dark chocolate, green tea and coffee to reap the benefits of the fibre and antioxidant potential of the foods. This will support your digestive health by promoting the growth of good bacteria to improve the gut flora profile.

Reducing your intake of refined, processed foods that are rich in sugars and saturated fat is also advised.

Probiotics and prebiotics may also exert a beneficial impact on gut health maintenance. Prebiotics are nutrients found in foods that increase the growth and activity of friendly gut bacteria. The most common type of prebiotic is derived from the soluble fibre called inulin. Inulin is naturally present in onions, garlic, leeks, artichokes, asparagus and artichokes. The soluble fibres extracted from chicory roots will also exert similar gut functions.

Fermented foods will deliver probiotics, so-called friendly bacteria, which help to promote gut health. Fermented dairy such as yogurt or

kefir will deliver the live active cultures that may boost healthy gut bacteria. Moreover, preliminary research has shown us that exercise increases the diversity of our gut microbiota.

Human gut bacterial species play a pivotal role in health, immunity and disease. A more thorough understanding of our microbiome holds the key to the development of therapeutic strategies to manipulate microbiota, helping to combat disease and improve health.

The science in this area is continually evolving and growing. As such, by adopting healthier eating practices you will be laying down the foundations for an enhanced gastrointestinal health, which will in turn be beneficial for general immune wellbeing and keep at bay chronic diseases. It is important to note that the microbiome modulation may already commence very early on, at birth. ❶



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Lopsided friendships

Gemma Rose believes that sometimes your friends just aren't that into you



There's nothing like organizing your wedding to figure out who your actual friends are. We are planning a small wedding abroad. I agonized over the list. I included my big family (they took half the allocated places). Most of my friends have partners, some of them with children. The downside of getting married later in life is that you have to factor all these additional people in. This made the job even more difficult as I really had to cull the friends list to a precious

PERSONAL DEVELOPMENT

Self-help

few. In the end I asked myself a simple question: with whom do I want to share my big day?

I understand that some people cannot make it: one of my friends is giving birth around the date; a couple of others have small children, complicating their travel plans. Some may not be able to afford to get there. But there are others, and they are few, who will decline for no exceptional reason or, more graciously, a reason unbeknownst to me.

I have received - what seems to be - such a decline from someone who I had been friends with here in Brussels for three years. She returned to her home country a couple of years ago and has since visited regularly. When my fiancé and I decided on a date, she was one of the first people I contacted, excited to tell her and giving her as much notice as possible (nine months). She emailed a week later explaining that her family

had just suffered a tragedy. She congratulated me but declined to attend: "At this juncture, X and I won't be able to make it to your wedding." The formality and impersonal nature of this sentence caught me by surprise. "It's my fucking wedding!" I thought, "I'm not inviting you over for a cup of tea!" When I calmed down, I tried to empathize, recognizing that she was going through a difficult time. Yet, that tiny and plain voice inside me said, "If you really wanted to be there, you would."

I think our friendship is lopsided: where one person is more invested in the relationship than the other. Apparently, I'm not the only one who has poor judgment when it comes to knowing who my friends are. According to a study published last year, in the scientific journal *PLoS One*, of the friendships that were reported to be reciprocal, only half of them actually were. Generally speaking, only 50% of our friends feel the same way about us. The study's findings added that we are poor at perceiving friendship non-reciprocity, because to do so challenges our self-image.

Just as in romantic relationships, some friends are just not that into us, and there's nothing like declining a wedding invitation to hit that message home. Deep down, I think I already knew how she felt about me and knowing that probably made me want to please her, or convince her of my specialness. I am not sure if we generally are, deep down, bad at judging friendships. In many cases, we know how the other party feels but we try to believe otherwise. We may do so because it validates our esteem. We may admire them and model ourselves on them. So if they like us, then we are somehow just as worthy or as good as them. Any self-help guru would set us straight: the only validation we should seek is from within, not from without.

Of course, I am guilty of being a lopsided friend: there are people whose weddings I attended, who are not invited to mine. I've let people down by bailing out of an arrangement at the last minute, not being honest about my feelings, and cruelly, just not caring about them as much as they did me. I've been both victim and perpetrator. What I've learnt over time is to manage

both my expectations and others (of which I am far from mastering the art), to try to empathize or at least sympathize, and finally, be magnanimous, just as I am slowly being with my friend. I hope that those people I hurt will in turn do the same. These experiences also teach me to take people as they are, and only invest in them as much as they invest in me; another piece of advice from the romantic relationship realm.

When it comes to my wedding day, I will be assured that the people who really are my friends, will be there: out of kinship, love, loyalty and duty. If these are what I consider the elements of friendship, then there is no room for lop-sidedness. ❶

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The dark night of the soul

Sarbani Sen takes a spiritual journey to a mythical union

Photo © Sri Mooji, mooji.org



This concept is taken from a poem written by the mystic Saint John of the Cross in the 16th century. In 1577, he was imprisoned for nine months during which he wrote about his 'dark night of the soul'. The original poem narrates the journey of the soul to mystical union with God. The journey is called 'Dark Night' in part because darkness represents the fact that the destination (God) is unknowable, as is the path.

"In an obscured night
Fever'd with love's anxiety
I went, none seeing me
Forth from my house where all things quiet be."

This poem does not refer to the difficulties of life in general but rather in the purgation that is the road to the divine. How far can we relate this to our contemporary world and everyday life? For me it couldn't explain better the feelings we can go through during the long months of winter, when energies are low, and we spend a lot of time in our houses, waiting for spring to emerge and bring back its (de) lightful odours, flowers and smiles.

In shamanic culture, according to Jamie Sams, a Native American shamanic healer and author of the book *Dance your dreams*, the black night of the soul is a period in the life of a person where there is chaos and confusion

without respite. Often, life will present tests and more tests, one source of grief after another, where devastating experiences seem to be never ending. These terrible periods, according to Native Americans, force us to reevaluate what we think, what we feel, what is really important, what values give us strength and how to let go from what no longer serves us. They create a major adjustment to reality, which leads us to reconsider our priorities. As Jamie puts it: "In most life lessons, the Coyote administrated me the worst scenarios for me to be able to learn to surf the REALLY HIGH waves. I can be swept away many times in a row but always continue surfing. And in the end, I can laugh. I needed to discover humour. And eventually I understand that I don't need to apologize for anything happening in my life, that there's no need to explain to anyone the old jokes of my chaotic and paradoxical dance."

A dark night of the soul can happen to anyone after going through rapid spiritual progress. Once you activate the mirror, meaning once you start to become aware your outer reality is reflecting your inner reality, the lessons come swiftly whether you want them or not. If you're surrounded by angry people, you are being called to explore feelings of unresolved anger in yourself. If people start to annoy you, you're being called to learn patience and compassion for the trials and tribulations of others. You may be encouraged to start forming feelings of compassion for yourself, which may be an odd feeling if you've been beating yourself up for a long time over things.

If we're feeling a lot of stress and anxiety about our daily life, that's a big clue we are coming from a place of falseness and ego. And the negative emotions we feel are messengers. So we need to pay attention to what the world is trying to tell us. In modern spirituality and in 'access consciousness', the default of life is happiness and peace. Everything else is false, and it's easy for us to get locked into situations

that serve our ego instead of serving our true self. When we are aligned with our soul and connected to our higher self, life becomes easier and lighter. We stop chasing after dragons. We give up on having to be right all the time. But this can have an effect of shining a light on all the dark places in our life. We are being shown the places where our soul has been shattered. The dark night of the soul is all about healing those broken parts of ourselves, by showing us our dark sides.

Basically, this phase in life is a point when everything in our life has failed. All our schemes and plans have not worked out and our life seems rather meaningless. We're in a spiritual crisis. If we've already accepted the challenges of the spiritual path and done a lot of emotional clearing, then we're ready for the next step. But the fact is that we've got one foot stuck in the past and one foot in the future and right there in the present moment we've been sequestered by the spirits to deal with our ego once and for all.

Dishonesty and manipulation will seem intolerable; sometimes even the loving light of truth can't get in because we've built so many barriers. Our ego is a barrier to the truth behind illusion of human experience. And this is all about waking us up to how we are living our lives. And the pursuit of materialism, addictive sexual behavior and other addictions where elegantly-crafted lies to keep us from realizing we have a greater purpose than happy hour at the local bar.

Basically, it's a showdown between falseness and us. And we get to a point where no one can help us and nothing can ease our pain. The fake stuff doesn't work anymore. The falseness fails to comfort. This becomes the point where it's just us and our higher selves (or God or the universe or 'the magic' as different civilizations and cultures put it). And it becomes the only thing we can rely on. It's about giving up and grieving. It's about facing

**“SOMETIMES
EVEN THE LOVING
LIGHT OF TRUTH
CAN'T GET IN”**

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the places where we are stuck and working with our higher selves to clear them. There is no one we can call. There is nothing we can really 'do'.

During my own dark nights of the soul, I tend to stay up later, write, record myself, light a lot of incense, dance wildly, be more intense, sing mantras... We all have our own ways of dealing with those moments. Some will lay wrapped in a dark blanket for days on end playing dead. Give up. I usually eat very little, feel more alive, and don't really care much about the must dos and the don'ts around me. I connect to the power of the universe and let its magic work on me. And that's the thing about those days: we need to have faith and let go of everything. Then usually it passes, and things come back to normal but with a different taste.

Sometimes before releasing the anger, the fear and the ego-related emotions, I feel I need to flee somewhere. I start dreaming of a hut in a forest (been there done that), or a small apartment with no furniture (same). But at the end of the day, when we reach that point of no return, we realize that it does not really matter where we are, it is more a fact of how we are. How much you can release and let go, and just be. For me those are the most mindful moments of my life. The shaman would say: "Sit down, shut up and listen to what your soul and the universe is trying to tell you." And that's exactly the most delicious moment. It does not want you to be

in pain. This is all about healing ourselves, and coming back to now. In our daily lives we are so drowned in our superficial tasks and worries that we tend to forget about our deeper relationship with life.

So let's be grateful for all those moments of chaos and darkness, and show gratitude to the intelligence of our soul to organize itself so as to regularly pull us back, with our two feet in the here and now. In the truth of what is. These feelings are super powerful – when it first happens you feel you might die from grief, sorrow or stress.

My invitation is to just let them play out and remain calm. They will pass and you will feel better once everything is cleared. I will end this by a parable from spiritual teacher Sri Mooki: a new driver will get unto the highway and will fear the traffic. When the rain starts falling he might get overwhelmed by the speed of the windshield wipers, the faster they go the more stressed he will be. But when he relaxes, and focuses on the road, the stress fades, and he doesn't see the wipers

anymore. When our mind relaxes, we can go back to your default peace. This is when the magic can happen... ❶



The Virgin of the Carmen with Saint John of the Cross by Juan Rodríguez Juárez



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Be Successful

Arnon Barnes: Father and entrepreneur

Our Be Successful article this month features an interview by **David McGowan** with a serial entrepreneur



David McGowan: So, Arnon, tell us who you are.

Arnon Barnes: My name is Arnon Barnes, and I am a serial entrepreneur, peak-performance trainer, international speaker, investor and, in general, a person who likes to have fun in life.

That's a lot of different caps, so what would you say was your main profession today?

My main profession today is being a father

(laughs), being a father and being an entrepreneur. I have one son, a beautiful three-and-a-half-year-old.

How do you divide your time between the Millionaire Mind Intensive (MMI) and your other activities?

On MMI, I spend about every weekend per year, Friday, Saturday and Sunday - it's a full-on weekend, 14-16 hours a day. I have two businesses that I operate, and I am an investor. I have some real estate that I purchased quite

a while ago, which generates passive income, but my primary focus is on training, teaching, coaching and helping others achieve their dreams, their goals.

So how did you get introduced to MMI?

I have always been into personal development. I dropped out of school when I was 16 - my father abandoned my family and as a result I had to go to work. I had to leave school, so I knew from a very young age that I had to educate myself, in order to achieve the greater things in life, to taste the finer things in life. From my teens, I was already engaged with reading the personal development books and listening to the audio-books. I was introduced to the Millionaire Mind Intensive in April 2011 in Amsterdam, and that was my first live interaction with Harveka. Life hasn't been the same since then.

Who would you say are your favourite, inspirational people?

A range of people inspire me – Richard Branson, Tony Robbins and also Michael Jordan, very inspiring people, but obviously from the industry that I am in, the speaking and training teaching, Harveka is up there with the best. The work he does changes people's lives, building a system that allows people to discover their bigger selves. Back in 2011, when I was sitting in an audience and watching Harveka on stage - for me that was something very special.

So, do you have a morning ritual?

