

Together

magazine

Luxury
Off the cuff
Exquisite watches

POLITICS
The Irish Question

Technology
Lost in VPN

Travel
Ivory Coast
Ovolo Southside Hong Kong

**PERSONAL
DEVELOPMENT**
Be successful
Marc Sluszny

MONEY
Real estate

WINING & DINING
Matching food & wine

International
THE MANCHESTER FESTIVAL
MMI

DESIGN
Benjamin Pailhe

Fashion
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Midsummer Day's dream

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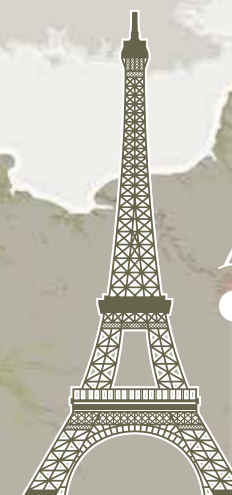
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Editor's LETTER

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

ON THE COVER



Dwayne 'The Rock'
Johnson stars in *Baywatch*

FLYING SOUTH

This is one of my favourite times of the year as plans are finalized for well-earned holidays. It's within touching distance but not quite there yet – the adult equivalent of the frisson felt by youngsters as they try to curb their enthusiasm as they wait for Santa.

At *Together* we have been busy, too, and not just getting this issue together for your delectation but also busy building for the future. We are delighted to announce that the magazine has sprouted wings and flown south to launch *Together Africa* magazine in Abidjan, on the beautiful West-African Ivory Coast. It is in French and offers up the same heady mix of articles as the Belgian version. For its first issue Michelle Obama graced the covers and it was distributed with typical *Together* pizzazz by local hostesses.

We have also just released the fourth issue of our supplement *Healthy by Together* which can be found in various local stores and fitness dedicated to keeping you in good form.

Watch this space: we will be shortly announcing further magazines beyond Belgian borders as we head east and west...

In the meantime, if you happen to be in Abidjan on holiday or on business and spot our magazine, pick up a copy – it will remind you of home.

Paul Morris
Editor



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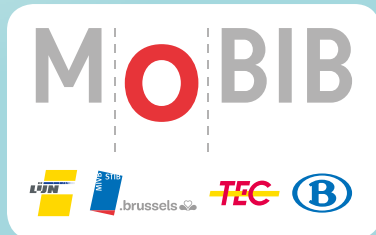
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Together Africa launch

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Marc Sluszny & Together magazine event 15 June 2017

During this unique conference, *Together* magazine invites Marc Sluszny to speak for the first time in Belgium on 'The Pursuit of Excellence'. Marc Sluszny is an adventurer, sportsman, keynote speaker, mental coach and author. Through extreme sports he searches to overcome his mental and physical boundaries. He broke several records and has participated many times in the European and World Championships in different disciplines.

Jessica Chastain: A very private movie celebrity

Jessica Chastain has few equals in her profession. Anyone who has seen her performances in films ranging from *The Debt* to *Zero Dark Thirty* to *Interstellar* to *Eleanor Rigby* will marvel at ability to convey both vulnerability and intensity. Meeting her in person, you are immediately struck by her passionate sincerity and emotional transparency.

Get fit: Put some variation in your exercise routine

Modern man is sedentary, with an instinctive fear of change. Studies prove it that moving house is one of the greatest causes of stress in individuals. The reasons? Change destabilizes, involves leaving your comfort zone, confronting the unknown and always having to adapt. Life is a slow evolution and changes are rarely welcome. They're more often than not something that's forced on us. 📌



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Starring in Belgium

Sparks – The Hippopotamus Tour

This town 'aint big enough for the both of us. Yes, they're back. Since the 1970s, Ron & Russel Mael have occupied a unique space in the annals of pop music with their fresh mix of glam rock, synth-pop and dance, producing very successful CD (LP) *Kimono My House* and worldwide hit *This Town Ain't Big Enough For The Both Of Us*. There were also noteworthy collaborations with Telex, Les Rita Mitsouko and recently with Franz Ferdinand. **16 September.** Ancienne Belgique. Tickets: €32 www.abconcerts.be



U2: The Joshua Tree Tour 2017

The European dates will be shared with Noel Gallagher's High Flying Birds. Arguably U2's finest album, produced by Brian Eno and Daniel Lanois, included tracks such as *With Or Without You*, *I Still Haven't Found What I'm Looking For* and *Where The Streets Have No Name*. *The Joshua Tree* was the band's first number one album in the US and propelled them into rock's stratosphere. **1 August.** Stade Baudouin, Brussels. www.livenation.be



Patti Smith

Patti Smith is one of the greatest talents of her generation. She remains above all one of the creative pillars of punk and one of the rare figures that embodies rock'n'roll, with hits such as *Hey Joe*, *Because The Night* and *People Got The Power*, titles that advocate revolt and denial of codes. **1 August.** Openluchttheater Rivierenhof, Antwerp. Tickets: €47 www.livenation.be




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Expats for UNICEF: A local charity force

This month we look at what Expats for UNICEF are up to in June to raise more money

The United Nations Children's Fund (UNICEF) is a UN programme that provides humanitarian and developmental assistance to children and mothers in developing countries. The United Nations International Children's Emergency Fund was created by the UN General Assembly on 11 December 1946, to provide emergency food and healthcare to children in countries that had been devastated by World War II. UNICEF relies on contributions from governments and private donors, and its programmes emphasize developing community-level services to promote the health and wellbeing of children. Most of UNICEF's work is in the field, with staff in over 190 countries and territories.

Expats for UNICEF is a volunteer committee based in Brussels, founded in April 2004 to raise awareness of UNICEF and support UNICEF-Belgium's campaigns among the expatriate community in Brussels (although they're not all expats!). Since then, it has raised between €20,000 and €45,000 per year for UNICEF. In concrete terms, Expats for UNICEF organizes fundraising activities, promotes awareness and supports UNICEF Belgium in its campaigns.

Wine tasting at Noir Wine Bar 14 June

Expats-for-UNICEF & Phil dans ta Cave invite you to a fun and informative wine tasting!

Spend the evening sampling a selection of



wines from Philippe Smets's 'Phil-dans ta cave' Stockel shop and cellar with a variety of bio finger food. The €25 fee includes wine and finger food. All profits of the event go to UNICEF. Places are limited so reserve yours quickly by contacting expats@unicef.be. 19h15 - 21h15, 14 June at Noir Wine Bar, 181 Chaussée d'Ixelles, Ixelles 1050

www.noirwinebar.be

And before you rush off on a well-earned break join the DIY Creative recycling workshop, where once more all profits go to UNICEF.

DIY Creative recycling workshop

You are welcome to a summery special workshop! Bring your enthusiasm and a few colourful fantasy napkins, some old jars with interesting shapes and learn how to give them a shiny new life by transforming them into beautiful home decorations and accessories. Come to learn and to gain invaluable inspiration for the perfect flower vase and leave with your own hand-made products.

Creative recycling means people passionate about transforming old objects, used materials, little things, parts and pieces into beautiful and useful things, or simply about trying pure and crazy art. You are all invited to step forward and experiment! 18h30-20h00, 22 June at UNICEF Belgium, 66 Keizerinlaan, Brussels 1000. Contact expats@unicef.be www.unicef.be



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PERSONAL DEVELOPMENT

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Fitness

Get your dream bridal body

Steve Harrison, Aspria's head of wellbeing, offers 10 fitness tips for brides-to-be

Wedding season will soon be here. If you're getting married this summer, you'll no doubt be working hard to get in perfect shape for the big day, to ensure you feel fabulous as you walk down the aisle.

Go hard core

With your feet elevated on a Wellness Ball, walk out with your hands so your body ends up in a straight line. Hold your body straight for as long as possible on your hands, while pulling your belly button in as tight as you can. This is a great exercise to strengthen your core and tone your tummy muscles.

What goes up must come down

Jumping and deep squatting motions are fantastic for shaping the entire lower body, especially the glutes – otherwise known as your buttocks. Aim to jump as high as possible for every jump and to land as softly and as controlled as possible in a nice, low-down squat position (try to get as close to the floor as possible under control). Do as many as you can until you really can't go on.



Plyometric bounding (one-leg hopping)

Hopping is an incredibly challenging exercise that, if mastered, will deliver immense returns. Aim to hop on one leg as high as possible, either directly upwards or travelling as far away as possible. Keep going until the hopping leg is fully fatigued before swapping and working on the other side.

Sweat it out and HIT it hard

Short, sharp, high-intensity training efforts that really get you sweating – such as sprint shuttles, burpees, boxing with gloves and pads, cycle hill climbs and skipping – are great to get the heart rate up and the calories burned. The higher calorie burn also continues for a while after the workout ends.



add an extra edge to your training focus and help you stick to your programme – not to mention making the whole thing more fun.

Keep it fresh

If you keep doing the same old exercises, you'll find your results start to plateau. But if you add new exercises into your routine you'll really boost your results, because it forces your muscles to move and develop in different ways. So try to be imaginative and innovative in the exercises you do, not only in the gym but

Armed and ready

Although upper body development may not be your focus, it's an area that's commonly under-trained among women – and because of that you can make a difference relatively quickly. You don't even need to use any equipment, as your own body weight is a great tool. Add a few press-ups and triceps dips into your daily routine and you'll soon feel the difference.

Tried and tested

Traditional weight-lifting exercises like the deadlift have been go-to exercises for a very long time, and this is quite simply because they deliver. If you want to target the hard-to-reach areas in your legs and glutes, make the weight as heavy as you can and engage your hips fully. Keeping your back as strong as possible, your focus needs to be on really squeezing your glutes throughout the whole exercise. Priority number two would be to do the exercises as fast as you can on the way up, then slowly on the way down.

It takes two...

Your wedding day is a partner event, so it makes sense that the preparation should be too. Get your husband-to-be involved by introducing an element of competition. This will

also in the studio. Is there a class you've always been interested in but not yet tried? Now's the time!

Stick to the beat

Music can be a fantastic addition to your exercise routine, good for the mind and soul as well as for the body. There's a lot of research out there which shows that choosing music with up-tempo beats makes you naturally push yourself harder in your workout – your body keeps up with the beat, and the energy of the music somehow translates into making you feel more energised too.