Absolutely, I have something I call my 'Ten before Ten', that's ten things I do before 10am. I normally wake up around six, and I meditate, work out, make a health shake, read my goals, write in my journal, express gratitude, and I always write about what is going to carry me through my challenges, the obstacles that show up during my day.

In front of an audience of 400, sometimes a lot more, do you get nervous?

I am not sure if I get nervous. I think it is more of an adrenaline rush, of 'here we go, let's do it, it's working well', so I am not sure if it's nervousness, it's more excitement.

So, our signature question, what do you believe are the keys to success in life and in business?

I think there are multiple keys to success – I think studying the greatest people on the planet, the Oprah Winfreys, the Warren Buffets, the Bill Gates, one of the things I have come to understand are the algorithms that these high achievers have in common, they all have a very distinct and very profound 'why', why they do what they do. Why they act the way they act, why they wake up in the morning and 'go, go, go'. They are also very clear on the 'why' of themselves, but also why they do it for others.

I think the most successful people on the planet have two 'whys': they have the why that drives them, and, for themselves, why it is important for them to achieve their goals and

dreams, and why is it important for them to do it for a bigger mission, a bigger purpose, like their family, their children, the community, the world. One is one of the things I have come to understand from studying the greatest people on the planet is that they don't focus on their goals, they focus on something that I teach, which is called 'game changers'. They don't focus on a goal, get up in the morning, go to the gym three times. That's a 'goal' – the high achievers focus on game changers.

What is a game changer? Bill Gates' vision was a computer in every household – that kind of idea is a game changer, the second key to success.

**“ IF YOU HELP
ENOUGH PEOPLE
GET WHAT THEY
WANT, YOU WILL
TRULY GET WHAT
YOU WANT AS
WELL ”**



The third one is very simple but very profound and not a lot of people do it, and that is to celebrate! I work with so many amazing entrepreneurs and business owners all over the world, and one of the things I see that people suffer from, is a failure to acknowledge their wins, no matter how big or small.

Most entrepreneurs are always focused on the end result, and that is what they keep in their sights. I think that watching Oprah Winfrey and the other high achievers, one of the things they know how to do incredibly well is to reward themselves on the journey - they stop to smell the Roses. When you stop to celebrate your success, it gives you more confidence.

I have had the pleasure to work with some of the most amazing teams, and one of the key things when I look at athletes, when they score a goal, win a medal, they celebrate! When you celebrate, it anchors the winning side of you

and it builds your confidence.

Another key to success is gratitude. I always say that there is a reason, at least in the English language, that words rhyme with each other, and that's why I believe that the best attitude is the attitude of gratitude. I think that so many people are so focused on what they don't have, what they lack, what's not working in their lives, and they don't give themselves enough room and enough space, to actually focus on what they *do* have, to see how blessed they are. If you live in the western world, and you grew up like I did, in the countries that we are very fortunate to be living in, we tend to forget that there are people that wake up every morning, have to walk five kilometres to get water, and I didn't even say clean water, just water. Living in the western world, we just turn on a tap, and water comes out.

I think another key to success is to stop



where you are at, look around and say, I am grateful for what I have. And the reason why I share this as a key to success is because I believe that there is an unwritten law in the universe that says, unless you appreciate and are grateful for what you have, you will not succeed.

So on this journey, what have you gained, and what do you gain by being up on the stage?

What I gain from being up there is one of the things that hit me, many years ago, when I was reading about Abraham Lincoln. When Lincoln was a young boy, his mum was dying, and she called young Abe over, and she looked him in the eye, and she said: "Abe, become someone, become someone."

I was always afraid of going through life and not becoming someone. I always knew that I had greatness in me, I always knew that I had something to share, I knew that I came from a very tough background – everything you see on me, the clothes I wear, the watch I wear, the house I live in, I created. I didn't have a rich papa, I didn't have a rich mama, in fact my family were broke by the time I was a

teenager. So I come from the angle of if I can do it, anyone can do it. That is the message that I am trying to get across to people. So, what do I gain from it? I think what I gain from it is infecting people with the idea that they have a bigger game to play. When I see people playing a bigger game, stepping up, or stepping into all they can be, for me that is true fulfillment, so that's one of the reasons why I do it.

I ask myself every morning, to achieve my full potential, what can I do to help you become successful? And as long as I ask myself that question, and fulfill that question, I will be OK. Because my natural tendency is to build people up, help them climb the ladder - so instead of fighting against who I am, I embrace it, and use that to climb the ladder.

Ziggler said something: "If you help enough people get what they want, you will truly get what you want as well."

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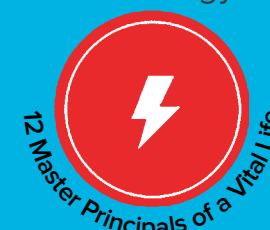
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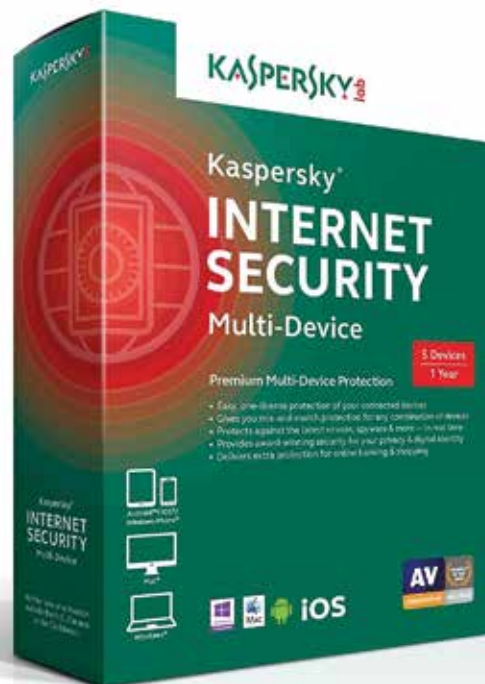
Digital hell and how to avoid it

Our tech guy **Colin Moors** offers tips on how to stop bad guys stealing your data

In this issue, I'm going to round up the top nasties that can infect your computer and tell you how to avoid them, or at least protect yourself better. Attacks in your computer can take many forms. A carefully crafted email, a download from a less savoury site on the internet, or just an unfortunate accidental visit to a site designed to fool you. Be aware, be cautious and you'll prevent most of them.

If you have a Mac computer, this article probably isn't for you, unless you want to read on and enjoy a little schadenfreude. The reason Macs don't get infected as often (although it does happen) is due to the small number of users compared to Microsoft's Windows, despite the slavish devotion Mac owners have to their pretty bits of plastic. The guys – and it's almost always guys – trying to steal your data are after big numbers. As only around one in fifteen devices have an Apple operating system, you can see where these big numbers are to be found.

On with the issue at hand. Let's begin with probably the nastiest of them all: Cryptolocker. This malware and its variants will slowly encrypt your data, sometimes over weeks or months, and decrypt it on demand when you access it. This gives the illusion of everything working normally until one day, a message appears on your screen saying your data has been encrypted and you need to pay a ransom (usually via untraceable payment methods) for the attackers to give you the software 'key' to unlock it.



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Will they provide the key if you pay? Probably but they are not the world's finest programmers, so even if you decrypt your files they could still be unusable. To make your data as safe as possible, install a reputable antivirus and keep it updated. Back up all the data on your system drive and wherever you store your documents every week without fail and keep around six months of backups on a drive you can remove from your computer. You may still have encrypted files in the backup but you'll be able to go back six months and hopefully find a good version. If you really don't want to pay – and who does? - the antivirus company Kaspersky has encryption keys it can use to help you, just have a look on their web site (kaspersky.com). Because the nature of encryption changes weekly at least, you may be unlucky. Hopefully, you'll have your backups. The important thing is to remove the threat using a good antivirus before you touch any of your 'clean' data.

Next up, more so-called *ransomware*. This one is simpler in form but scary in execution. Called FBI, it fills your screen with an apparently immovable warning that you've been caught downloading illegal films, music or even pornography. It's called FBI because the original warnings had the US FBI logo and shield on it and was worded to suggest that it was the spooks themselves who'd caught you accessing illegal material. The message is tailored to your country, so in Belgium, it would have the logo of the police and of fgov.be in an attempt to scare you. I know this because it happened to me a couple of years ago. Why? None of your business. The idea is that you

pay the crooks 200 euros, dollars or whatever to pay the fine you have allegedly run up. Of course, this is nonsense and even the Belgian cops haven't thought of collecting fines via Western Union yet. The idea is to scare you enough that you suspend rational thought and cough up the cash.

If you follow these steps, you will be able to remove the malware. However, it can return, should you frequent the same places as before but at least you'll be prepared this time. Firstly, restart your computer and as soon as it starts, keep tapping the F8 key until you see a menu of options. Choose the option 'Safe Mode with Networking' (that's how it's written; I didn't advise them on capitalization). Once you see the desktop it may look a little different but don't worry, this is normal. Go straight to your favourite browser and download what is, in my opinion, one of the best free anti-malware tools, Malwarebytes. Be sure you only download it from the official site at www.malwarebytes.com and you'll be fine.

Once installed, run the Malwarebytes program and start a scan. When the scan completes, allow it to delete all threats found - if you have the ransomware popup, there's a good chance there's more than one. That's pretty much all you need to do, although I'd strongly advise you to run the Malwarebytes program once a week and keep it up-to-date.

Finally, something software can't protect you against - social engineering. Even though the Nigerian prince who just happens to have 17 million dollars he can't use is an old one, people are still falling for it and its variants. This and other 419 scams (named after the article in the Nigerian penal code) always work on greed and this is a powerful motivator. You will not get rich by giving your bank details to some guy in Africa or elsewhere. They will ask for 'bank clearance fees' or cash to 'bribe an official'. This will keep happening and if you've already invested in the scam, you're more likely to continue, throwing good money after bad.

There's a similar scam that's probably more cold and heartless than parting the greedy from their cash. Known as the 'military romance scam', it plays out in a tried and tested way. The victim is contacted supposedly at random but actually following a thorough sweep of their social media profile, by a man stationed abroad in the US military. Once the conversation has turned to the fact that you are single and so is he, a 'romance' will blossom, after which it'll be a short time before he needs cash to 'pay for treatment' or again to 'bribe an official'. The photos and the name and rank will be false and could be easily verified but many of the victims simply want to believe.

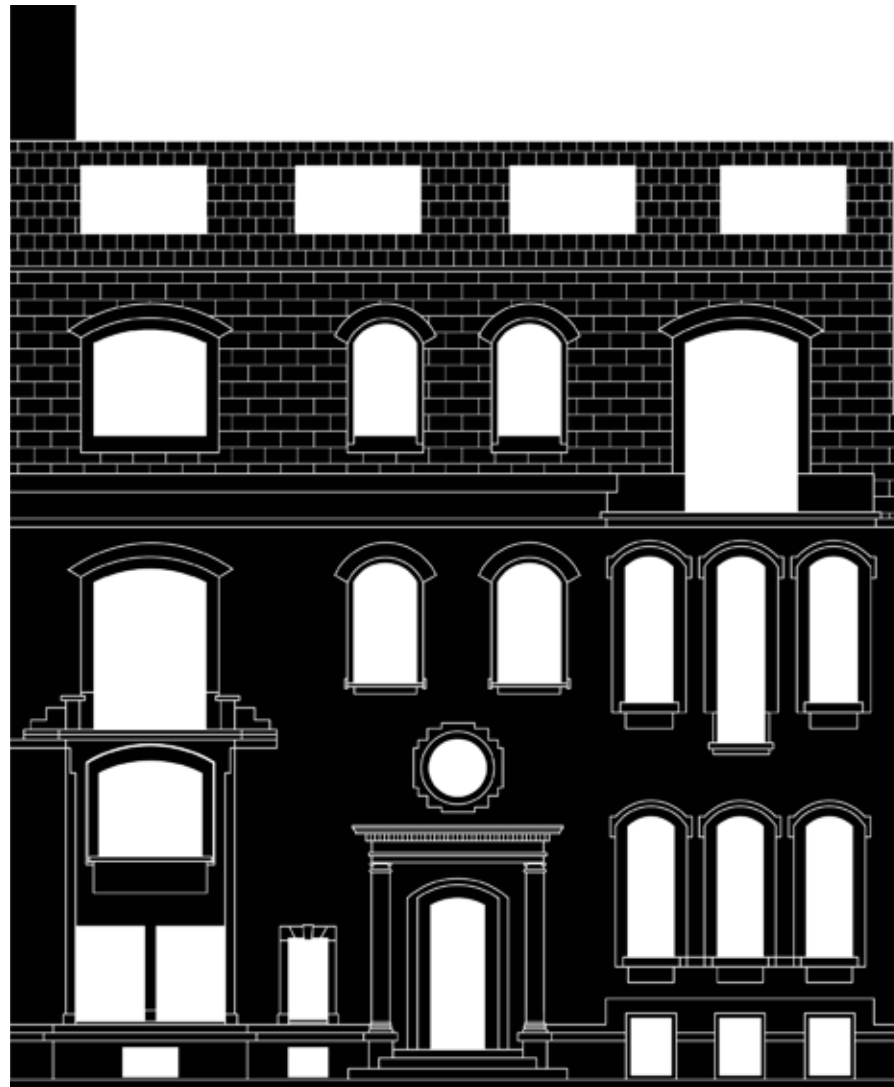
There is no prince from Lagos and there is no soulmate just looking for a little help to get home. It's a phrase often repeated but I'm going to do it anyway; if it sounds too good to be true, it is. Safe surfing. ●

“ MANY OF THE VICTIMS SIMPLY WANT TO BELIEVE ”





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Money

Inflation is back

Dave Deruytter looks at the state of bonds, stock markets and mortgage rates



Inflation is back at levels not often seen over the past 20 years. The US is leading the pack, but also Europe sees inflation climbing above the European Central Bank's 2% threshold in many countries.

Central banks and macro economists should be happy. Indeed, the deflationary spiral of the past two decades caused great concern. The central banks have been putting interest rates at almost zero and have been printing money like never before to stop deflation. Quantitative easing, the massive buying of bonds, has

been a mainstream policy tool for many years all over the world.

So, did the very loose monetary policies finally yield a stop to deflation? It seems so, but it is better to be prudent and to study the causes of the current inflation. First of all, an important part is linked to higher energy and food prices. Because of a strong dollar and the hope for a stronger US economy oil prices have increased. But will that rally last? Food has been expensive, particularly in Europe, because of bad weather in the south. Last but not least,

in the US, the threat of protectionism is fueling price increases and fear of inflation.

Worries for a bout of global high inflation seem ungrounded though, if one looks at the global GDP growth. In the US and Europe, the pace of growth is picking up, but not as fast as in the high inflation years of a few decades ago. China has again lowered its GDP growth forecast a bit and wants to get rid of the heavy air pollution in its cities. The Japanese economy is rather stable as it has been for many years. Though the employment levels are very high in many countries, the disintermediation, digitalization and robotization pressures are very strong in the world economy – this will continue for many years to come. All of that will put a cap on the inflationary pressures for the foreseeable future.

Prices for commodities are still very low compared to five years ago and, after a rally over recent months, dropped again in early March. This trend confirms that industrial production in the world is not yet very strong.

On the political side, the protectionist tendencies of president Trump in the US, the UK leaving the EU, and other EU countries having major elections where populist and protectionist voices are sounding ever louder, might lead to an increase in inflation. This notwithstanding, China and the EU keep on pushing for free global trade and investment against that trend. Still, the worldwide uncertain political climate is not a good sign for strong consumer spending in the short or even longer run. And it cannot support high growth, or high inflation.

The current increase in inflation does not bode well for the bond markets in the short term, given that interest rates will most probably increase too. The result should be that bond prices will drop. On the other hand, on the short end of the yield curve, opportunities may occur for large cash holders to increase their return in a rather safe way. However, if, as

expected, inflation stays subdued, bonds may recover later this year.

For stocks, the short-term effect of inflation may be positive. If money flows out of bonds, given that cash yields almost nil in interest, stocks with a good dividend, that are not too volatile, may get a boost, as well as the cyclical. But if interest rates really increase and stay high, then the companies with high debt would see their margins being squeezed and thus their profit too. That should lead to lower share prices. Indeed, in such a scenario, cash would become a valuable part of an investment portfolio again given that both bonds and stocks would be under pressure.

Also, the housing market would suffer from higher interest rates if inflation increases. Real estate prices are softer when potential buyers must pay more for their mortgage and can borrow less for the same amount of monthly repayments on their loan. But that in turn is not good for economic growth because of the pressure of inflation.

The chances that a structural increase in inflation and interest rates might happen any time soon are very low today. We have seen a false start of a return to inflation before, in 2011, when economic growth, inflation and interest rates were rising, only to drop again after half a year.

In the current climate of fear of higher inflation, gold is gaining attention. But there prudence is required since the price of this precious metal may drop fast if inflation does not materialize.

In conclusion, there is no alternative to a sound investment strategy of diversification of your assets and making investments in relation to your investor profile and investment horizon. Anything else is taking an unnecessary risk, with the notable exception of course of putting your money in your own company. ●

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EU-Turkey deal: One year on

Gerry Callaghan reviews the state of flux in the migrant agreement



The EU-Turkey deal has been in force for just over a year now, and the pact's ambition of stemming the flow of migrants into Europe does seem to be working. However, EU-Turkey relations have soured in recent months and the Turkish President, Recep Tayyip Erdoğan, has threatened to withdraw Ankara from it. Therefore, the EU must find another way to deal with the crisis, and should not be threatened by an increasingly dictatorial leader.

In the year before 20 March 2016, over a million desperate people crossed the straits

between Turkey and Greece's eastern Aegean islands. Hundreds of lives were lost as their boats capsized. About half of those who made it landed on the island of Lesbos. Since then, after the implementation of the deal, only around 25,000 people have arrived, fewer than an average week at the peak of the crisis in late 2015.

On its anniversary, European leaders met in Brussels and, shunning their international obligations, agreed that every person arriving irregularly on the Greek islands, including asylum seekers, should be returned to Turkey.

In exchange, Turkey would receive €6bn to assist the growing refugee community in the country, Turkish nationals would be granted visa-free travel in Europe and, after the number of irregular migrants dropped, a voluntary humanitarian scheme to transfer Syrians from Turkey to other European countries would begin.

However, one year later, the agreement appears at risk amid deteriorating EU-Turkish relations. The Turkish president threatened to scrap the deal amid a standoff with European nations over their reluctance to allow Turkish ministers to hold campaign rallies in their countries. Erdoğan is furious that Germany and the Netherlands stopped his ministers from campaigning in their Turkish immigrant communities. He said in March that the EU could "forget about" the deal, stepping up similar threats made in recent months.

Meanwhile, Chancellor Angela Merkel's office said the German leader discussed the tensions between EU nations and Turkey with French President Francois Hollande. The two reiterated that Erdoğan's insulting comments about Germany and other European countries were not acceptable, including his "Nazi" comparisons. Despite Erdoğan's rhetoric, the two leaders agreed that appearances by Turkish politicians in Germany and France can be approved but only if they are "registered in good time and transparently, and adhere strictly to German or French law".

EU migration commissioner Dimitris Avramopoulos, a Greek, hopes Ankara will not go beyond rhetoric. "It is imperative that the agreements continue to be implemented - and to remove any link with the recent spat between Turkey and various European countries," Avramopoulos told Skai TV, a Greek private broadcaster.

The EU's worry that migration could once again rise to 2015 levels if relations between Brussels and Ankara crack is justified, but

propping up an authoritarian regime on our border is not the answer. The deal has been described as 'inhumane' by humanitarian organizations.

NGOs suggest that the only part that matters to EU leaders is that the flow into Europe is stopped. Amnesty International highlighted the harrowing human cost of the deal on the Greek islands. Refugees languish in inhumane conditions, in flimsy tents, braving freezing temperatures, and are unable to leave. After the deaths of three men in Moria camp in January 2017, one man living there told Amnesty International: "This is a grave for humans. It is hell." Another 20-year-old Syrian refugee said: "I escaped Syria to avoid jail but now I am imprisoned."

Over the past 12 months, Amnesty International has documented how some Syrian asylum seekers have been forcibly returned to Turkey without having access to asylum and without being able to appeal against their return, in breach of international law. On arrival in Turkey, they receive temporary protection, but are left to fend for themselves. In some cases, Turkey has returned asylum seekers and refugees to countries where they risk serious human rights violations such as Syria, Iraq and Afghanistan.

Instead of trying to return asylum seekers and refugees to Turkey and offer an authoritarian leader deals that strengthen his image at home, the EU should work towards a pan-European approach to relocate the migrants. EU governments should be providing safe and legal ways for asylum seekers to reach other European countries, such as relocation, family reunification or humanitarian visas. If this route is not explored, then our taxes will continue financing Erdoğan's power grab. ●

**“ ONLY AROUND
25,000 PEOPLE
HAVE ARRIVED ”**



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Young expat survey

Natalie Morris gives her thoughts on a new survey on expatriate life



“Fully 96% of young expats who work or study in Belgium are satisfied with their expatriate life.” This is one of the undoubtedly positive conclusions of the survey conducted by BNP Paribas and the think tank ThinkYoung on young expats in Europe. It was completed by 2,881 young expats between the ages of 18 and 28, currently residing in Belgium, the UK, the Netherlands, France, Germany, Italy and Poland.

The results of the survey are being presented through three main pillars: push and pull factors (what makes young people relocate to Belgium, for instance?), expatriate finance and

expatriate banking.

Being a sort-of young expat, with non-Belgian parents but a French-speaking education that goes back to my earliest years of primary school and continues as I complete my fourth year at the Université Saint-Louis in Brussels, it was mostly the push and pull factors that drew my attention. How do people of my generation, whether they are students or professionals, experience this town where I grew up and which I love, while never *truly* feeling at home?

The results of the survey unveil a globally positive image of the way in which expats view

this country. Among other things, it seems clear that Belgium offers a wealth of opportunity for young professional expats: a whopping 82% of respondents chose 'career advancement' as one of the benefits of relocating to Belgium – the global European figure is 67%. The second most important benefit was an increased or more developed social life.

As for students, the first obvious interpretation that jumps to mind is the apparent success – and importance – of student exchange programs and the network of internship opportunities across Europe. Indeed, 53% of students claimed their decision to come to Belgium was due to an opportunity given by their previous university or school, making it the biggest pull factor for students.

After this, it's a tie between 'experience another culture' and 'learn another language or improve language skills'. Although it's great that students abroad are curious about Belgian culture and evidently see the opportunities in moving to such a multilingual town, it is frankly a wee bit disappointing to see the reasons 'availability of better/quality education' and 'more affordable and more accessible education' rated comparatively low – 15% and 8% respectively, whereas seeking quality education is one of the main reasons for relocating to the UK, and affordability is one of the main pull factors for students moving to Italy.

Perhaps even more frustrating is how these numbers change when asked about the benefits of attending a Belgian university or school: 'quality education' soars up to second place this time, with 59% percent of students claiming it as a main benefit. 'Affordable education' also gains points as 30% of

respondents said it was a benefit of relocating. Belgium has by far one of the cheapest higher education systems in Europe, in large part thanks to student unions who fight tooth and nail to keep Belgian schools good and accessible. So what does this mean, if anything? Should we be investing more in promoting our education system, in making sure its benefits are better known throughout Europe?

It has to be said that a good number of expats do not seem to have the most positive view of Belgium and its indigenous people, in spite of the fact that 96% of young expats are happy with their expatriate life here.

This number may mean one of two things, or perhaps a bit of both: on the one hand, it could simply mean that although some expats don't care much for Belgium or Brussels as such, they don't need to in order to have a good time here. On the other hand, as this was a study conducted on young expats, including students, it could be that the trend is changing. Indeed, I have never met an exchange

student here who didn't love Brussels.

Among people my own age who were here of their own accord and plunged into a Belgian university with Brussels natives, I have only ever encountered enthusiasm. According to them, Brussels is laid-back, friendly, interesting and fun. These students may well become young professionals with perhaps a background in European studies and decide to relocate to Brussels, and, although they will be caught up in the wonderful melting pot that is expat life, I hope they will remember to stop and appreciate this town for what it is – laid-back, friendly, interesting and fun.