How are you going?

Health apps and fitness trackers have taken the health and wellness industry by storm. And

with good reason: if you want to keep your motivation levels high, and you want to ensure you achieve what you've set out to achieve, it's hugely important to know how you're progressing against your goals. There are lots of very advanced wearables out there, from the Fitbit to the Apple Watch. But there are also plenty of free apps that will help keep you on track. ①

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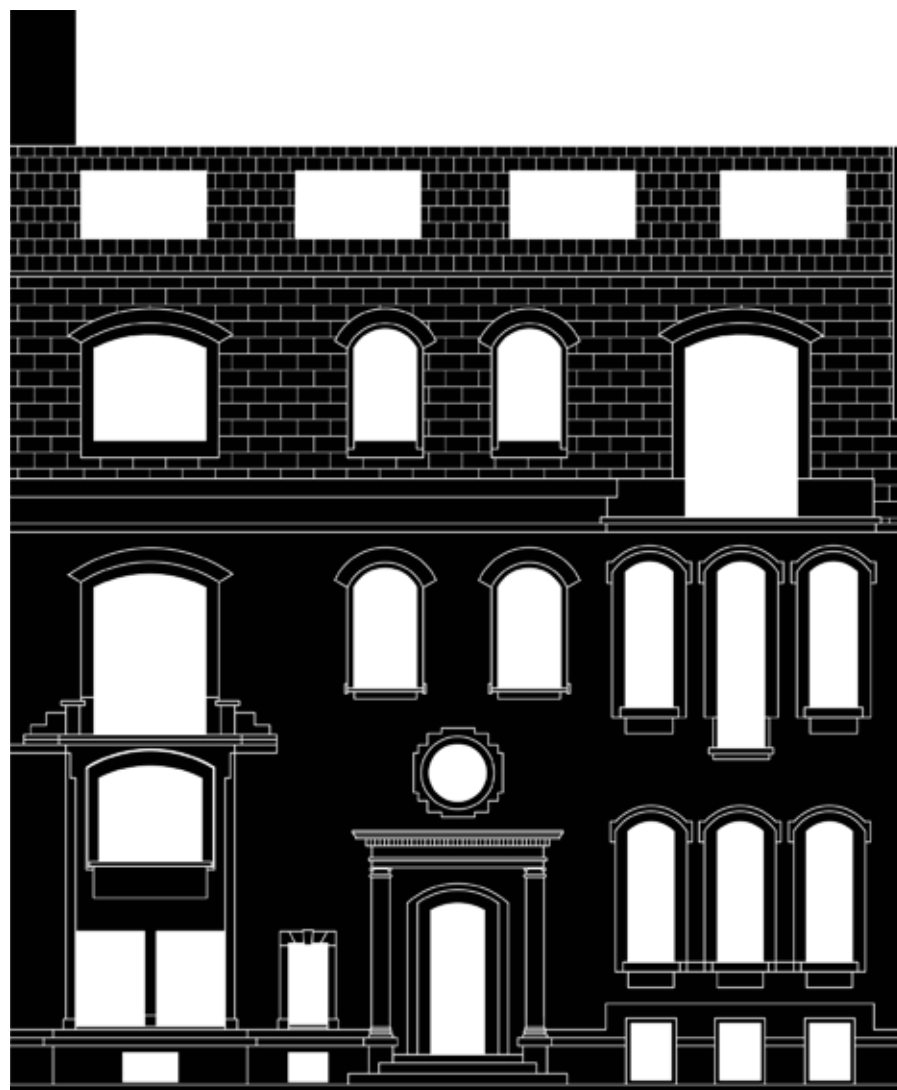
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During this unique conference, *Together magazine* invites Marc Sluszny to speak for the first time in Belgium on 'The Pursuit of Excellence'.

Marc Sluszny is an adventurer, sportsman, keynote speaker, mental coach and author. Through extreme sports he searches to overcome his mental and physical boundaries. He broke several records and has participated many times in the European and World Championships in different disciplines.

During the conference, Marc Sluszny will share techniques on how to:

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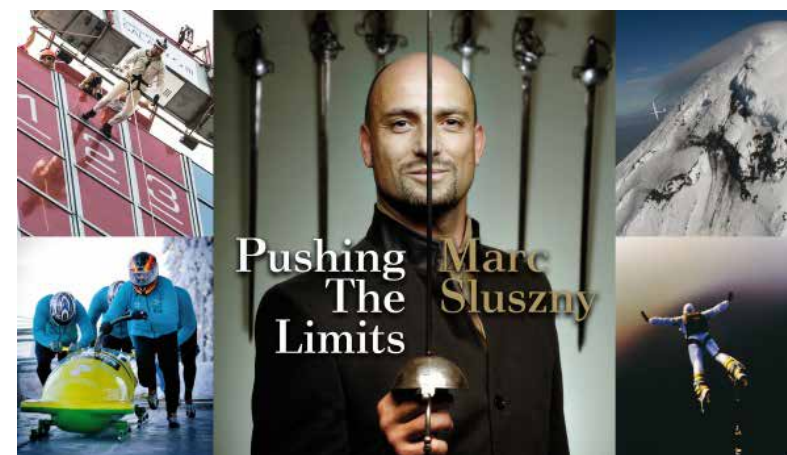
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About Marc Sluszny

Marc Sluszny is an extreme athlete, adventurer, coach, author and keynote speaker. An extraordinary man who has gained worldwide recognition thanks to his exceptional sports achievements in multiple disciplines. With courage, determination and focus he has pushed his physical and emotional strengths to the limit, enabling him to break several world records.

"It's not how good you are, only how good you want to be."

With more than 30 years of experience, Marc is determined to share his know-how with individuals and teams, to achieve, operate and



redefine their goals. As a mental/motivational coach, he will teach you to apply the right mindset. This knowledge is not just a theory or a science, it's a way of life.

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The truth about detox diets

Sophie Bruno looks at the worth of a dietary buzzword



Detox diets are in vogue. They have infiltrated mainstream dietary trends. In fact, it has become a buzzword. Celebrities do it. Spas offer it. High street health stores promote exclusive bottles of juice to accomplish it. However, this notion that our body requires cleansing is rather nebulous, which perhaps explains why it has eluded public suspicion. What is everybody trying to remove from their bodies?

Spring is commonly associated with cleaning. However, this is now venturing beyond the traditional preparation of gardens, emptying

wardrobes of winter coats and entering an entirely new dimension. We are now exposed to a new realm of commercially driven, media-fuelled, bogus health guru-led claims touting the benefits of eliminating the systemic build-up of toxins, which are supposedly triggered by unhealthy lifestyles and diets. Such toxins are allegedly draining our vitality and threatening our health unless measures are taken to 'detox' ourselves. The scientific premise sounds legitimate, which perhaps explains the detox diet's success.

This concept is not novel. For thousands of

years, humans have been trying to eliminate perceived toxins. Bloodletting, enemas and fasting were regarded as legitimate medical treatments through the ages.

Today's heightened interest in self-administered detoxification reflects a societally entrenched concern and mistrust of food systems, compounded with the unknown effects of pathogens, pesticides, pollution, heavy metals, smog, pharmaceuticals in the water supply and synthetic chemicals with unknown properties on long-term health outcomes.

But do detox programmes deliver the claimed benefits?

What is a detox?

Before it became a dietary craze, in conventional medicine, toxins generally referred to alcohol and drugs. Detox is a medical therapy involving the process of weaning a patient off addictive substances.

In recent times, there has been a transition in the meaning of the term detox, which has been appropriated by a health-obsessed, commercially driven market. The detox programmes are largely do-it-yourself, short-term, strict inventions designed to eliminate toxins from the body, promote health and assist with weight loss. Proponents believe build-up can cause allergies, exhaustion and certain cancers.

Detox diets range from total starvation fasts to juice fasts to food modification and restriction approaches and often involve the use of laxatives, diuretics, vitamins, minerals and/or 'cleansing foods'. Detox products are not available by prescription; they are sold in retail stores, at luxury spas and retreats, and over the internet; the shelves of health food stores are brimming with products bearing the word detox.

Despite the widespread popularity of detox diets, the term 'toxin' remains ill-defined. It is

based on the principle that compounds in certain foods can help boost the body's natural detoxification capabilities, while others might hinder it.

Exploring the myths

Toxins exist. They are typically defined as a poisonous substance that enters the body and has a damaging effect – like pesticides, lead or antifreeze – or in excessive quantities, like alcohol and medication.

The body has evolved a well-developed, sophisticated system for eliminating toxins; numerous organs collectively detoxify the body. The liver, kidneys, gastrointestinal

system, skin and lungs all play a vital role in the excretion of unwanted substances. Our body constantly filters out, breaks down and excretes toxins and waste products like alcohol, medications, digestion products, chemicals from pollution and bacteria.

There are no pills, specific drinks or lotions that act as the magic bullet. If you have over-indulged on alcohol, the liver will be activated to break down the alcohol into innocuous products it can remove. The notion that one can overlook their caloric sins by implementing a detox is a surreal antidote to fast-food lifestyles and alcohol-fuelled social lives. Although the intuitive appeal of detox diets is apparent, it remains an illusion.

No robust scientific evidence exists that supports the claim that a juice cleanse, or any other food, is relevant to removing toxins. This is not to say that drinking vitamin-rich, antioxidant-filled vegetable juice cannot be beneficial for one's health.

Is there a role for nutrition in detoxification?

There is preliminary evidence to suggest that certain foods such as coriander, nori and olestra have detoxification properties. There is evidence that coriander, malic acid (found in

**“ WHAT IS
EVERYBODY
TRYING TO
REMOVE FROM
THEIR BODIES? ”**



grapes and wine), citric acid (found in citrus fruits), succinic acid (found in apples and blueberries), citrus pectin (found in the peel and pulp of citrus fruits) and chlorella (a type of green algae) may induce the elimination of toxic metals. However, most of these studies have been carried out on animals. Selenium supplementation has been shown to attenuate the toxic effects of mercury in some animals. Less is known about the potential of selenium supplementation in mercury detoxification in humans. However, a recent study of long-term mercury exposed individuals in China found that three months of selenium supplementation almost tripled the urinary excretion of mercury.