You can find the full results here:
newsroom.bnpparibasfortis.com/en



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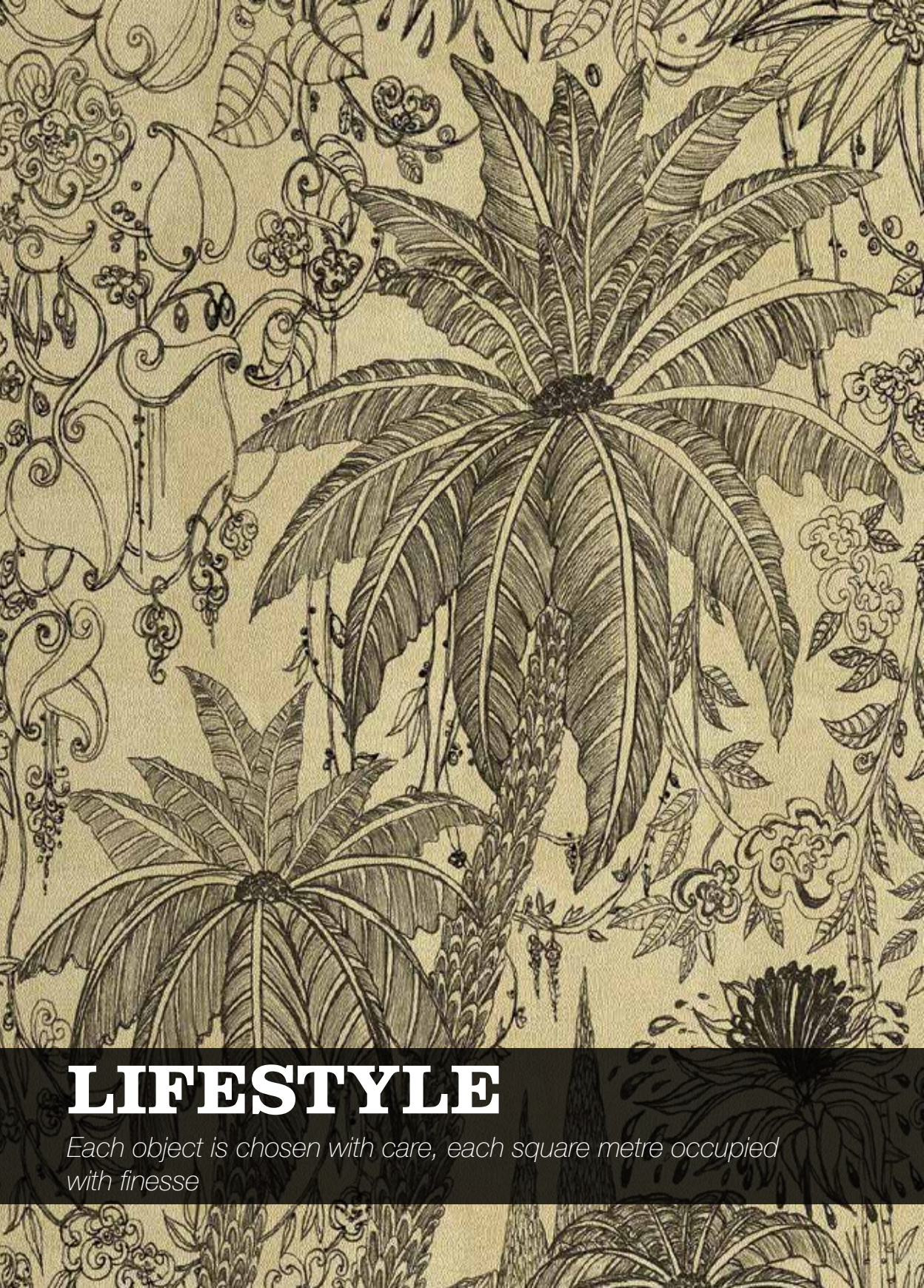
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LIFESTYLE

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LIFESTYLE

Luxury

Luxury suits

This month we take a look at the world of luxury bespoke suit wear for men



Brioni Vanquish II

In 1945, Brioni opened its first boutique in Rome on Via Barberini 79, and soon became the lifestyle of choice for movie stars, heads of state and business leaders. As you can see from our images movie stars are still gravitating towards the Brioni brand, which proudly states: "The Brioni Tailors are the boundless heralds of the men's tailoring art. They are the men and women who achieve the highest level of sartorial excellence. Their artistry is imbued in all the unseen details that distinguish Brioni garments." **€40,000**
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Luxury

Kiton K50

Kiton is a luxury ready-to-wear and made-to-measure clothing company founded in 1956 as CIPA in Naples, Italy by Ciro Paone, a fifth-generation fabric merchant, and Antonio Carola. Launched in 1968, the Kiton brand name is a derivation of the Greek word chiton, a garment worn by the ancient Greeks that the Romans later called a tunic. The '50' in this particular model is the number of hours a tailor spends working on it. **€40,000**
www.kiton.it



Alexander Amosu Vanquish II Bespoke

High-end luxury designer Alexander Amosu, who is well known for his diamond-encrusted cell phones, has added to his ever-increasing portfolio what is now being described as the most expensive suit on the planet. This suit includes nine 18-carat gold and diamond buttons and features very expensive fabrics from rare animals, vicuna and qiviuk. **€40,000**
alexanderamosu.co.uk



Frosdick of London Million Dollar Dandy

Not one suit - Frosdick's Million-Dollar Dandy package offers a **\$1 million** wardrobe complete with a bespoke luxury car. It includes 14 custom-made Savile Row suits, by Henry Poole where you get to pick from the world's finest fabrics, 28 tailored dress shirts, 28 customized silk ties and 14 pairs of tailor-made shoes and boots crafted out of exotic leathers crafted by, Schnieder of Clifford Street. 
[Frosdick of London/Facebook](https://www.facebook.com/FrosdickofLondon/)



I am / Jamie

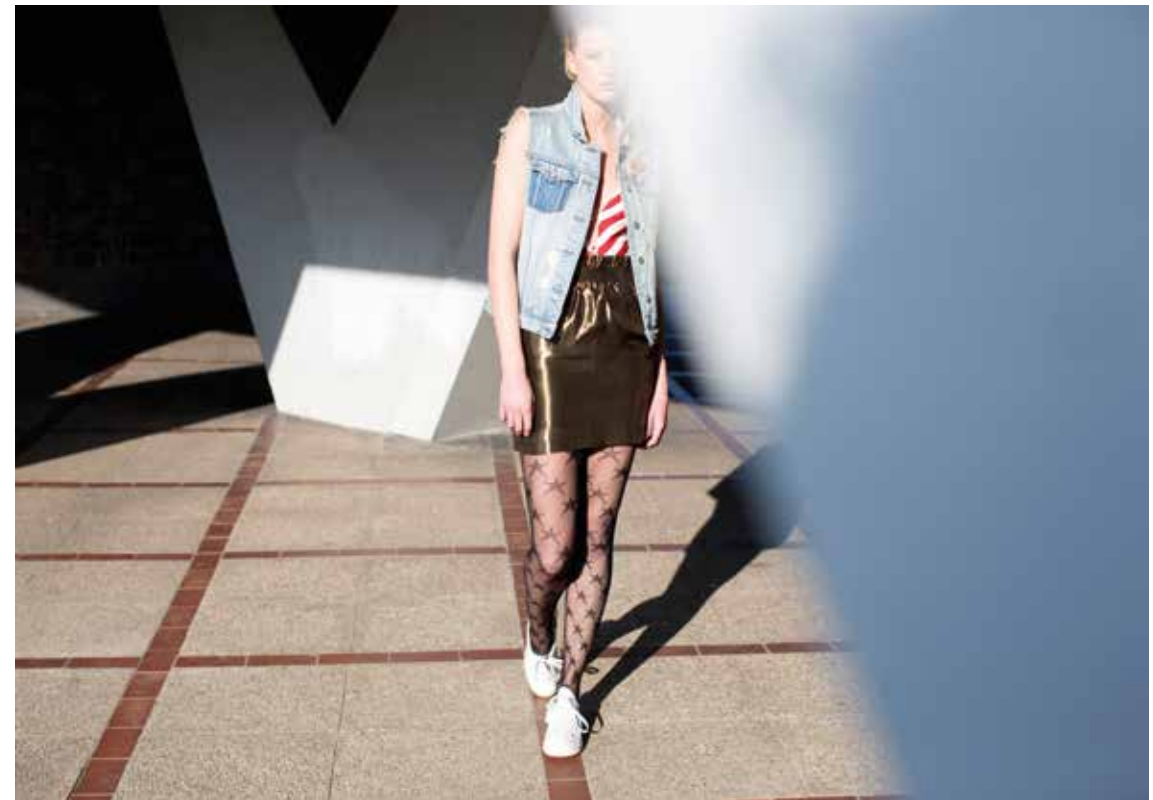
Photographer: Maria Dawlat - Director Artistique : Nicholas Sirot
Make-up Artist : Leke Pham phamle@hotmail.com - Model: Jamie@bemodels.be



Sweatshirt: Lois
Trousers: Diane Von Furstenberg
Shoes: Eram



Black T-shirt: Hunkemöller
 Bra: Chantelle
 Trousers: Zara
 Jacket: Adidas
 Cap: Zara



Swimsuit: Tommy Hilfiger Gigi Hadid
 Denim jacket: Scotch&Soda
 Dress: &others stories
 Tights: Calzedonia
 Sneakers: Adidas



Boots: Éram



Perfecto Snobe
Body: Weekday
Skirt: Zara
Tights: Calzedonia
Sneakers: Adidas



T-shirt: Lois
Trousers: Fred Perry
Raincoat: JeanPaul Knott
Sneakers: Adidas



Jacket: Adidas Originals

AXL Jewelry: A means of communication

Jeanie Keogh meets a woman who turns the past into the present



Photo © Frederic Raevens

From the street, the ivory glow emanating from AXL Jewelry store makes the round Art Nouveau window look like pearls. Stepping into Brussels' first high-end jewellery concept store on rue Mignot Delstanche has an immediate luxuriating effect. Axelle Delhaye sits down with me on the divan and I'm instantly drawn in by the hypnotic combination of her poise, soft voice and piercing eyes, to say nothing of her beauty. She is the personification of a precious gemstone and I take an instant shine to her.

She has two jewellery lines – her capsule collection, AXL, which is contemporary, and a more classical collection using Victorian era jewellery under her own name.

Speaking of what inspires her to work with antique jewellery, she says: "In the olden days, people didn't speak to each other easily. There were a lot of social barriers, and jewellery was a means of communication. It carried a message. The way that flowers were arranged in a ring, for example, could express 'I love you'. Each gemstone was coded. The letter 'R' was spelled using a ruby. I find that fun..."

It feels like we are not strangers talking in a boutique, but rather sisters in a boudoir.

"It's the sentimentality in jewellery that I enjoy. Little round circles represented eternal love that could leave like a free bird, but would then come back again... or not, because at that time, people left and sometimes didn't come



Photo © Frederic Raevens

back because they'd died."

Axelle explains that although she works with unique bejewelled antiques from the Victorian period – a time well-known for its symbolic jewellery – the finished product is very contemporary. Her jewellery is what she calls "a meeting between the past and the present".

She mines for precious gemstone jewellery at markets or through her sources, cuts them up, and then assembles pieces in a way that is more modern. For example, a fly from an elaborate brooch becomes a single earring, an Albert chain turns into a woman's necklace with eclectic charms attached, the iconic Birmingham brooch becomes a ring, a hair pin is revived as a pendant on a necklace. Her golden touch is the way she is able to deconstruct the overly ornamental style of the Victorian era so that the understated simplicity of the jewellery can shine through.



Photo © Frederic Raevens

In Axelle's hands, a necklace with an assortment of artfully chosen charms becomes magical. She fingers a tiny gold fish charm from the 1950s and I can feel the reverence she has for the tiny piece of history she is delicately holding.

Encountering Axelle's jewellery is much like the moment a mother hands her daughter the key to her jewellery box for the first time to look through the family heirlooms. Or, like discovering a lost engagement ring on the beach and wondering how it got there and who it belongs to. Her work is about the story contained in the piece of jewellery.

We peer over the glass menagerie and she stops at a magnificent ornate Victorian brooch that has caught my eye. She hasn't touched it, but has rather left it in its original form.

She admits it will be difficult to sell as is.



Photo © Frederic Paeyens

“ A MEETING BETWEEN THE PAST AND THE PRESENT ”

“Maybe one day I'll do something with it.”

For now, though, it will stay on display while she ruminates about how it should best be given a second life.

“If you look here you can see it is nicely mounted and well crafted, so I'm not going to cut it up just to cut it up.”

Much of the creative process happens in her head before she dismantles a piece and plays with different configurations like luxury Lego. It's a lot about improvisation and feeling, she says.

And as for the reason Axelle has a line that departs completely from the past and makes only contemporary jewellery: “I like to switch it up.”

Speaking about her idea to open AXL Jewellery store, she says: “I wanted to create a

store where I could show off designers I liked.”

Indeed, she is wearing earrings made by two designers – in her left ear she wears a single Maria Tash opal triple spike and in her right is an earring by Yvonne Léon.

“I used to have a store close to Place Brugmann and worked in jewellery for 15 years before opening a store here. Before, we had not yet entered into ‘la petit joaillerie’, meaning jewellery that used real diamonds and gold but at a reasonable price. It was a time when this didn't really exist yet.”

AXL Jewellery has been open for less than half a year, but I'd bet that it won't be a flash in the pan.

www.axl-jewellery.com 

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ELEGANCE - BEAUTY - EMOTION

Be a piece of art

We look at the work of a Belgian photographer and silkscreen printer



Yseult describes herself as “a photographer-traveler and photographer on silk”. She likes nothing better than to capture a moment “that I find ‘right’ at a given time”. Her starting point for making a photograph is a form of “intended luck”. She quotes Paul Eluard: “There is no chance, there are only appointments.”

And so she urges us to “be a piece of art”.

After many years in an aquatic environment, she decided in 2012 to take evening classes



in digital photography: a year of intense technical learning with Pierre Scheys. In parallel, Yseult D. works with Marc Aghemio, a painter friend in Paris, who shares his historical experience of photography and helps her refine her artistic look.

Yseult D. continues to pursue her self-educated photographic adventure through her travels, meetings and daily walks: they “feed her gaze”.

She says: “Photography for me is like a hunt.




“ THERE IS NO CHANCE, THERE ARE ONLY APPOINTMENTS ”

The search to trigger at a specific time. I can stay hidden for a long time in a corner just waiting and then, suddenly, everything goes very fast. I make sure not to look at the picture and wait before discovering it at home on screen, and be excited or disappointed. I try to touch without editing. What I like about photography is the element of chance.” She adds: “While working with digital material, I capture my images as in the days of argentic photography, that is to say, saving a maximum of my shots. I then try to place myself so as to get the best view of the scene, while remaining unobtrusive to capture the spontaneity of a situation. I work primarily with 50mm and 20mm which are my two favorite lenses.” So where does the fashion come into all of this? “Because I want to give life to my pictures, also develop silk creations based on my photographs.”

In her collection you will find a full silk dress entitled 'Wonderland', using 100% Italian silk and high quality digital printing - each creation is part of a limited edition. One of the most interesting items is a silk top that will certainly make you stand. The 'Personal Jesus' top depicts a Christ figure falling dramatically against a startling gold background.

You can wrap yourself in scarves called 'Street art', 'Flowers' or 'Windows', or boleros – which sell out fast – such the 'Leo' with the striking image of lion's face up close.

And of course, you can also do the old school thing and buy the photographs.

www.yseultd.com 



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Colorama

Our beauty expert **Delphine Stefens** welcomes spring with a dash of colour

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Full Spectrum eye shadow palette (**€54**) by **Urban Decay**. Available at Ici Paris XL (rue Neuve and avenue de la Toison d'Or) and iciparisxl.be



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LIFESTYLE

Beauty



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Shopping



Belvas

Established in 2005, Belvas is a certified organic and fairtrade Belgian-chocolate maker. The company works all ingredients in a traditional way with no additives or preservatives, no colouring or artificial aroma, no flavour enhancers, hydrogenated fats and GMOs. For Belvas, the wellbeing, the health of employees, producers and consumers are taken very seriously. Therefore, Belvas bans the use of any chemicals and only selects products issued from organic agriculture.

85% organic dark chocolate (120g), organic, fairtrade, gluten-free, vegan. A variety of fine chocolate chips with coconut blossom sugar and pure cocoa nibs. A new way to savour chocolate. Belvas has created a new form of chocolate... broken, a delicious alternative to traditional chocolate bars. **€5.99**
- www.chocolaterie-belvas.be



Neuhaus

Neuhaus is a notable Belgian chocolatier which manufactures and sells luxury chocolates, biscuits and ice cream. The company was founded in 1857 by Jean Neuhaus, a Swiss immigrant, who opened the first store in the Galeries Royales Saint-Hubert in central Brussels. In 1912, his grandson, Jean Neuhaus II, invented the chocolate 'praline'.

This Easter there is tasty surprise in the shape of one of the Master Chocolatier's novelties: Easter eggs with a double filling of caramel and praliné almond. One half of the egg is lined with a Californian almond praline while the other half contains a homemade caramel with a touch of Guérande salt. From a box of chocolates with fun packing to the refined gift box, everyone will find some Easter joy.
www.neuhaus.be



Anne Zellien

Fascinated by historical jewellery, over the course of time Anne Zellien became particularly interested in the style known as 'sentimental jewellery', a style that was quite fashionable in Europe during the 17th and 18th centuries. Jewellery of this kind was strongly personalized with engravings, hidden messages, portraits and charms, superbly accentuating the bond between two people – the person whose gift it was, and the person who was to wear the piece. Other sources of inspiration are literature, classical music, and, of course, all those people whom she had the pleasure to meet, and who have marked her journey. Her favourite working materials are silver, gold, semi-precious stones, ceramics and pearls. Earrings: **€274** - www.annezellien.be



THE SWEET BOX

THE SWEET BOX is a pure Belgian concept created by the designer Olivia des Cressonnières. She connects two of the best Belgian luxury products, fine jewellery and delicate chocolate sweets, to answer to women unique sensibility. You open THE SWEET BOX and select your favorite jewellery colored stones combination, as you would choose your favourite chocolates according to your mood. Every day a new combination... THE SWEET BOX collection consists of unique easy-to-wear and contemporary pieces to style with colours. They are carefully handmade and beautifully boxed, a refined gift to start a jewellery collection, a precious present for your love, your family, your friend, or for yourself.
www.the-sweet-box.com



LeaRose by Lsquare

As a young girl, Perrine Leysen grew up amongst the most precious jewels. Perrine's ancestors have been jewellers for over five generations and she is carrying on the family tradition as is her father Henri and her brother Maxime, in charge of the famous Maison Leysen at the Grand Sablon in Brussels. From the beginning, she learned in jewellery workshops the magic of creating jewels. Naturally influenced by the family tradition, with the help of her father, Perrine opened the L-square shop in 2006. She brings together there treasures coming from carefully selected designers, making sure the prices stay affordable. **€65**
www.learose.be



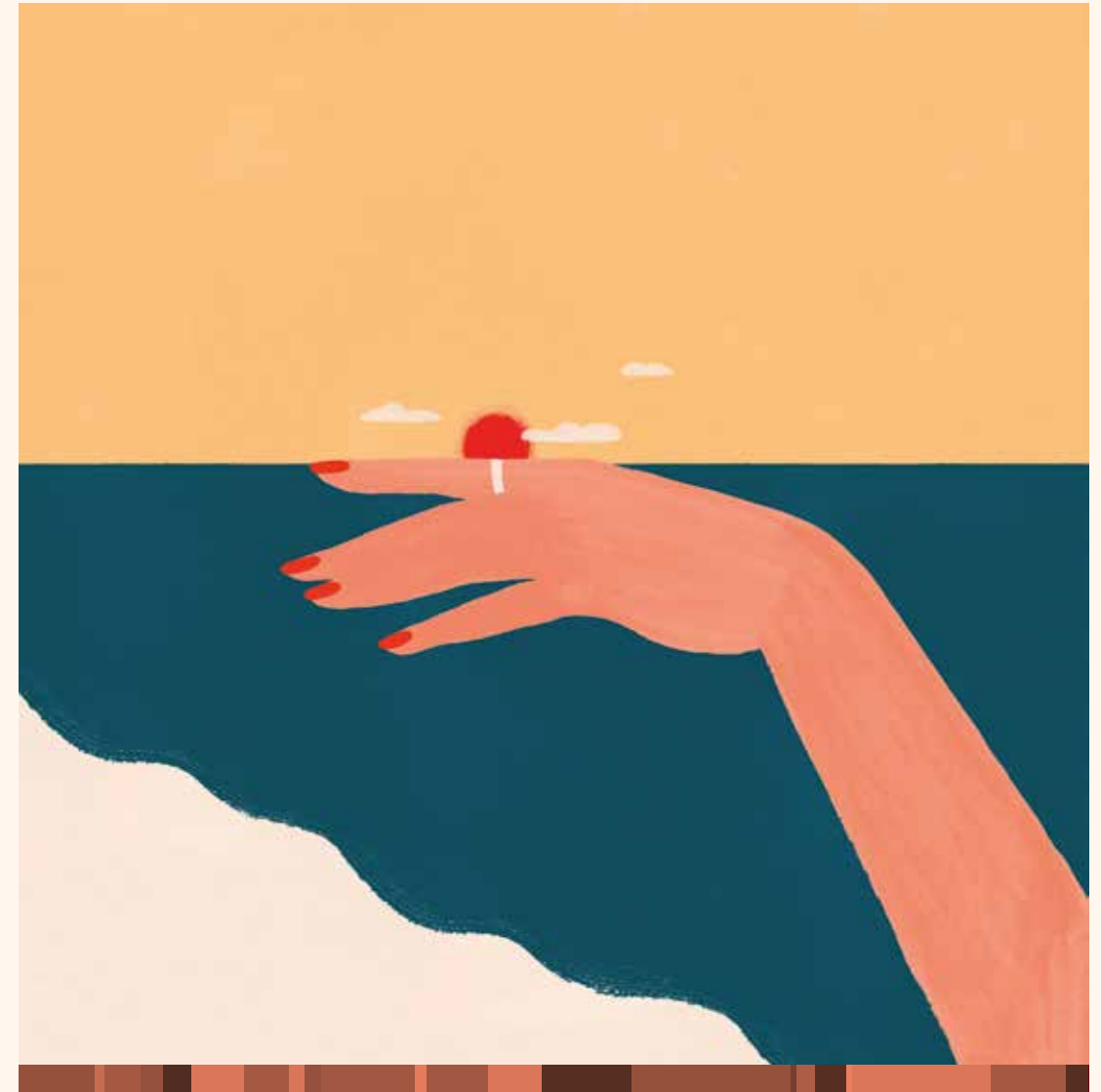
Dinh van

Iconoclast in its inspiration, essential in shapes, dinh van Maison has carved out its own niche in the codified world of jewellery. Inspired by design, especially the Bauhaus movement, it has created its own language that is pure and timeless. Over the last 50 years, the world has changed but dinh van's jewellery pieces continue to take their place in perfect modernity. **€1,150**
www.dinhvan.com



Axelle Delhaye

Axelle Delhaye creates a refined and timeless collection of unique and distinctive jewels brought back to the present day. Each piece has its own history that can never be matched nor reproduced. Ancient symbols, Victorian motifs and long-lost memories are some of the designer's beloved directions, fulfilling her ideal vision. The secret lies in unexpected pairings and gorgeous combinations. Opposites attract for the pleasure of our eyes. **€850**
www.axelledelhaye.com



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Located in natural grounds, the 4-star Hôtel Ermitage feels like a family home, conducive to relaxation and simple pleasures. The hotel's rooms and suites are stylishly and tastefully decorated, inspired by nature. They are also particularly suitable for families.

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LIFESTYLE

Design

BenBo: Living pods

Paul Morris checks out a new
space-saver hotel in Naples



**“ IT IS COMPOSED
OF A SERIES OF
AUTONOMOUS
‘LIVING PODS’ ”**

I looked recently at the digital clock that ticks away displaying the world population – it's heading rapidly toward the 7.5 billion mark. Designers and architects the world over are rising to the challenge of making better use of our urban space. We have to live in smaller spaces but that doesn't mean they can't be cool.

Meet BenBo (Bed and Boarding), Italy's first capsule hotel. Dorelan and DorelanHotel, the company's contract division selected to provide high-quality rest for the guests of 42 capsule rooms opened in January at the International Airport Napoli Capodichino. Their shared mission is to offer value to time,



comfort and rest. BenBo is open seven days a week, 24 hours a day. Conceived of by marketing manager Carlotta Tartarone and designed by Studiotre of Naples, it is composed of a series of autonomous 'living pods' developed over 1,130 square metres. The 42 single-bed rooms measure 4 square meters each and feature soundproof walls, automatic doors, room-darkening window blinds, a reclining table, mirror, clothes hanger and shoe rack.

Comfort has been paramount in shaping the project: guests sleep on Brera mattresses and Feel pillows, which were developed by DorelanHotel for the contract sector and were made to be highly resistant, long-lasting, anatomically supportive and crush-proof. Recent tests demonstrate that the LFK spring



system on the Brera mattress is able to support heavy, continuous mechanical stress better than any other suspension system.

Other perks include 16 single bathrooms with showers, multi-lingual staff at the reception desk open 24 hours per day, and a winter garden

with a smoking lounge. And, of course, Wi-Fi is omnipresent. The structures boast architectural solutions and materials chosen for their low environmental impact. The pods are fully assembled prior to transport and are made of non-flammable wooden material. Prices: €8 for the first hour and €7 from the second hour during the day and €25 nine hours at night. www.dorelan.it www.bedandboarding.com ①

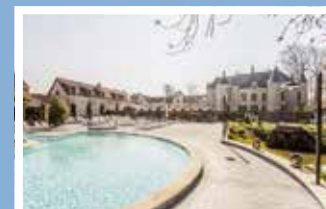


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Interview

Damian Lewis: Playing the billionaire

Together chatted to a man who was educated at Eton and plays blue-collar Americans



Damian Lewis is no stranger to privilege. His grandfather was the Lord Mayor of London and he studied at Eton where he was accustomed to wearing “tailcoats and stiff collars” while enjoying afternoon tea with his aristocratic classmates (Tom Hiddleston, Eddie Redmayne and Princes William and Harry are fellow alumni). His upper-class background also gave him insight to not just wealth but power, and that is why he thrives on playing hedge fund billionaire Bobby ‘Axe’ Axelrod on *Billions*, the acclaimed CBS Showtime TV series now entering its highly-anticipated second season.