The bottom line

The human body is designed to combat most environmental insults and the effects of occasional indulgence. If you are generally healthy, concentrate on supplying your body with the sustenance it requires to support its robust self-cleaning system — a healthful diet, adequate fluid intake, regular exercise and sufficient sleep — this will prevent chronic disease and deliver the necessary energy and vitality to function optimally and feel good.

Detox diets carry many health risks that should not be dismissed, including severe energy depletion and nutritional inadequacy, protein and vitamin deficiencies, electrolyte imbalance, lactic acidosis and even death. Detox dieters are also at risk of overdosing on supplements, laxatives, diuretics and even water.

Detox diets are a marketing myth rather than nutritional reality. Many of the claims made by detox promoters are exaggerated, not scientifically sound and the benefits are short-lived. While positive habits may be encouraged, such as eating more fruit and vegetables, it is best to enjoy a healthy, varied diet and active lifestyle rather than following a strict detox regime. ❶

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British School of Brussels (BSB): Predicting the future

Melanie Warnes, BSB Principal looks at how the future is almost impossible to predict

Heavier than air flying machines are impossible." *Lord Kelvin*

"Well-informed people know that it is impossible to transmit the voice over wires and that if it were possible to do so, it would be of no practical value." *Boston Evening Post, 1865*

There is consensus that we live in a fast-paced, fast-changing and unpredictable world. Young people today are the citizens, leaders and employees of the future and we want and need them to be able to thrive in that future. Debates about the overall goals for education are in sharp relief against this volatile landscape. Is education about the achieving of the highest academic grades or is it about producing employable adults or good citizens or innovative entrepreneurs? It strikes me that these goals are not mutually exclusive and a great education is about achieving the best balance for the individual student so that they can contribute positively to the group.

The future is hard to predict and for the students of today to thrive in that future they need to be equipped with both high-level knowledge and skills. Moreover, they need to know themselves well in order to make wise choices and they need to understand others in order to navigate the world with confidence. At BSB our commitment to learning together and

inspiring success for all underpins all that we do. Our educational provision is shaped by our Guiding Statements which include:

- Developing confident, caring and courageous people who engage actively, ethically and purposefully in the world around us.
- Fostering curious, resilient learners who achieve the best that they can be and enjoy life.



- Encouraging respect for self, others and the wider world.

We achieve this through excellent teaching, excellent care for learners, a safe and secure learning environment, a creative, dynamic and holistic curriculum, as well as enhancing learning through leading edge

technologies, fostering international mindedness and leading excellence and innovation in professional practice and development.

Comprising 1,350 students from 70 nationalities, ours is an inclusive school that does not select by academic ability – it is essential to offer a diversity of study routes. BSB is unique in its provision post-16, offering the IB Diploma, A Levels and BTEC vocational courses to suit all types of learners. BSB also offers a French/English bilingual programme and has a commitment to language development.

Great teaching influences great learning and in 2016, BSB's impressive academic outcomes speak for themselves. All of our IB students took the full Diploma with everyone attaining 26 points or more, with an average IB Diploma point score of 36 (compared to a world IB average of 30 points). These levels represent our best IB Diploma results to date. Our BTEC results in Business, Sport and Hospitality were again extremely strong. A remarkable 72% of grades were Distinctions or Distinction*. At A Level, BSB achieved a 99% pass rate, with an impressive 30% of grades at A*/A – well above the national level. That our students do so well in a non-selective school where, for many, English is not the native language, is of particular note.

A successful education, one that prepares well for the future and at the same time is challenging, inspiring and enjoyable in the present, isn't however just about what is taught but just as importantly how children learn. Key here is that students are active participants in their learning and able to make connections between learning from diverse sources. At BSB innovative approaches to learning are evident from the exciting inquiry-led curriculum in the Primary School through to the many enrichment activities and opportunities for students to lead initiatives and make a genuine contribution to the development of the school. The examples are diverse and impressive. There are formal leadership positions, our student initiated and led 'Best of Both' charity or the random acts of kindness initiative in our Primary School. Our emphasis is on participation for all and specialism for many. This approach plays to talents and interests as well as building independence and just as importantly interdependency.

Students spend considerably more time outside of school than in it. We work hard to ensure that school is relevant, realistic and lifelike. We frequently bring the outside in and take the inside out. For example, this could be our students working with our colleagues at

Special Olympics Belgium to plan a swimming gala, the 'Year 5' visit to Toyota or our post-16 students work placements in companies in Brussels and participating in the 'English@Work' initiative in partnership with The British Chamber of Commerce. Whatever the example, key here is developing flexibility and confidence to navigate the world as it presents new challenges.

State-of-the-art facilities mean that opportunities are offered in the best conditions whether that be in the newly opened world-class Jacques Rogge Sports Centre, including the only 25-metre swimming pool in a Belgian school, through to performance spaces and an inspirational provision for outdoor learning. Learning at BSB is enhanced by technology. In the Primary School, iPads are issued to children from Year 3 to Year 6 as a 1 to 1 device they can take home, with parents invited into school to support appropriate home use. In Secondary School, we provide individual laptops for children in Years 7 - 9 with a 'bring your own devices' scheme for

students higher up in the school. What we do know is that irrespective of the quality of the resources it is the daily meaningful interactions between people that make the difference. 98% of parents who visit

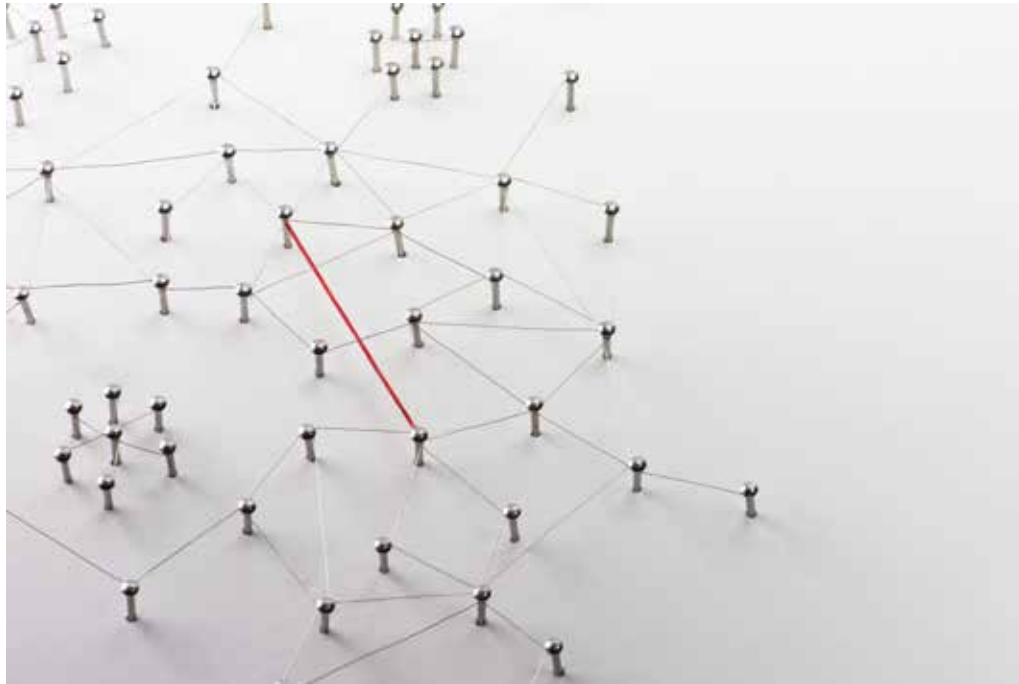
BSB go on to choose us as the school for their child. Often cited as the reasons for this decision are the warmth of relationships, the mutual respect between all members of our community and the happy atmosphere. Such relationships don't happen by chance: they are rooted in genuinely living the rhetoric of our Guiding Statements on a daily basis.

As speculation continues around Brexit the numbers at BSB continue to be buoyant, as an independent not-for-profit organisation the school does not receive funding from the British Government or any commercial sponsorship. The ability to anticipate the future with confidence and courage has never felt so pertinent. ❶

“ THEY NEED TO UNDERSTAND OTHERS ”

Is privacy a virtual reality?

Our tech guy **Colin Moors** peeks through the door of Virtual Private Networks



Unless you have been under a virtual rock for the past few years, you'll probably have heard of a VPN. If you haven't, you'll probably realize that you may well have been using one unknowingly. What do I mean? Allow me to explain. It's going to be a bit technical at first but stick with it and I'll tell you how to watch US prime TV right here in Belgium. OK, now I have your attention...

A VPN, or Virtual Private Network is a network of computers and connections with no real

physical basis. The internet is made up of wires, cables and machinery designed to interpret what flows around them. A VPN exists in a layer all of its own. In a process often referred to as 'tunnelling', VPN data is encrypted and sent via the regular internet. Effectively, this means that the data are 'wrapped' in the usual HTTP stuff you'll see in the search bar of your browser. It's transported as an encrypted package, so if someone intercepts it, they won't be able to read any of the data.

“ A VPN EXISTS IN A LAYER ALL OF ITS OWN ”

You may be saying “ah, but I've seen on the TV that encryption can be broken by hackers”. Well, yes and no. Usually, it's sloppy (human) practice that gives hackers the edge but VPN networks are practically autonomous in the sending and receiving of data. As an example, if everyone in the world had 10 computers and the computers could test 1 billion code sequences per second, the conservative estimate is that it would take at least several million years to break the code used for VPN data.

Why use a VPN? The VPN was once the preserve of corporations and large organizations with people all over the world, either in an office or on the road. Supplying them with a method of connecting as you would at a desk or in your home to the company network meant negotiating the perils of the open internet – and we're all aware what a fraught situation that could be. So, a VPN was introduced as a network that existed solely for the company in question and to which nobody else had access. Because the data are encrypted, it can be sent in plain sight and decrypted by the VPN machines at the other end. If you do any kind of teleworking, you'll probably have used a VPN, or something very similar with a proprietary name.

You may wonder what all this has to do with you. Your options are, in fact, many and varied. Some people in countries with oppressive

governments or regimes will use them to send and receive messages and to access blocked web sites. When you connect to a VPN, all your requests to the outside world are routed via the VPN company. Nobody can read your data and to all intents and purposes, you are simply connecting to a server in your country, as innocent as you please. It's a useful tool for hiding things from those who may snoop. I would warn you though – it's not completely anonymous. If your VPN company keeps logs,

governments can demand to see them, revealing all your activity. Usually, here in Belgium, this will only apply to you if you are a dissident or an exiled dictator.

Covert ops aside, the VPN is an exceptionally useful tool for accessing data outside your country. If you've ever been on YouTube and the text tells you that MegaCorp Inc has blocked this content for your country, a VPN is the way forward. You see, a VPN is – as previously mentioned – simply a connection to a server in your own country. Because a VPN end point could be anywhere, you have the flexibility to choose where you appear to be from. Simply put, you connect to the VPN server, the server then sends your data across its network. The server at the end in the US (for example) will request the video, then the VPN will send the data back to you. Because the request came from a server in the US, all is well. For something so laborious to explain simply, this happens thousands of times a second, meaning you rarely notice any performance issues. If you want to watch Hulu, Netflix US or even prime services from your country, get a subscription, get a VPN and just sit back and relax.

With all this security, a VPN is safe, right? Wrong. And right. As well as the offerings of reputable companies, there is a shadier side of the internet (isn't there always?) offering a free VPN at no cost to you, no salesman will visit your home. Except, as in the proverbial free



lunch, it isn't. The majority of free VPNs will offer limited data, meaning you won't be able to run streaming video or download large files quickly. Others bundle in the added pleasure of being forced to view adverts in order to get access and others still will try to get you to part with your cash for the unfettered 'premium' or 'pro' version.

Not all these are by any means unsafe, just annoying. However, there are some that are used to deliver spyware, malware and other nasties alongside their pathetic trickle of data. Because VPNs by design are (mostly) anonymous, hackers and other bad guys can use the connection you're on to further cover their tracks and you would never know. A common use for these compromised connections is to set up 'exit points', places in which they need to deliver hacking tools and the like.

I'll tell you what I tell everyone – you get what you pay for. A good VPN will cost around €40 to €60 a year, about the price of a beer a month. I'm not going to make any recommendations because everyone uses a

VPN for their own reasons and my needs are probably not the same as yours. Do your research, read reviews and look up any potential purchases on reputable sites such as *Tom's Guide*, *PC Mag*, *ZD Net* or whatever tech outlet you know you can trust. One final word of advice: If the web site is called top10bestvpn4you.com or something similar, it'll be full of dodgy advice. This is one of the only times I'll ever tell you stick with the big boys for information. Surf on, dudes and dudettes. 📞



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The 21 Irrefutable Laws of Leadership

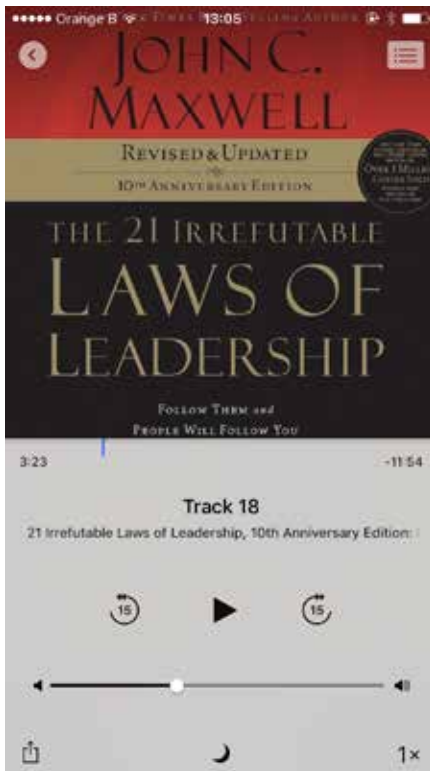
John C. Maxwell's very successful work also has a subtitle: 'Follow Them and People Will Follow You'. It's a different kind of self-improvement book because it deals with the foibles of the very rich and very famous.

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Find out why...

- Abraham Lincoln went from militia captain to private during the Black Hawk War
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All these issues and more are explained in this revised and updated *The 21 Irrefutable Laws of Leadership*. Like them or not, the laws of leadership govern your personal and organizational effectiveness. "Everything rises and falls on leadership," says Maxwell. "These laws carry consequences with them. I've seen them at work in more than ninety countries around the world. Apply the laws and people will follow you. Violate or ignore them, and you will not be able to lead others. But here's the good news: every one of the laws can be learned."

Both these books can be found on
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Follow the new Silk Road?

Dave Deruytter catches up on the state of play in the real estate world

The former Silk Road, China



With interest rates remaining stubbornly low and financial markets at very high levels, it is time to revisit investing in real estate.

Although the official interest rates of the Federal Reserve Bank in the US have started to rise, a weak GDP growth reading there for the first quarter of 2017 has put a damper on the prospects for fast further increases. It has to be seen what the effects of the new US president's administration will be on the US economy. Imports will probably go down, and that could put a break on economic growth. Exports will not increase quickly, among other

reasons due to a strong US dollar. Domestic consumption in the US will not be favourably impacted by the rhetoric on immigrants. All in all, there a lot of uncertainties in the US that should keep economic growth rather low.

In the EU, growth is keeping up a reasonably good momentum, but the banking system and the finances of some member countries are still too weak for a tightening of the monetary policy by the European Central Bank.

China is doing fine on GDP growth, but overcapacity in the real-estate segment and shadow banking assets rising highlight the

structural weakness of that growth.

In conclusion, interest rates may stay low in most countries for the foreseeable future. For investors to gain more than a low interest on savings accounts or bonds, the stock markets are an obvious alternative. Indeed, though not growing fast, economies are doing OK – there is talk of a lower company tax in the US and other countries, and unemployment is low in many countries. So, company profits may stay strong, but that is at least partly calculated in the current stock prices that are obviously objectively fair, but subjectively very high. As for the stock markets, it only needs one thing to go less well for the markets to come under pressure. Luckily, there are many other assets classes to invest in, such as derivatives, commodities, gold, art and, of course, real estate.

With digitalization, commercial real estate has for quite a few years now has had a big question mark over it. With employees working from home, the digitalization of services that were personal before (such as banking), ever smaller devices and machines, less commercial real estate is needed. Private real estate then? Well it starts to be expensive for the current 25 to 35-year-old to buy their own home. Unemployment may be low, but salary packages are not always what they were before. That is not good news for developers, but can be interesting for buy-to-let investors if they can get decent rents and a potential for capital gain.



Schist house Lousa mountains, Portugal

On the other hand, many of the baby-boomers, say the 50+ generation, have typically good savings and can afford a second home. The real estate markets in that segment in the south of Europe are doing pretty well. And their price levels are still affordable for affluent Middle and northern Europeans. In the US, the same goes for its southern coasts. But on both continents, posh and upscale areas are already expensive.

The Chinese private real estate market is confronted with huge overcapacity. But there

**“ THAT WAY
YOU BUY
SHARES
THAT ARE
MORE
LIQUID ”**

may be opportunities linked to the One Belt One Road (OBOR) initiative. Indeed, extra economic development can be expected in the cities and key areas on these connections between mainland China, Europe and the rest of the world. It needs to be seen though what this modern version of the famous Silk Road will actually bring in reality.

In India, there is great excitement over the more than €1 trillion private home initiative by the government. By 2022, this amount of money could be pumped into the real economy. The question is how to 'pick a grain' out of those gigantic initiatives.



Under construction in Noida Delhi, India.



Real estate project, China

As direct investments in real estate are rather long-term, illiquid investments, it may be best to start in stable countries that you know and that are nearby. Yields may be lower there but so are the risks. No wonder that the affluent 50 plus in Europe go to the South and their US counterparts for California or Florida. If you want to get something out of the huge China or India real estate projects, you should try to find listed companies that invest in them or are expected to benefit from those initiatives. That way you buy shares that are more liquid than direct investments in real estate and you could buy a few to diversify your risk.

There is no escape from the investment portfolio theory that says that the more you diversify your investments, the lower the risk and the higher the return in the long run. But if you want a cherry on the cake you may want to pursue something special now and then. If you know why you are investing in it, understand the investment, plus you do it with money

you do not really need, you can do so. But if an investment is too good to be true then chances are high that someone is after your money. Finally, do not borrow to invest except for your only own home. You cannot beat the markets consistently, though some think Warren Buffett can. Then it may be better to buy shares in his company, not venture on your own. If you can't beat him join him? Still, it is important to note that real estate, directly or through a company, definitely has its place in a diversified portfolio. Keep a good balance. ❶



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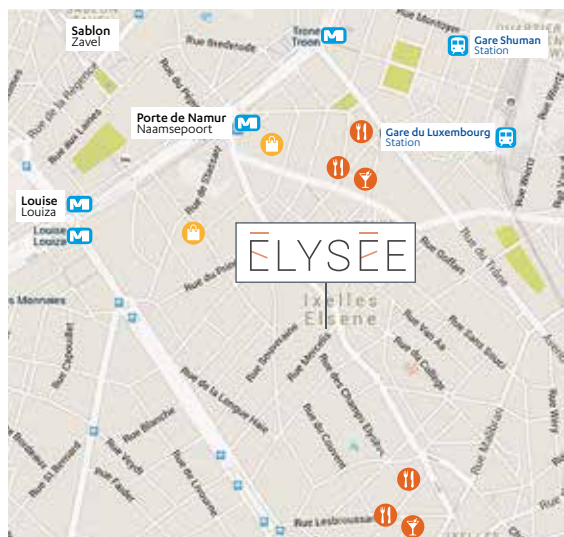
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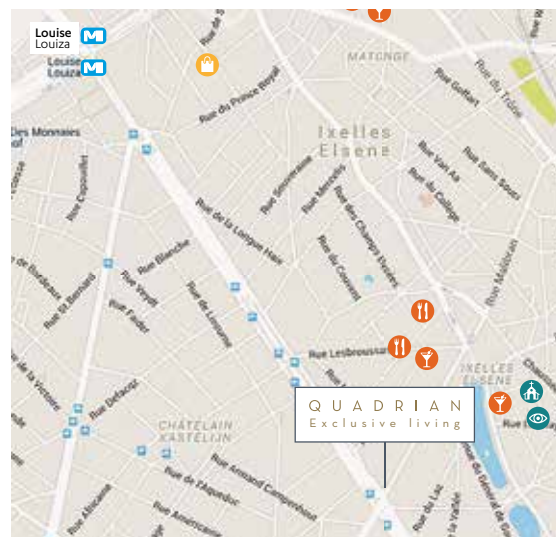
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Politics

Brexit: The Irish Question

Gerry Callaghan looks at the
repercussions for Northern Ireland
and the Republic post-Brexit



The Republic of Ireland and the United Kingdom applied for European Union membership in the 1960s, finally joining together in 1973. On 23 June 2016, the UK voted to leave the EU, by 52% to 48%, leaving the UK in a precarious situation, since both Scotland and Northern Ireland voted to remain a member.