Axe is a working class guy whose manipulation of the financial markets has made him the

target of Paul Giamatti’s Chuck Rhoades, a plodding, envious New York district attorney bent on bringing Axelrod to justice for insider trading. The mano-a-mano struggle between the two men takes on operatic overtones while each seeks to destroy the other.

“Axe is a blue-collar, self-made billionaire who now wants to be accepted by the East Coast, old money Establishment,” Lewis says. “His biggest problem is letting his emotional, irrational side get in the way of his clear-headed, algorithm-driven self where he’s at his best. He feels the need to dispose of Chuck Rhoades, and that’s why he brings a lawsuit against him although that decision may have repercussions. This year there are more



serious consequences to the actions they take and we go deeper into the emotional lives of the characters."

Apart from Lewis and Giamatti, Malin Akerman (Lara Axelrod) and Maggie Siff (Wendy Rhoades) also return as the powerful wives behind their men although the latter is now estranged from Chuck and has left her position as Axe's corporate advisor/psychologist.

In person, Lewis is alternately intense, jovial, and engaging. He speaks quickly with a touch of mischief at times as befits his boarding school background.

46-year-old Damian Lewis is married to the actress Helen McCrory with whom he has two children, Manon, 11, and Gulliver, 9. They live principally in London (in a house they bought from Hugh Laurie) although Lewis has been renting a house in New York for the past year and a half while shooting the first two seasons of *Billions*. On 5 April, he returns to the

London's West End stage for *The Goat, or Who Is Sylvia?* at the Theatre Royal Haymarket.

Together: Damian, you've had to spend a lot more time away from your family in the last few years while shooting *Billions*. Is that a strain?

Dalian Lewis: Some of my friends wonder how I managed going back and forth between

England and America and of course it's hard when I have to leave my family behind. But I often go back on weekends and it's not as bad as one imagines. I'm simply thrilled to be enjoying the work I'm doing now and my life is brilliant.

Does playing a billionaire like Bobby Axelrod ever make you envious of some of the perks that come with that kind of wealth?

I can tell you that the one great pleasure and advantage that I have discovered about how billionaires live is being able to fly on a private jet. There's no waiting in line. You drive to a



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small airport, wait maybe fifteen minutes, and then you're whisked on board and the plane takes off almost immediately. So the first thing I would do with wealth like that would be to buy my own private jet. Maybe a helicopter, too! (Smiles)

What makes Bobby Axelrod so successful?

He's very brilliant, driven, and utterly ruthless in his financial dealings and in many aspects of his personal life. He's a man with unique skills who has the capacity to out-think people and act faster than everyone else. Axe also has the force of personality to be able to intimidate and outmanoeuvre others.

How does Season 2 play out for Axe?

Axe takes stock of his life and makes an assessment of who he is, where he is, what he's achieved, and where he wants to go from

here. He's more introspective than we saw him in the first season and he's like a gunslinger who puts down his guns after making one last kill.

He wants to be left alone, but that won't happen until he's found a way to dispose of Chuck Rhoades (Paul Giamatti), the man who stands in his way and doesn't believe he

should be entitled to the freedom to operate in the markets that Axe believes he should enjoy.

Why do you think that Billions has been able to strike

such a chord with the public?

We love watching stories about people who are so determined and obsessed with winning. People love to see driven characters functioning in situations where the stakes are very high. Axe and Chuck are borderline sociopaths who often act without any guilt no matter how their actions may affect others.

**“ I’M SIMPLY
THRILLED TO BE
ENJOYING THE WORK
I’M DOING NOW ”**



Winning is the most important thing to them, and especially to Axe. He's already a billionaire. What interests him is the next deal and the adrenaline rush that comes with his next move.

Also, his level of self-confidence is immensely appealing. His blue collar roots and the way in which he epitomizes the rise of the working man is very inspiring and attractive to people.

Bobby, in many ways, is the ultimate example of the American Dream and the notion that any man can rise to the top.

Do you enjoy the ability to develop a character in the longer format offered by TV as compared to that of a feature film?

What's interesting about this new world of novelistic TV dramas is that we're seeing stories told where the characters are layered with many more contradictions and ambiguities.

Everyone is essentially an anti-hero. I'm very

fortunate to play a character like this and enjoy playing a man who is despicable in some ways but someone who also does marvellous and incredible things.

Coming from a very rarefied background, do you find it odd that you keep playing these fantastic working class American characters like Brody in

Homeland and now Axe in Billions?

It is very ironic that I'm playing these blue-collar Americans. But I love the directness of these American males who have a raw physicality about them. They don't waste time. They don't hesitate

before taking action and going after what they want. I take a certain pleasure in being able to throw myself into the mindset of a man like Axe. You admire his passion and ruthlessness.

**“ HE’S LIKE A
GUNSLINGER
WHO PUTS DOWN
HIS GUNS ”**



Many of your admirers love your ability to affect a great American accent. What's your secret?

I would like to be able to say that it's pure talent but in fact my mother's brother moved to Darien, Connecticut when I was seven or eight and (my siblings and) I spent our summer vacations in Connecticut.

I spent a lot of time with American kids and also watching a lot of American TV series so that clearly helped me when it came time to learning an American accent for the American characters I've been playing over the years.

While you're on the set are you able to switch instantly between your Bobby Axelrod American accent and your normal British way of speaking?

No. I usually stay in my American accent from the moment I arrive on the set in the morning until we're finished shooting at night. There are

a few British crew members and I try not to speak to them during the day because if I start speaking to them in my normal voice it takes me a little while to be able to re-calibrate and fall back into Bobby's voice.

Would you like to be able to work on more feature films down the road?

I've been asked many times about my work on

American TV series and I have to admit that I wouldn't have traded my time on any of the shows I've done whether it's *Band of Brothers* or *Homeland* or *Billions*. I don't feel that I've missed out on anything by doing these series.

I've been extremely fortunate to be able to work with so many outstanding actors and do such interesting work at what I think is a high level. I haven't found the same level of excitement or quality of material in the movies I've done that I've been able to find in TV. 📌

**“WINNING IS
THE MOST
IMPORTANT
THING TO THEM”**



Quatre générations au service de la tradition



«J'ai baigné depuis l'enfance dans une cuisine de tradition qui sait donner la part belle aux produits de qualité.

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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Amastan Paris and Seine Intérieur

Emilie Guillaumin announces the arrival of a pop-in space in Amastan Paris hotel

The Seine Intérieur Gallery that specializes in 20th century furniture, is proud to announce its new project. For a month in April 2017, the artists Hélène de Saint Lager and Jean Boggio have been invited by the Gallery to show their work at the Pop-In space in Amastan Paris hotel on the Right Bank. Seine Intérieur is run by Katrine and Beryl Dessart who bring together fine furniture, graphic, colourful fabrics infused with the exoticism of their island (Reunion) and African backgrounds.

The connection between Amastan Paris and Seine Intérieur is that of a resolutely design-oriented hotel with an international and dynamic neighbourhood of Paris's 8th arrondissement and a jewel of a gallery that is looking to diversify its expertise. They share an aesthetic vision, a certain refinement, and even though they both retain their own singular identities, Amastan Paris is highly contemporary while Seine Intérieur is more traditional. The two establishments have come together to create a third entity housed in Amastan Paris's Pop-In store. The themes depicted such as travel, exoticism and a cutting-edge take on luxury and the decorative arts are dear to Seine Intérieur and they naturally find a home in the Amastan Paris's cosy space, where each object is chosen with care, each square metre occupied with finesse.

Hélène de Saint Lager and Jean Boggio are both renowned in the worlds of luxury and the decorative arts, and will take over the space with their mirrors and wallpaper, lamps and coffee tables, bringing a dreamlike atmosphere with a nautical influence to the hotel's space, to the delight of all who visit.

Photos Google view, art direction Beryl Dessart



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Photo © Helene Saint Lager, Grandetarentule



Photo © Jean Boggio, Jungl Pendant



European cemeteries: Monumental beauty

Travel expert **Expedia** has selected the top ten European cemeteries that are worth a visit on your next city trip

In Belgium you will find many beautiful monuments in the cemeteries of Campo Santo (Ghent), Schoonselhof (Antwerp), Laeken (also known as Brussels' Père-Lachaise with, among others, a version of Rodin's bronze sculpture *The Thinker* as a tombstone) and the numerous military cemeteries in West Flanders reminding us of the fighting in the First World War.

Often visiting a cemetery is not planned in advance when you are heading on a trip. So we are marking your card for your next city trip abroad. Besides the beauty of the monumental tombs, these cemeteries are also an oasis of calm in the busy city where you can walk undisturbed.

Paris: Père-Lachaise

Perhaps the most famous cemetery in Europe. Although the location was not a great success in the beginning (1801), the *Cimetière Père-Lachaise* is the largest cemetery in Paris, housing more than 69,000 gravestones. About half of them are protected monuments. Most visitors come to Père-Lachaise to find the graves of many celebrities. The list is long: Frederic Chopin, Edith Piaf, Jim Morrison, Karel Appel, Amadeo Modigliani, Laurent Fignon, Yves Montand, Oscar Wilde, etc. There is also a crypt for Belgian soldiers who died in France during the First World War. This green lung in the city – the area of 44 hectares has around 5,000 trees – is an ideal place to unwind with a total of more than 15km of paths.

Milan: Cimitero Monumentale

A cemetery certainly worth a visit is the



Jim Morrison's grave, Père-Lachaise

“ PERHAPS THE MOST
FAMOUS CEMETERY
IN EUROPE ”



Highgate Cemetery

“ IT IS PART OF THE
'MAGNIFICENT
SEVEN'
CEMETERIES ”



The Kiss of Death, Poble Nou cemetery

Cimitero Monumentale in Milan, Italy. Since opening in 1866, many famous Milanese families, including the composer Giuseppe Verdi, found their final resting place there. Among them is Davide Campari, from the beverage company, whose tomb is a reproduction of Leonardo Da Vinci's *Last Supper*. According to tradition, the Judas figure at the table is sculpted after his main rival back in the day.

London: Highgate Cemetery

Highgate Cemetery, in North London, is often described as one of England's greatest treasures. It is part of the 'Magnificent Seven' cemeteries in and around London. It consists of an eastern and western cemetery, the latter being the older part. Attractions there are the overgrown Egyptian Avenue and Circle of Lebanon, a partially underground circle with crypts. The eastern cemetery is the more famous section since it where Karl Marx is buried.

Chasing Dracula at Whitby Cemetery

Further north in England, between Leeds and Newcastle, lies the small village of Whitby, surrounded by the North York Moors National Park. The tombstones around the Church of St. Mary at the ruins of the Whitby Abbey stand atop a cliff on the coast. Not surprisingly, Bram Stoker found inspiration here for his world-famous novel *Dracula*. Don't be frightened, but be aware that this place is also a magnet for fans of all things Gothic.

Kiss of Death in Barcelona

When visiting Barcelona, you cannot miss Montjuïc. This hill on the coast was the scene of the 1992 Olympic Games and you can find a number of well-known museums on this hillside, including one dedicated to local world famous artist Joan *Miró*. But few people know that there is also a large cemetery on Montjuïc. Visitor can follow an artistic or historic route. For one of the most famous tombs '*El Beso de la Muerte*' (*The Kiss of Death*) you must go to the smaller cemetery *Poble Nou*, 5km from Montjuïc.

Musical cemetery in Vienna



St. Mary's cemetery at Whitby

“ THE EXTRAORDINARY SIGHT AND SCENT OF MAGNOLIAS IN BLOOM ”



An angel resting in Cimitero Monumentale

Zentralfriedhof, Vienna's largest cemetery is located around the Karlskirche (St. Charles's Church), dedicated to St. Charles Borromeo. The cemetery has separate sections for different religions. Nevertheless, this cemetery is best known as the final resting place of several composers: Ludwig van Beethoven, Franz Schubert, Wolfgang Amadeus Mozart, Antonio Salieri, Johannes Brahms, Arnold Schönberg and Johan Strauss.

Prague's oldest Jewish cemetery

In the Josefov district of the Czech capital Prague you will find the Old Jewish Cemetery, the largest Jewish cemetery in Europe and one of the oldest in the world. It dates back to the 15th century and has somewhere in the region of 12,000 tombstones. Since space was limited, bodies were buried on top of each other, sometimes ten-graves deep.