In 1998 the people of Ireland, north and south, voted in referendums to accept the Good Friday Agreement. The Good Friday Agreement replaced decades of conflict with a deal that



put power-sharing and equality at the heart of 'Stormont', the seat of the Northern Ireland Assembly. The agreement was endorsed by 71% of voters in the north and 94% in the south. Brexit has put that remarkable achievement at risk.

Since the referendum, focus has centred on the potential negative effects the vote will have on UK citizens and the repercussions for the wider EU. A more pressing issue, however, is the relationship which develops between the UK and Ireland post-Brexit. The citizens of Northern Ireland voted 56% to 44% to remain. The Remain vote in the north was driven mostly by the Republican community, who voted a resounding 85% to stay. The Loyalist community, on the other hand, registered 60% in favour of leaving. This divide, if not managed carefully, has the potential to cause a headache for Dublin, London and Brussels. The EU, UK and Ireland must work together to avoid a hard border between Northern Ireland and the Republic. Failure to do so will hurt both countries, damage the border economy and

has the potential to re-open the Republican-Loyalist divide of the not-so-distant past.

Understanding the sensitivity of the issue, the EU published negotiating guidelines that stressed the need to avoid creating "a hard border on the island of Ireland, while respecting the integrity of the union legal order". The guidelines also said that full account should be taken of the fact that "Irish citizens residing in Northern Ireland will continue to enjoy rights as EU citizens". The document added that any Brexit agreement "should also address issues arising from Ireland's unique geographic situation, including transit of goods (to and from Ireland via the United Kingdom)". Despite reassurances, the Republic of Ireland will suddenly have to face the fact that its border with Northern Ireland will become an external border of the wider EU, requiring much more control, security and paperwork than it needs currently.

Due to the delicate situation, many have advocated for a special deal for Northern

" AVOID A REAWAKENING OF HISTORICAL GRIEVANCES "

Ireland, but that suggestion was quickly shot down by Westminster. Further calls for more involvement from devolved administrations in negotiations were met by indifference by Theresa May's government. Her mantra at the moment is, "No deal is better than a bad deal", which just isn't the case for most of the country. No deal would, in fact, see tariffs and duties enacted on all trade between the UK and EU. Ireland relies heavily on trade with the UK which is its single biggest trading partner, and especially important for Ireland's Agri-Food sector. Therefore "no deal" would be the worst outcome for both countries.

According to financial services company Standard & Poor's, the UK accounts for 12.4% of Irish goods exports and 20% of service exports. It leaves Ireland less exposed than when both countries joined the European Community in 1973, when the UK accounted for 50% of its export market. But about €1 billion worth of goods and services are traded between the two countries every week.

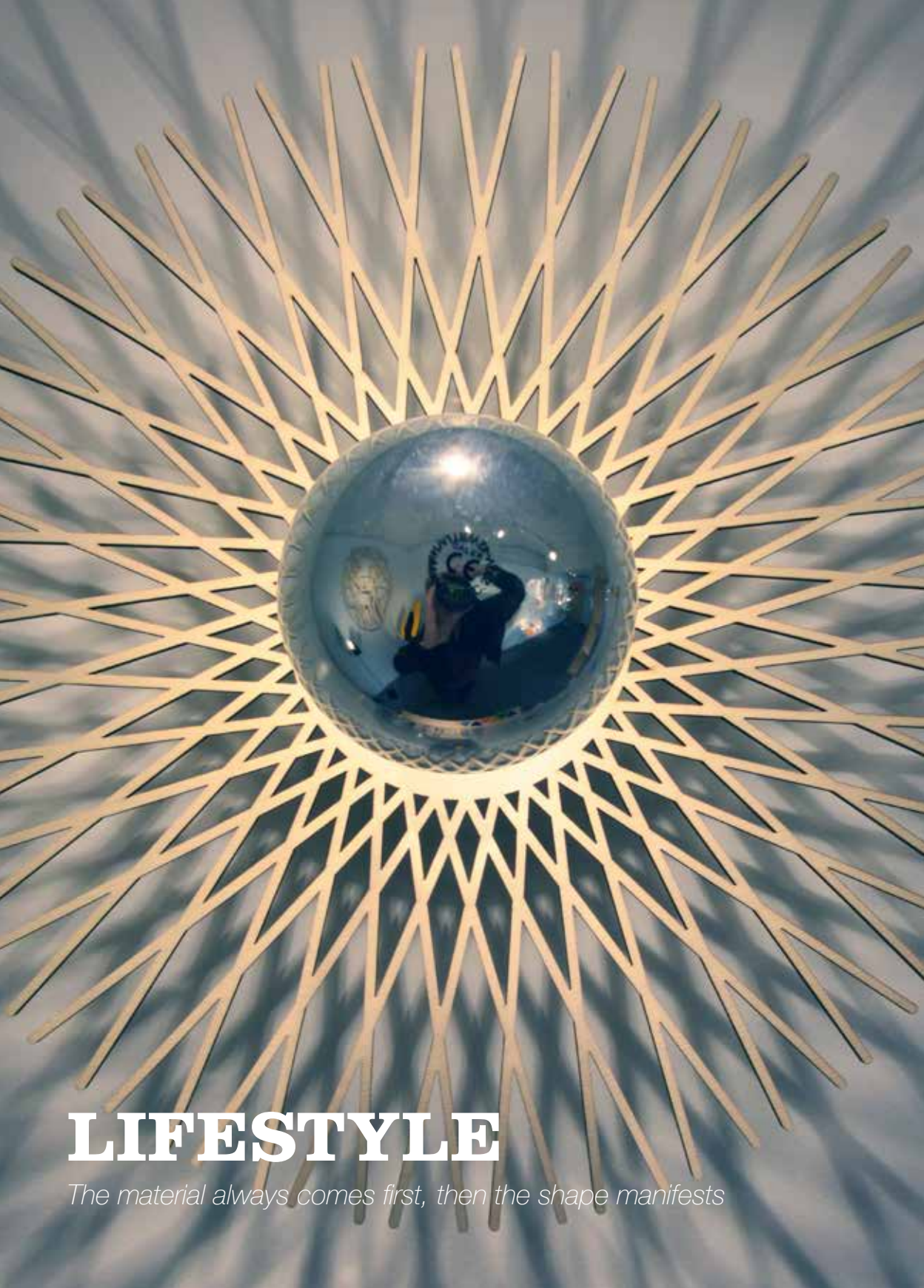
"We believe that the effect of an exit of the UK from the European Union ... on the Irish economy would likely be negative, at least in the short to medium term, but of uncertain magnitude and mixed across sectors," the rating agency said in a statement.

The EU's chief Brexit negotiator, Michel Barnier, emphasized that he would work to avoid a hard border but conceded that there would have to be some form of customs control. The French politician visited a food export business in County Monaghan with the message: "This negotiation will not only be financial, legal, or technical – in my view, it will first [be] human and social and economical... We want to find

solutions without rebuilding any kind of hard border, but we have to find solutions also compatible with the Single Market."

Michel Barnier has already clashed with David Davis, the UK's Brexit secretary, over the "divorce bill" to be paid by the UK government when it leaves. This is the amount that would see the UK follow through on commitments it made before the decision was taken to leave. Petty grievances like this could knock negotiations flat on their face, further increasing the risk of a hard border. Therefore, the UK and Irish governments have a responsibility to engage in constructive dialogue that takes into account the sensitivity of the region if we're to avoid a reawakening of historical grievances.

1



LIFESTYLE

The material always comes first, then the shape manifests

LIFESTYLE

Luxury

Off the cuff

For Father's Day we checked out some very luxurious cufflinks that make a very elegant statement



Juste un Clou
18K solid yellow gold cufflinks, 23 mm x 22 mm.
€3,600
www.cartier.com

Cartier

Cartier has designed a small accessories collection that fully represents its tradition of excellence and unique flair for fine objects. These delicately crafted pieces act as faithful, precious companions, offering an ever-present touch of elegance.



Double C logo motif cufflinks in solid yellow gold and palladium-finish sterling silver. 18 mm long x 18 mm wide x 2.5 mm thick. **€2,000**



The CIA cufflinks

And finally here is a rather unusual item. American servicemen (spies) going into harm's way had a variety of ingenious places to hide small, even miniature, compasses for escape and evasion. They would conceal them in combs or razors, uniform buttons or, as seen here, in cufflinks. For more information: www.cia.gov

Jacob & Co

Jacob & Co. is a privately held jewellery and wristwatch retailer, founded in 1986 by diamond designer Jacob Arabo. Its flagship boutique and corporate headquarters are located in Manhattan, New York City.



Baguette Diamond Double Ended Football Cufflinks: 15 carats, is augmented with an 18-carat yellow gold trimming that gives this cufflink relevancy despite its apparent flamboyance. In addition, the designer took into account the giant fingers of its target market with a double-sided chain back clasp for easy fastening: **€110,000**

“ FAITHFUL, PRECIOUS COMPANIONS ”



Diamond Baguette Pentagon Cufflinks: The understated design belies a stunning-level of craftsmanship as evidenced by the perfect symmetry of diamonds masterfully placed inside a dual pentagonal layer of 18-carat white gold. Using a combined total of 10 carats worth of diamond, the design also features an unobtrusive oval flip back fastener that maintains a modest appearance for the unassuming magnate. **€114,000**

Fancy Yellow Radiant, platinum and 18K yellow gold cufflinks set with 2 Fancy Yellow radiant cut diamonds totaling 41.42 carats surrounded by 50 baguette and princess cut diamonds totaling 10.76 carats. **€4,100,000**
www.jacobandco.com



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GOING PLACES TOGETHER

MIDSUMMER DAY'S DREAM

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MARIA DAWLAT

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ÉMILE TONNELIER

DIGITAL ARTIST

TANGO-GRAFIX

ART-DIRECTOR

NICHOLAS SIROT

MU&H

ELKE BINNEMANS AT
TOUCHBYDOMINIQUEMODELS
USING SISLEY COSMETICS
AND KEVIN MURPHY FOR HAIR

MODEL

PATRICIA AT
IMMODELSMANAGEMENT



Shirt: & Other Stories
Dress: Diane Von Furstenberg



Total look: Zadig&Voltaire preview winter 2018
Ring: Wouters & Hendrix



Total look: & Other Stories



Lace shirt: & Other Stories



Express Flower Gel Mask
Super Soin Solaire mixed with tinted moisturiser 1 beige
Phyto-cernes Eclat 1.
Phyto-touche Sun Glow Powder golden peach
Mascara So Intense deep brown 2
Hydrating Long-Lasting Lipstick L32 rose cashmere mixed with nutritive lip balm

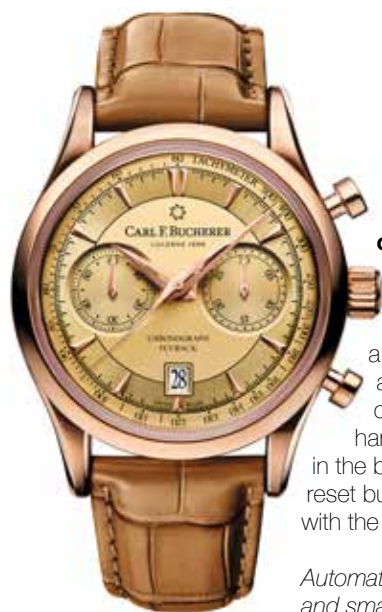


Kimono: Zara
Shirt: Twin-set
Handbag: Lilù

Classic, vintage, elegant timepieces

Nathalie Marchal highlights must-have luxury watches for 2017

This year, watchmaking brands are showcasing timepieces that pay tribute to the foundations of their know-how in a spirit of excellence.



Manero Flyback Chronograph: Measuring consecutive times

Made for the modern gentleman who loves technological refinement, the Manero Flyback from Carl F. Bucherer embodies an elegant and classic style with a pink gold case that harmonizes perfectly with the hands and the ten raised indexes, nuanced by a shade of golden champagne on the galvanized face. The chronograph hands fly back to zero, while the movement continues to run in the background, allowing the hands to resume as soon as the reset button is released – the user can record consecutive times with the shortest possible interval between them.

Automatic movement. Chronograph, Flyback. Date, time, minute and small seconds. Pink gold case.

Rado Ceramica: Geometric simplicity

The assertive lines and the gently curved silhouette will please fans of minimalism. The new Rado Ceramicas, whose geometric model was updated last year in a contemporary style by the renowned industrial designer Konstantin Grcic, are equipped with automatic movement, a first for the Ceramica family. They are made of high-tech ceramics, a material preferred by Rado for its lightness and scratch resistance as well as for its hypoallergenic benefits and its tonal shades and finish.

Automatic movement, high-tech ceramic housing with matt gray, vertical dial in a rhodium-plated brushed finish, with black inlaid dots.



Breitling Navitimer: Split seconds

Breitling has unveiled its own split seconds chronograph movement, one of the most sophisticated watch complications. A manufactured calibre that is distinguished by an innovative construction ensuring maximum precision, reliability and robustness. To honour this exceptional new engine, the brand chose its famous 'Navitimer,' the world's oldest mechanical chronograph still in production (1952). Equipped with a 45mm case, it is distinguished by a bronze-coloured dial on which stand out counters and a silver highlight reminiscent of the classic Navitimer look.

Movement Calibre creates automatic high frequency. Chronograph with split-seconds, 1/4-second, totalizers 30 minutes and 12 hours.

Hamilton Broadway : For fashion lovers

Inspired by the world of men's fashion, the 2017 version of the Broadway collection combines functionality with an urban look. Featuring international flair and contemporary casual charm, the Broadway Auto Chrono boasts contrasting colours and details. The dial and the bracelet of this automatic chronograph – with a power reserve of 60 hours – are dressed in burgundy red. The day-date counter is located at 3 o'clock and is equipped with the red-pointed seconds hand, a signature of this collection by Hamilton, as well as the vertical stripes which form a recurring leitmotiv.

Self-winding movement. Chronograph counters 12 o'clock and 30 minutes at 6 and 12 o'clock. Steel housing.



Longines Conquest V.H.P. : Ultimate precision

The new Conquest V.H.P. (Very High Precision) combines extreme precision and technicality with a sporty and elegant character. Deliberately unconnected – a notable bias on the part of Longines – it marks a new stage in the era of quartz, with a return to a pioneering and expert technology, notably thanks to its timing actions. Its sporty appearance is part of the Conquest line, and its manipulations are facilitated by an intelligent crown, the only 'smart' component of this timepiece, which activates various functions depending on how it is rotated.

ETA quartz movement. Functions hours, minutes, seconds, counter 30 min to 3 hours, counter 12 hours to 9 hours and counter 60 seconds in the centre. Dial in carbon fibre. Steel housing.



Tag Heuer Link: Pure contemporary design

The Link collection from Tag Heuer for men celebrates its 30-year anniversary with the introduction of an exclusively masculine version. All steel, its bracelet – a signature of the Link, immediately recognizable by its curved links in the shape of an S – is fully integrated into the frame and the removal of the horns offers greater ergonomic fluidity. Made of two components, the bezel combines a cushion base with an attached ring. The case is halfway between the curved shape and the cushion thanks to its four angles which gives it a softened, purified form.

Steel - Calibre 5. Automatic Movement Chronograph with Date. Blue dial. Steel case, diameter 41mm. Date window at 3 o'clock.

Omega Speedmaster Racing Master: Legendary timer

The Speedmaster Racing Chronometer is back on track with racing watches and has added some new features. In Sedna™ 18K gold with a blue ceramic dial and bezel, a Ceragold™ tachymeter scale and a blue leather strap, it features a timer that evokes the checkered patterns of the racetracks, a nod to the name of the collection. Its case is thinner than the previous models, its counters are slightly enlarged for clarity and the bevelled arrowheads are coated with Super-LumiNova.

Caliber 9900/9901. Master Chronometer certification. Scratch-resistant sapphire crystal and double-sided anti-reflective coating.



Blancpain Leman Moonphase: One watch, five styles

With a set of five interchangeable bracelets in different colors and materials, the new Moon Phase by Blancpain for women makes it possible to change the look of its watch according to your outfits. It is dressed in a bezel adorned with 48 full-cut diamonds and its moon with a female face illustrates an amusing anecdote: the fly placed on the corner of her smile meant, in the eighteenth century in Europe, a cheerful disposition. Indeed, according to the placement of the fly, the ladies of the court sent different messages to their conversation partners. Moved by a self-winding movement, its sapphire case back reveals the oscillating weight in yellow gold.

Automatic movement. Phases of the moon, date, second. White dial set with diamonds. Steel box.



Jaeger-LeCoultre Rendez-Vous Sonatina Large: Time sounds

Feminine watchmaking functions, sophisticated materials and shimmering tones affirm the timeless style of the Rendez-Vous line created by Jaeger-LeCoultre in 2012. This year, the brand inaugurated a new function in the world of women's watchmaking with the Rendez-Vous Sonatina Large: it sounds the time of an appointment at the chosen time, thanks to the mysterious little star that moves on the dial. A note then tangles delicately under the pressure of a single blow of a hammer, like a melodious surprise. In grey gold and with a dial in amethyst shades, it is set with brilliant-cut diamonds on the bezel, the horns and the band of the calibre.

Self-winding mechanical movement. Hours, minutes, seconds, day/night indicator. Guilloché and grained dial, floral needles.

Rolex Oyster Perpetual Datejust 41: Classic

Rolex introduces the 904L steel variation of its classic new generation Oyster Perpetual Datejust 41. Equipped with a redesigned 41 mm case, it is at the forefront of watchmaking technology with its new 3235 calibre: no less than 14 patents, a new Chronergy escapement and a power reserve of approximately 70 hours. The iconic Datejust was born in 1945 and through the ages has retained the immutable codes that still make it one of the most recognized and recognizable watches in the world. The Oyster Datejust 41 case, guaranteed waterproof up to 100 metres, is the perfect example of its proportions, robustness and elegance.

Calibre Manufacture Rolex, mechanical movement self-winding bidirectional perpetual rotor. Rolesor gray case.



Balmain Orithia II: The charm of haute couture

Pierre Balmain was one of the outstanding figures of Haute Couture in Paris. Through his art, he helped spread the idea of French luxury around the world. Elegance is therefore naturally part of the soul of Balmain watches. On the theme 'Jolie en rose', this model of the Orithia II collection, like an ode to femininity, is decorated with a leather bracelet with a vintage pink crocodile pattern. This theme is also on its pink gold box and its junction elements in the form of a stirrup. The pink mother-of-pearl dial, golden indexes and hands accentuate its romantic character.

Swiss ETA quartz movement. Housing in 316L stainless steel, PVD pink, sapphire crystal.



LookStyler: Online shopping from the future

Denitsa Tsekova talks to a woman who is revolutionizing online shopping



Mirjana Perkovic is the CEO of LookStyler, a global fashion platform offering customized affordable luxury clothing. Working with designers, make-up artists, photographers and bloggers, she has created a website where you can shop by styles and receive advice from fashion professionals online, at your home or even when you're abroad. Targeted shopping can save you money, time and get you the right look.

First, Mirjana created a fashion brand that she later turned into this global platform. She says LookStyler is the first platform to offer full

customization for women and men without using bespoke products. Customization is often considered as an expensive thing in the fashion sector, but now it is more accessible than ever.

Mirjana Perkovic speaks six languages and has Masters in Linguistics and Political Science but she is now revolutionizing online fashion. Born in Slovenia, studying in England and Italy and living in Belgium has shaped her colourful personality. Travelling the world, she realizes the huge fashion potential of emerging markets such as Asia and Latin America.