Stockholm Sodermalm cemetery

Number 558 on the UNESCO World Heritage List is the Skogskyrkogården cemetery in Stockholm. This cemetery, set among the pine trees, includes numerous pavilions, chapels and combines nature and architecture that they blend into a single entity. It is the final resting place of actress Greta Garbo.

Agramonte, from cholera to Porto's finest

Founded in 150 to bury the many deaths as a result of a major cholera epidemic, the Agramonte cemetery has become one of the most beautiful places in Porto. If you visit this cemetery in the spring, you get the extraordinary sight and scent of magnolias in bloom as an bonus.

Berlin: Brothers Grimm

Between the Berlin zoo and the old airport Tempelhof you will find one of the main Berlin cemeteries, Alter St.-Matthäus-Kirchhof (Old St. Matthew's Churchyard). Laid to rest on this small cemetery are the well-known fairytale writers Jacob and Wilhelm Grimm. ❶

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Travel

Qatar airways: The 'QSuite'

Together looks at a revolutionary new first in business class experience



Known for introducing industry firsts, Qatar Airways is the national carrier of the State of Qatar, and is one of the fastest growing airlines operating one of the youngest fleets in the world. Qatar Airways has a modern fleet of 194 aircraft flying to more than 150 key business and leisure destinations across six continents. The latest is the first-ever 'party of four' seating configuration plus first-ever double bed available in Business Class. The customizable private suites, named QSuite, introduce a host of firsts to Premium Class travel, reshaping expectations for global business travellers.

The unique, patented seat has been two years in the making. QSuite features the industry's first-ever double bed available in Business Class, with privacy panels that stow away, allowing passengers in adjoining seats to create their own private room. Adjustable panels and movable TV monitors on the centre four seats allow colleagues, friends or families travelling together to transform their space into a private suite, allowing them to work, dine and socialize together.

Qatar Airways Group Chief Executive, His Excellency Mr. Akbar Al Baker, said: "With these innovations, Qatar Airways has revolutionized the way we serve our Business Class travellers, enabling our passengers to enjoy a First Class experience in Business Class. On Qatar Airways, you choose when you dine, and the menu options are varied, with something for everyone. You choose when you rest, and when you want entertainment; we offer more choices than any other airline. It only makes sense to give you the choice to make your own cabin-within-a-cabin, creating double QSuites or quadrants."

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We have ten of Qatar Airways' recently-launched amenity kits, five men's kits and five women's kits, created in partnership with Armani and available to its premium passengers on selected A380 services. To win one of these special kits simply send an email to caroline@togethermedia.eu with the answer to this question: What is the name of Qatar Airways' new 'party of four' seating configuration?

www.qatarairways.com 1

Stanhope Hotel: A hidden gem

We look at a 5-star luxury boutique hotel that knows how to look after the little details

Tucked away on a quiet street close to the European Parliament, the Stanhope Hotel is nevertheless close to the bustle of the city centre – take a leisurely stroll through the Park Royal and you will soon be standing on the Mont des Arts looking towards the spires of the old town.

As soon as you walk through the impressive portal the first thing that strikes you is a decor that reeks of charm, discretion and comfort, with a hint of the tranquility of an English country home. Because the Stanhope Hotel really is a hidden gem.

It takes a little while to realize that the building is in fact a series of mansion houses which have been cleverly intertwined - one of them is classified. It boasts room types to suit all, from the standard Classic to the Royal Suite via Club Rooms and Suites, not to mention the one or two bedroom apartments.

You have signed in, so what's on offer? There is the elegant Library Bar and 24-hour room service, gastronomic food in Brighton Restaurant by Laurent Gauze, sauna, fitness room, private lounges, conference centre and parking. Also, you can make an entire part of the hotel a private zone, for your family, friends or business colleagues. And the indoor garden terrace is a great place to relax.

In your room you'll find a Nespresso coffee and tea service, Molton Brown of London hospitality products and a well-stocked minibar. The Smart TV can be mirrored with your smartphone or tablet (Apple & Android),



**“ THERE ARE
MANY OTHER
WAYS YOU CAN BE
PAMPERED ”**



and excellent WiFi. You can shop within the hotel for souvenirs, jewellery, works by local artists, beauty products, cigars and, naturally, Belgian chocolates - and you can relax in the lounge with the international newspapers.

The reception is open 24/24, and the concierge, valet parking and porter are all at your disposal. There are also services that can be reserved in advance, such as a limousine, baby-sitting, hairdresser, massage and even your own butler – you can enjoy all of this hospitality in a hotel that is proudly environmentally friendly, having been awarded the Green Key and the Entrepris EcoDynamique labels.

What makes a 5-star hotel really great are the details, the things that take the pampering just

that little bit further, such as the preparation of your room to ensure a good night's rest. And another big plus is the buffet breakfast and à la carte are available in your room – they are served until noon on weekends and public holidays. Take advantage of the dry cleaning, ironing and shoe polish services.

On arrival you are welcomed with refreshing, healthy drinks and an opportunity to sample local produce. And if you park your car in the garage, on your return you may be surprised to find that the windscreen is sparklingly clean and ready for the road.

There are many other ways you can be pampered... but you will have to stay at the Stanhope to find out.

www.thonhotels.com/Stanhope-hotel ⓘ

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LIFE OF
LEISURE

Dining

Dining



Table de Mus

Of Turkish origin, Mus (short for Mustafa) arrived in the world of gastronomy by an unexpected route. From a modest family, he started working at the age of 16. Trained by great chefs, talented sommeliers and passionate maître d's, such as Madame Ayse Ucar, Roland Debuyst, Alain Defoort, Yves Catuelle, Michel D and Gaëtan Colin, he learned all the rigour and discipline imposed by the 'big houses'.

For more than 20 years, he has constantly upgraded his culinary knowledge to offer everyone a quality table worthy of a 'starred' restaurant. The décor is very relaxing and the staff buzz around quietly serving your every need. Mus goes from table explaining the menu of the night –there is no menu as such, rather menus offering whatever he feels like offering at that time.

His food is expressed in a symphony of colours and flavours, guided by his love of fine cuisine, using seasonal produce that is prepared with a touch of originality, making the meal unforgettable. www.latabledemus.be



Toucan Brasserie

Jean-Michel Hamon, Breton by birth, trained at the hotel school of Quimper, but it was in Switzerland where he first honed his skills. Arriving in Belgium, his hectic journey led him to participate in the destinies of such emblematic establishments as Stekerlapatte, Grand Amour and Trois Chicons.

Luckily for us he opened his Toucan brasserie many moons ago – he has another brasserie close by, aptly called Toucan sur Mer. This is how a brasserie should be, enjoying a meal to the sound of chatter and banter as the waiters bustle back and forth, delivering excellent fare, especially the aged meat – I had the Black Angus (from Uruguay) and it was as succulent as you could ever hope for.

And Jean-Michel is a very jovial host, aided by a young, vibrant serving team and a fine chef in the kitchen (also French but from much further south: Marseille). At the Toucan you get the benefits of a genuine brasserie atmosphere and great food.

www.toucanbrasserie.com

AU REPOS DES CHASSEURS



Située aux abords de la forêt de Soignes, cette auberge restaurant comble de bonheur les papilles des gourmands et des amateurs de gibier. Dans son restaurant aux allures de brasserie ou sur la terrasse, une des plus belles de la capitale, vous savourerez des spécialités italiennes et françaises, comme les anguilles au vert, le foie gras, et, en saison, un grand éventail de produits de la chasse. Le restaurant propose toute l'année, le menu du chef à 24,50€ et le menu du Patron à 41,50€. De plus, l'établissement offre plusieurs espaces complémentaires tels qu'une taverne avec petite restauration l'après-midi, 6 salles de banquets ou de séminaires et un hôtel *** Logis de Belgique (le seul à Bruxelles). et 6 appartements hôtel de 45 à 60 m2 entièrement meublés et équipés.

info@aureposdeschasseurs.be

11 Avenue Charle-Albert, 1170 Watermael-Boitsfort - 02 660 46 72

Ouvert tous les jours de 11h à 23h - Parking aisé - www.reposdeschasseurs.be

CICCIO BELLO



Ce restaurant, situé au coeur de la commune de Watermael-Boitsfort, propose une cuisine italienne aux saveurs du sud, un large choix de pizzas cuites au feu de bois et de délicieuses pâtes maison. En été, vous profiterez d'une vaste terrasse au soleil pour vous échapper le temps d'un repas. Chaque midi, optez pour notre lunch à 12,50€ (une entrée + un plat). Pour vos fêtes familiales telles que mariage, communion, fêtes d'anniversaires ou autre, le Ciccio Bello dispose d'une lumineuse salle de banquet, pouvant accueillir plus de 40 personnes, avec une agréable vue sur la place Wiener.

4 Place Léopold Wiener, 1170 Watermael-Boitsfort - 02 672 32 30

Ouvert tous les jours de 12h à 24h - Petite restauration l'après-midi
www.cicciobello.be

LIFE OF LEISURE

Dining

James Drew
samples two bar-
restaurants for us this
month



The Grapevine

Takes me back, remembering how The Grapevine used to be, and considering how much better it is now.

Some 16 years ago, when I first experienced the delights of Brussels, I had already made Place du Luxembourg my social arena, but my visits to The Grapevine were occasional. Don't get me wrong, it wasn't that I didn't like it, *per se*, but as a good friend of the time (sadly no longer with us) said: "Every night is amateur night in here."

The bar was pretty much the main stomping ground for Brussels' many stagiaires and, with the exception of a few bar snacks, there was no food.

Fast forward to 2010, and there was a new boy on the block, Paul Vanderpass. A former policeman, he had big ideas for The Grapevine, and he quickly set about putting them into practice. Hand-picked, excellent staff, very pretty girls, all very friendly. A genuine bill of fare, with monthly suggestions, an all-you-can-eat Indian buffet and a plat du jour at the very reasonable price of €12.50, including soup, all provided by a first-rate chef.

Best bar in town? It comes pretty damn close to being.
the-grapevine.be



Magnum

Magnum was one of the key series of the eighties, in which Tom Selleck played a detective who was famous for his mustache, his floral shirts and Ferrari. For those who like their wine, a magnum is a 'double' bottle, coming in at a litre-and-a-half of the good stuff. And, now, Magnum is also the name of a brand new wine bar and restaurant in Uccle.

In replacing their restaurant that went before it in the same location, 'Le Copeau', brothers Mathias and Gaspard Vosswinkel, a gourmet duo, have taken their baby in quite a different direction.

I plumped for the scampis, which were absolutely delicious, with a cream and mustard sauce that was to die for and Catherine chose the tarte tatin endives, which she said was offset beautifully by its goat's cheese sorbet combined with the sweetness of the caramelized endives. All complemented very well by the excellent cabernet sauvignon, chosen from the extensive (and completely bio) wine range, we were then all set for our main courses – and they did not disappoint, either.

Magnum has only limited covers, a quite deliberate move on the part of Mathias and Gaspard. Mathias explained: "We really wanted to make it a bar-restaurant that you would truly feel comfortable with."
magnum.baravins@gmail.com 🍷

Cider and wine

A prestigious wine-tasting event has invited Swedes who make sweet cider

For the past ten years Catherine and Philippe Cohen of CDP Fine Wines and the St Emillion Grand Cru vineyard Vieux Château Taillefer have invited producers from around the world to take part in a major tasting at Anthocyanes, in the heart of St Emillion. The event is a link between producers and trade driven by passion, expertise and the ambition to achieve and present wines of excellence. This year Anthocyanes brings together an exceptional line-up of winemakers such as Jaques Selosse Champagne, Krug Champagne, Pio Cesare and of course Château Vieux Taillefer to a tasting that took place at the beginning of this month. So much for the excellent wines but they have also invited a surprise guest to the party: Brännland Cider.

Andreas Sundgren Graniti of Brännland Cider said: "We're humbled by, and grateful for, this opportunity given us by CDP Fine Wines to participate at Anthocyanes. To be included is a recognition of our ambition to make an ice cider at par with the best premium sweet wines. We're looking forward to presenting our ciders to some of the foremost men and women of the fine wines world."

What is Ice Cider?

Ice Cider was developed in Quebec, Canada in the early 1990s and is an ice-wine made using apples instead of grapes. In 2005 a denomination of quality was established in Quebec. The denomination states that the apple juice used to make Ice Cider should be concentrated with the help of natural cold.