“ I FOLLOW MY HEART AND I THINK FASHION IS MY DESTINY ”



After ten years as an interpreter in the European institutions, Mirjana decided to turn her hobby into a profession. She moved to Milan to study fashion under the supervision of Angelo Russica, a former Gianni Versace designer. Then she got an executive diploma in Digital Leadership in London, receiving the 'One to Watch' award.

Mirjana passionately combined her communication, leadership and fashion talents to create LookStyler six months ago. The platform is becoming more and more popular and *Together* wanted to know what's the secret behind it all.

Together: You have been working as an interpreter in the European institutions for ten years. What sparked your interest in fashion?

Mirjana Perkovic: I have had a passion for fashion since childhood but what sparked it the most was travelling to emerging markets. There is a huge potential in Asia, Latin America and Africa. I started with my own fashion brand, creating customized clothing for men and women. This has now turned into a global platform with the first followers being people from Latin America, Asia and Russia. My theory that people need fashion in emerging markets was confirmed.

How many languages do you speak?

I am fluent in six languages (Slovenian, Croatian, English, French, Italian and Spanish) and partially understand a few others. I am currently also learning Dutch and Portuguese. It is a lot of effort but I love learning languages. I am not so good at maths but I learn languages super fast. I pick it up sometimes from watching TV.

How has your cultural experience shaped your career?

I have travelled to almost 100 countries and briefly lived in Spain and Turkey, besides Belgium and Slovenia. Meeting so many different cultures made me realize we are all interconnected. Therefore, I wanted to create this global platform that brings together fashion brands, designers, stylists and other fashion

Fashion

professionals from many different countries. My motto is 'Fashion is global'.

What are the goals of LookStyler?

It brings together fashion brands and professionals from all over the world, allowing customers to personalize their look. When you start shopping you can chat with a stylist or book a stylist that comes to you. If you are allocated in Brussels, but go on a business trip to Madrid we can connect you with a stylist who lives there and helps you shopping.



cheaper for a good price in the fabric and colour you want.

Why is it so important to find your distinctive style?

A survey suggests that 95% of shoppers want to express their uniqueness. This is not taken into consideration nowadays. Big fashion brands have the same retail shops, they produce the same clothes in the same standard sizes for everyone, but we are not the same. If you are a businesswoman, a unique business style will make you feel better and influence the quality of

your work.

What is revolutionary about the platform?

Getting the right size is important because up to 50% of garments bought online are being returned. We are working on an app, which will have a 3D body scanner. It will give accurate measurements for customized clothing. A complete customer profile will be created including preferences of colour and style. The experts can then help you with choice.

Is it true that men use the platform more than women?

Two-thirds of our current customers are men, because men need more help with shopping. They are very much interested in our concept because it is assisted and targeted shopping. You are not wasting your time, energy and money. We are getting the right clothes for you, from different kinds of brands and suppliers worldwide.

What is the variety of brands the website is offering?

We have over 80 brands and I plan to add several hundred brands from all over the world and different categories of fashion professionals. Currently, it is mostly Italian brands and the segment we are in is affordable luxury. It means getting really good quality for a price between €50 and €450. We are commercializing customization because it used to be only for the elite. Now you can get it

How can this portal survive without opening a shop?

I want to open a pilot store, there will be a 3D Body scanner. It is planned to be an Omni channel fashion experience. There the buyers would be able to start shopping on their mobile phone and then continue online or in the shop. Customers can even contact someone to come to their home. The idea is to franchise that kind of shop in emerging markets.

What are the top summer trends according to LookStyler?

For women, the top trends are long floral dresses, anything with ruffles and sixties vintage sunglasses. The seventies three-quarters jeans are also popular this season. For men, I would suggest sleek elegant style inspired by Italian gentlemen. Nice sleek suits, blazers in different colours and again vintage sunglasses.

What inspires you to reach your dreams?

I follow my heart and I think fashion is my destiny. I do not really do it for money, but I believe I can change shopping. I want to help people, to connect them together and offer them better shopping experience. This is my dream and I believe dreams always come true. www.lookstyler.com 



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Happy Father's Day

Spoil your Dad with one of the gifts from our shopping pages



Lalique l'insoumis

L'Insoumis reinvents the most masculine of fragrance families: a timeless and refined fougere, which blend aromatic freshness with the subtle potency of ambery woods. For a charismatic, elegant, authentic and modern-day adventurer, who doesn't follow trends: he creates them. From **€70** www.lalique.com



Caron Pour Un Homme parfum

A fragrance that has suited every man, and every era. Its scent has remained unchanged, composed around subtle, delicate lavender, on a simple, elegant accord which unveils a base of masculine, understated and sophisticated vanilla. Pour Un Homme is a charismatic fragrance that will never go out of fashion. From **€98** www.parfumscaron.com



Loewe Solo Esencial

Solo Loewe Esencial by Loewe is a Woody Aromatic fragrance for men. This is a new fragrance. Solo Loewe Esencial was launched in 2017. Top notes are tangerine, mint, lavender and lime; middle notes are nutmeg, mate, thyme, rosemary and cardamom; base notes are patchouli, incense, tonka bean and guaiac wood. From **€75** www.loewe.com



Bentley Infinite

Bentley Infinite for Men was designed by internationally renowned perfumer Nathalie Lorson, who has perfected the art of creating fragrances that produce an exhilarating feeling of well-being and inner strength. The Bentley Infinite bottle, crafted from high-quality heavy glass, is reminiscent of cut crystal whose straight lines run into elegant curves. The broad shoulders of the bottle are coated with metal and the metal cap is finished with a diamond cut and the centre of the bottle is emblazoned with the legendary Bentley symbol, the "Flying B". From **€62** www.bentleymotors.com



Jimmy Choo Man Ice

Man Ice is "a dangerously seductive and sophisticated scent designed for the contemporary man". Created with lime top notes and an underlying musky base, the fragrance evokes a flirtatious sweetness with a rich and woody depth. Finished in a sophisticated design, Man Ice is the ultimate day to night fragrance. Eau de toilette 100ml From **€79** www.jimmychoo.com



Mister Marcel Eau de Toilette

Mister Marcel is a fashion line for men by the French house of Little Marcel. This line is inspired by the vintage style of the sailors of the 50's and 60's. Their products are plentiful in details, labeled in the pure French tradition. After a delightful trio of fragrances for women called Little Sky, Purple Love and Peace and Sun, the brand has decided to launch a scent for men, within the newest trends of aromatic ferns. From **€59** www.mistermarcel.fr



Berdoues Cologne Grand Cru Arz El Rab

The Cedars of God forest is a unique interpretation of the legendary cedars of Mount Lebanon. This cologne is an invitation to travel to the heart of the powerful, sensual Orient. A spicy, incomparable blend with notes of Moroccan Iris, Chinese Ginger and Virginian Cedar. From **€80** www.parfumsberdoues.com



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LIFESTYLE

Beauty

LA LA lashes

This month, our beauty expert **Delphine Stefens** 'lashes out' on your behalf

Many women will list mascara as the one make-up item they can't do without, even as temperatures rise. Because it not only enhances the eyelashes, it actually makes the eyes look bigger and... more awake. So grab an iced coffee – or tea – and start layering.

After its iconic round Phenomen'Eyes mascara brush, **Givenchy** revolutionizes the beauty scene yet again with its **Mascara Noir Interdit (€35)** with a brush that bends to a 90° angle for an optimal reach and clump-free coverage. This game changer is exclusively available at Ici Paris XL.



The **Lash Power Flutter-to-Full Mascara (€29.50)** by **Clinique** has three gears for three effects from flirty natural to va-va-voom volume.



The **Monsieur Big Mascara (€39)** by **Lancôme** promises to multiply your eyelash volume by 12 in just one stroke.

The **Diorshow Maximizer 3D (€36.23)** by Dior is an express plumping lash primer.



LIFESTYLE

Beauty



The two serums – for day and night use – **Lipocils Platinum (€109)** by **Talika** lengthen, strengthen, darken and multiply your eyelashes.

Extreme Volume Effect Mascara Kit (€15.95) by **Kiko** is a two-step aid with fibres for extra body and a mascara to fix them.



The Mascara **Les Yeux Noirs (€70)** by **Christian Louboutin** not only looks incredibly good it also works if you want to build up volume with length.



After Rue du Bailli in the city centre, **Atelier du Sourcil** has opened a second location at 1302 Chaussée de Waterloo in Uccle. And besides eyebrows, the French chain also pampers eyelashes. Take the Réhaucils waterproof treatment that lifts and gives length to the lashes, one at a time. It takes about 45 minutes but the effect will last from four to six weeks. Ideally, l'Atelier du Sourcil recommends combining it with dying your lashes for an even more spectacular effect and enjoying a hassle-free sunny season. **€100** for both treatments taken together. www.atelierdusourcil.com

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...

One man's ceiling is another man's floor

Jeanie Keogh visits a Liège designer's up-cycled store

A funky design deco store has cropped up in the centre of Brussels in the past few weeks. Open for just over a month, ReStore is so named because 70% of the materials used in the designs are up-cycled. What isn't made from reclaimed materials is made from wood that is ethically-sourced from sustainable forests in Poland.

Working with junk, scrap and whatever else he can get his hands on, Liège designer Benjamin Pailhe is someone who enjoys being restricted by the parameters of using only what he has and likes having to adapt. A scavenger for over 20 years, one of the things he collects is sheets of plexiglass destined for the landfill, which he makes into lamps. What is left over or too small is turned into a pair of earrings, a necklace or a ring.

"A designer often thinks about something and then tries to create it, whereas we start with the material and think, 'what am I going to do with that and what will it

be for?' I don't draw a design and then go looking for the material and a supplier. It's the opposite, in fact. The material always comes first, then the shape manifests. I'm an artist by

training, so form comes before function. Maybe it's bad, but it gives me more freedom."

Some of his lamps are made out of a transparent material used by Mestdagh, the Belgian food distribution company, to furnish the backs of refrigerators. Other lamps are repurposed wooden salad bowls. His geometric animal wall hangings were once advertising signboards made of Forex.

"It's not garbage, it's my working materials," he said.