Cider and gastronomy

Brännland Ice Cider is very recognizable as a classic dessert wine but also sets itself apart from many other sweet wines by its pronounced freshness. It accompanies classic desserts and goes well with cheeses such as Comté. Ice Cider easily works as an aperitif but the acidity and freshness opens up to new and exciting combinations with savoury food. www.anthocyanes.com - www.brannlandcider.se www.vieuxchateau.com



Château Vieux Taillefer



Photo © Johan Gunseus

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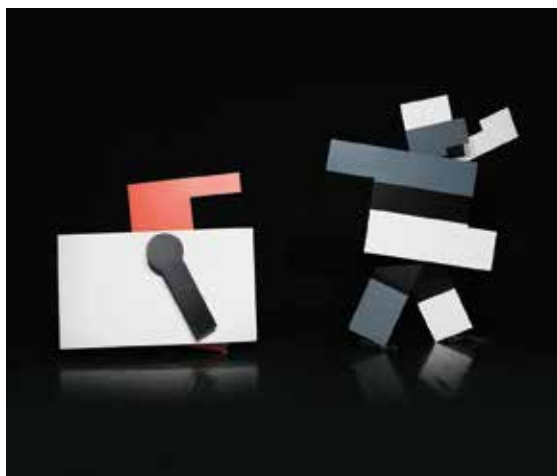


.brussels

C'EST NOUS TOUS/DAT ZIJN WIJ ALLEMAAL

stib-mivb.brussels

What's on Belgium



Bauhaus #itsalldesign

The Vitra Design Museum presents a comprehensive overview of design at the Bauhaus. The exhibition encompasses a multiplicity of rare, in some cases never-before-seen exhibits from the fields of design, architecture, art, film and photography. At the same time, it confronts the Bauhaus design with current debates and tendencies in design and with the works of contemporary designers, artists and architects. In this way, The Bauhaus #itsalldesign reveals the surprising present-day relevance of a legendary cultural institution. **Until 11 July.** ADAM (Art & Design Atomium Museum). Tickets: **€10** www.adamuseum.be



LaToya Ruby Frazier

American photographer LaToya Ruby Frazier has become a big name in Braddock, a district of Pittsburgh, in the heart of the Rust Belt. As she takes up her stand at MAC's, this American artist has delved into the history of Borinage and the coal industry by meeting former miners and their families to actively experience for herself what they have been through, by means of photographs of life. If the The Notion of Family series is anything to go by, this new exhibition could be seen as a prehistoric interpretation of Braddock's decline in the 1990s. It is through this return trip between the two works which convey the respective histories of Borinage and Braddock that the universal nature of the work of LaToya Ruby Frazier really comes out. **21 May.** MAC's. Hornu (near Mons). Tickets: **€10** www.mac-s.be

Théâtre Royal des Galeries

Directeur : David Michels

Du 19 avril au 14 mai 2017

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de **Michael Frayn**
Adaptation de John Thomas

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Mise en scène : **Éric de Staercke**

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Carolus V Festival

Carolus V Festival brings with it a series of events showcasing Europe's Renaissance heritage and history. The festival highlights the important role Brussels played in this history. The name Carolus V refers to Charles the Fifth, the most powerful sovereign of the 16th century, whose main place of residence was Brussels. This city, where he received his first legacies in 1515, has since become the capital for over 500 million Europeans. The varied programme includes concerts, theatre, a family day, talks and exhibitions.



Ommegang procession

The highlight of the Carolus V Festival is surely the Ommegang procession, a procession which relives the procession organized in 1549 for Charles V and his son, the future Philip II. 1,400 people will join the parade, reliving an historic moment on the streets of Brussels: musicians, singers, dancers, horsemen, uniformed guards, flag-carriers and people in period costumes will all contribute to recreating the Renaissance atmosphere of these regions. Charles V's carriage will set off from his former palace in Brussels at the Place Royal at 8h15. The Ommegang pre-procession will start at the Parc Royal around 8h40 to join the members of the guilds of crossbowmen, archers, harquebusiers and fencers at Sablon. The full historical procession, led by the carriage, will set out from Sablon at 8h50 and parade through the streets of Brussels to the Grand Place to join the show.

December Dayz

Come and join Lucy (Lila Victoire), Ali (Nora Alberdi) and Annie (Thao Nguyen) in their luxurious Belgian apartment. Guess what happens when the city is on lockdown, how an owner, a porn star and a paranoid cope with it, especially when there's only one guy in the picture. Sit down or stand up in this typical high ceiling apartment and feel the vibes for yourselves in this contemporary Brooklyn-like play directed by Axel Dhondt.

April 14, 15 and 16.

www.deadpoetvzw.com/2017.php



Photo © Hanne Demarcke

Humans of Brussels

2017 is the year of prolific diversity in Brussels. The MIXITY.brussels 2017 theme year will be full of exciting encounters and projects to warm the heart, with a common thread: to promote cosmopolitan Brussels through the 183 nationalities who live here. As part of this theme year, experience.brussels presents the Humans of Brussels exhibition. Brussels is above all the people in it: residents, workers or tourists. That's why visit.brussels proposes that the public meet several of these people through a series of portraits, created by BRUZZ journalists, just like the famous Humans of New York portraits. Visitors will view the testimonials and anecdotes of people in their private lives. visit.brussels



Jim Norton Live

American comedian, radio personality, bestselling author and actor Jim Norton is best known as the co-host of the talk show *Opie and Anthony* with Gregg "Opie" Hughes and Anthony Cumia, which was a huge radio hit from the mid 90's to 2014. Norton was a regular guest on *The Tonight Show* with Jay Leno, and David Letterman's *The Late Show*, among others. He will take the stage Antwerp to bring his new stand-up show Jim Norton Live. **30 May.** Arenberg Theatre, Antwerp. Tickets: **€27** www.livecomedy.be



TUTOYEZ
les sommets !



What's on international



Henri Cartier-Bresson and Heinz Held: People with Pictures

The Museum Ludwig is holding an outstanding collection of photographs encompassing some works from the beginning of photography in the nineteenth century to the present. Starting this year, parts of the Photographic Collection – it boasts some 70,000 – will be showcased in a special Photography Room. *People with Pictures* is the title of the first presentation, highlighting French photographer Henri Cartier-Bresson and the Cologne-based photographer Heinz Held, who met several times, sharing a similar approach to photography: using a small camera, strolling around unnoticed, and

waiting for the moment when something unexpected, touching, or funny would happen – usually unnoticed by the people photographed. Cartier-Bresson called this the “decisive moment”.

The paintings, sculptures, posters, or street signs in these images often enter into a dialogue with their viewers or passersby. Cartier-Bresson identified the surreal potential of photography in this sort of correspondence, and Heinz Held characterized it as a “magic” that “stirs the heart.” **Until 20 August.** Museum Ludwig, Cologne. www.museum-ludwig.de ●

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Cinema

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



Logan

The last of Wolverine, then - all parties, including star Hugh Jackman, have indicated that this will be his final bout. It's set in the year 2029, and the X-Men mutants are on the brink of extinction due to a virus created by the Transigen Project. Logan lives with mutant outcast Caliban in an abandoned smelting plant across the border in Mexico, where they care for a senile Charles Xavier (Patrick Stewart), who had inadvertently killed several of his X-Men in a seizure-induced psychic attack one year earlier. All of which seems a bit strange to this reviewer - I thought Xavier had been killed some time before anyway? Search me - well, it will probably be pretty good, don't you think?
137 mins.

Miss Sloane

Very well received political thriller, starring Jessica Chastain as Elizabeth Sloane, a highly sought-after lobbyist in D.C., who's about to take on the most powerful opponent of her career - and winning may well cost her very dear. John Madden (*The Best Exotic Marigold Hotel* (2011)) directs.
132 mins.

Beauty and the Beast

The latest version of the all-time classic - directed by Bill Condon (*Mr. Holmes* (2015)), and with an ensemble cast comprising Emma Watson, Dan Stevens, Luke Evans, Kevin Kline, Josh Gad, Ewan McGregor, Stanley Tucci, Audra McDonald, Gugu Mbatha-Raw, Ian McKellen and Emma Thompson. It's Disney, it's bound to be a gem.
129 mins.

Ghost in the Shell

In the future, Cyborg counter-cyberterrorist field commander The Major (Scarlett Johansson) and her task force Section 9 thwart cyber criminals and hackers. Now, they must face a new enemy who will stop at nothing to sabotage Hanka Robotics' artificial intelligence technology - Rupert Sanders directs this remake of the 1995 manga original.
120 mins.

[More reviews on picturenose.com](#) ⓘ

ANDY WOLF, HANDMADE.

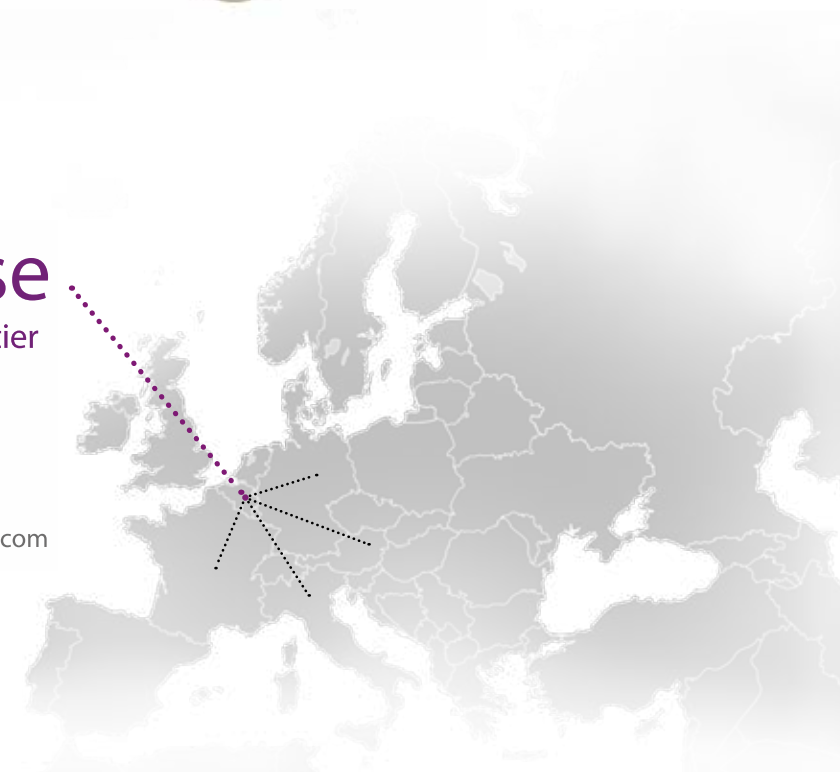
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Assembled in France (720 km)

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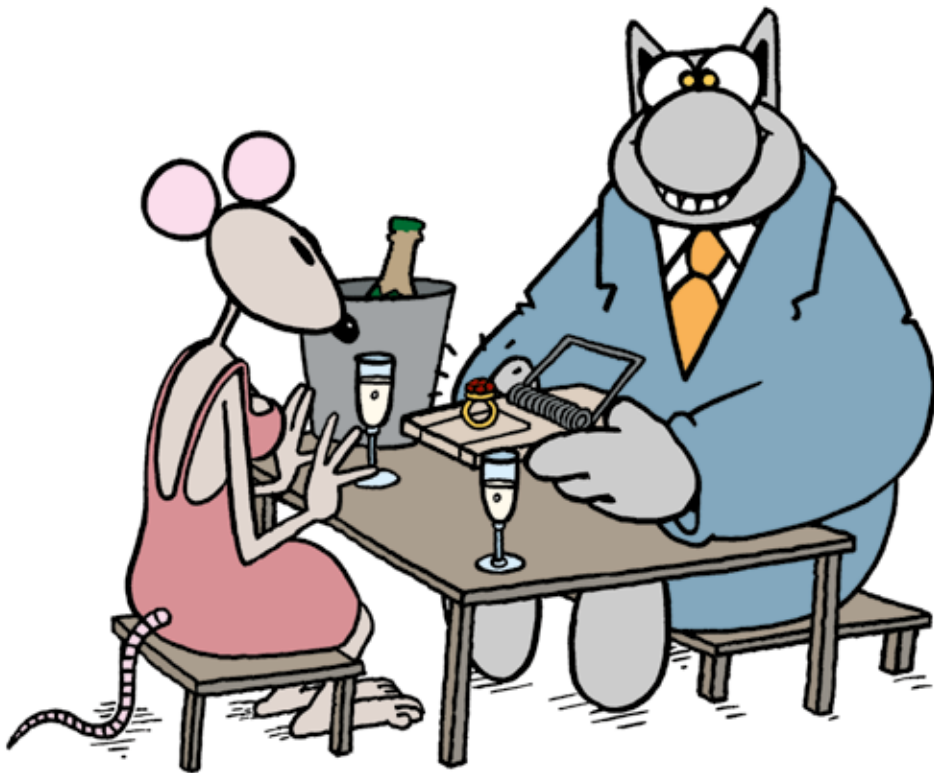
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