Well-known for his work with would-be waste, Pailhe gets a call when companies have an overstock of something they think he could use. Or, through his

relationships with disposal companies, he's created an informal network where stuff is put aside for him.



His wooden jewellery, for example, was recuperated from the thin, soft boards used to make the backs of old wardrobes and cupboard drawers.

"If I were to make it with new material, it wouldn't be as good because – and it makes me want to tear my hair out – it's impossible to find currently existing material that works as well as the old."

His eclectic sourcing has led to a sort of salvaging philosophy.

"I need to work every day. There are so many materials that were difficult for me to buy when I was young. And then I found a way to do it and so it became a constraint and a philosophy."

What's more, working with up-cycled items has made Pailhe expand as an artist. He used to make a living doing lighting for cultural

events and festivals and the basic equipment was recovered from somewhere. Now, working out of his home with his partner Jessica Berger, Pailhe has two other shops in Liège that specialize in lighting and, of all things, jewelry. In fact, his work in jewelry is the reason he has been approached by the

organizers of Design September, whose focus is on just that this year.

"As a painter, and a man, I never would have imagined myself making jewelry. I didn't even know what it was. Actually, the material helps me do something else."

Another freedom for Pailhe is the fact that he has all the necessary machinery and know-how to do everything from beginning to end. This means he can save on the expensive cost of outsourcing, so that the price is affordable for customers while staying true to the principles of design.

“THE MATERIAL ALWAYS COMES FIRST, THEN THE SHAPE MANIFESTS”

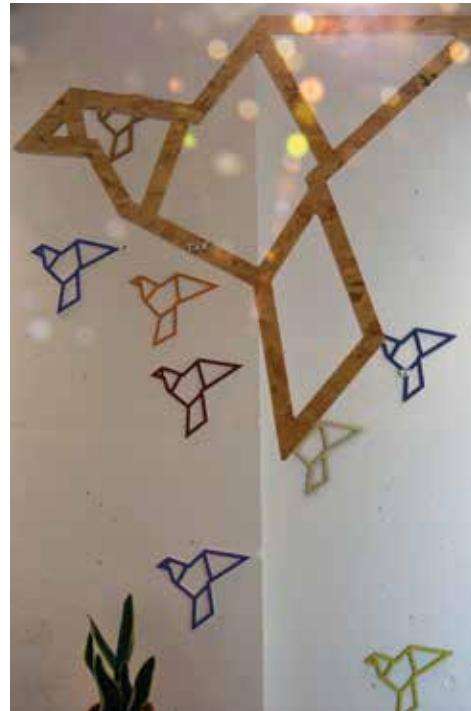


"We are lucky to be able to do it all ourselves and have whatever we need at our disposal: the conceptualization, production in our own workshops and selling in our own shops. People, more and more, are required to be able to do everything themselves so it's a luxury for us, even if we work 15 hours a day, to be able to manage everything from A to Z."

Perhaps the greatest thing about Pailhe's design philosophy is that he is not protective about his work. In fact, he even shares it with other artists through Open Source.

"None of our products in the store or in the workshop are protected. We even try to make our designs available. For me, it's an obstacle to have to protect something. I feel much freer if I know that every day I have to reinvent something, recreate or remake something, than to think about whether I've been copied."

Is he worried about being taken advantage of or losing his business to copycat creators? On the contrary.



"It's neat to live the experience of what sharing is, what the collective is, how it works, than to think negatively and, most of the time, the negative doesn't exist, it's immaterial. What is the risk? I don't think about what that might be. If I'm copied, it's just more publicity."

"I'll have started a trend," he said, and grinned.

1



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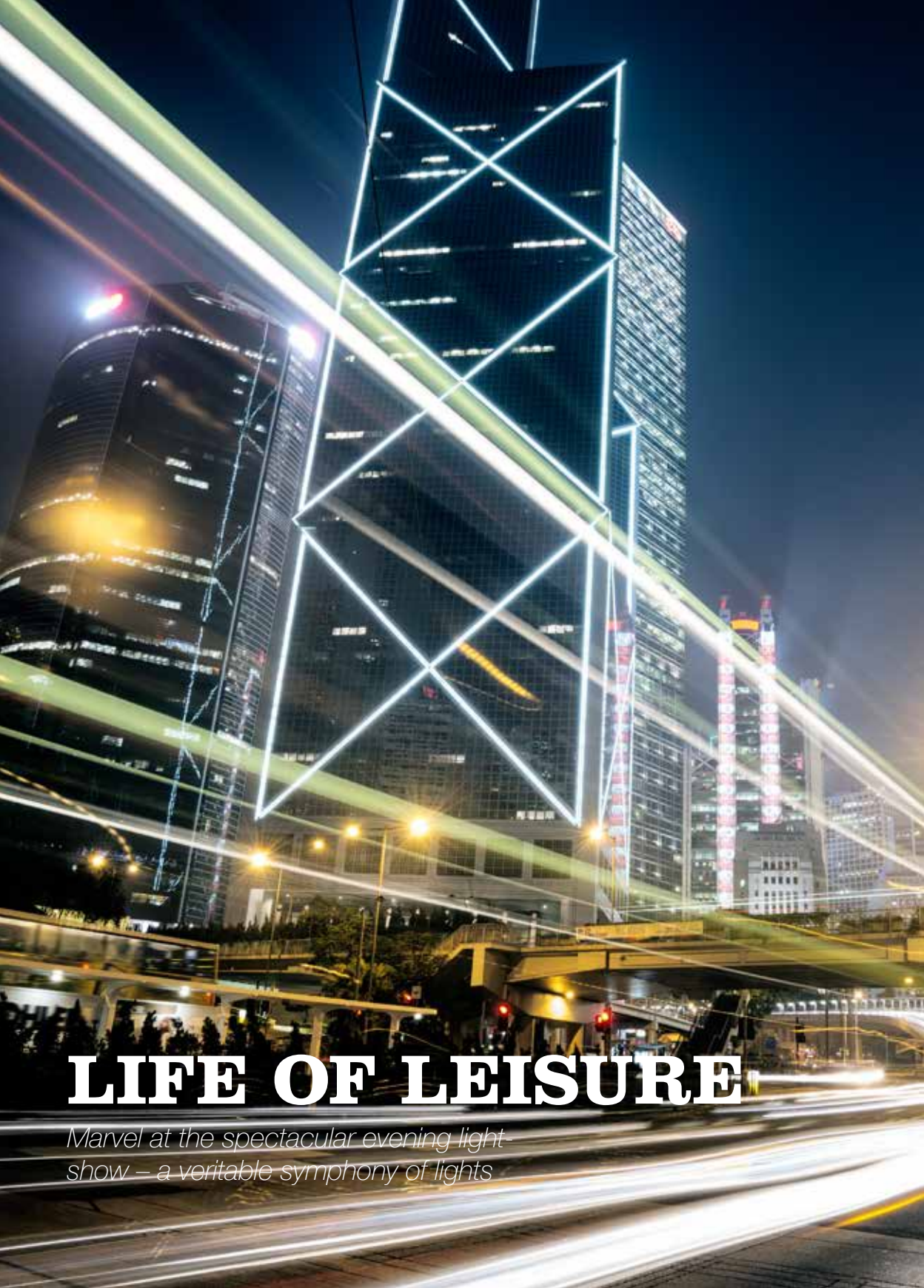
The hotel offers multiple services to families to allow them to enjoy their stay: connected rooms, children's menus, high-quality baby-sitting service, cosmetics specially designed for babies and children available in the bathrooms, child-care facilities, children's activities organized on a private beach in front of the hotel, games and books etc.

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MORE INFO: LITTLEGUESTCOLLECTION.COM



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Interview

The Rock: Taking nothing for granted

Together talks to an actor who has risen to the very top of his profession despite the setbacks



There is no better embodiment of the American Dream than Dwayne 'The Rock' Johnson. He has gone from a troubled teenager in Hawaii to becoming the highest paid actor in the world, earning a reported \$64.5 million last year according to *Forbes*. Who better then to play the part of Mitch Buchannon in the big screen adaptation of *Baywatch*, the long-running TV series which gave global audiences a light-hearted vision of California beach culture?

Johnson brings his high-octane brand of personal charisma and enthusiasm to the role just as he does when he greets you. There's an electric aura about him and his megawatt smile merely adds to the good feeling he creates wherever he goes.

Taking over the role that David Hasselhoff first made famous, The Rock promises that this *Baywatch* is far raunchier than anything fans of the TV show might have imagined. Armed with an R-rating, the big budget reboot of the series promises a "high flesh quota" and a prodigious helping of action, sex, and humour.

"This Baywatch will be a blast," says Johnson, who was voted *People Magazine's* Sexiest Man Alive last year. "There's more gratuitous boobs, bums, abs, whatever per minute than you can imagine.... You hope you nail the tone of the movie and I think a lot of people are excited about it. It was so much fun to make."

Johnson, who helped develop and produce *Baywatch*, recruited Zac Efron to play junior



recruit Matt Brody while Kelly Rohrbach fills out the red one-piece bathing suit of C.J. Parker, the iconic character once played by Pamela Anderson. Johnson calls his Baywatch band of lifeguards "the Avengers of the beach".

Led by Buchannon, the lifeguard crew aims to stop a nefarious scheme masterminded by Victoria (Bollywood beauty Priyanka Chopra) whose corporate designs on the beach front threaten to destroy the area's natural beauty.

45-year-old Johnson and his girlfriend of 11 years, Lauren Hashian, live in Los Angeles with their two-year-old baby girl, Jasmine. (Johnson also has a 15-year-old daughter Simone from his marriage to his ex-wife and childhood sweetheart Dany Garcia who continues to manage his career.) The Rock also maintains a staggering social media presence with 85

million followers on Instagram and 11.2 million on Twitter.

Last December, Johnson held a *Rock the Troops* celebration in Hawaii for the benefit of 50,000 American soldiers and maintains an inspirational attitude to everything in his life. He recently stated that he may one day run for president.

“ I HAD SOME GOOD FRIENDS WHO HELPED ME REGAIN MY SPIRIT AND CONFIDENCE ”

Together: Dwayne, what prompted you to get involved in the resurrection of Baywatch?

I enjoyed watching the show but it wasn't until about five years ago that someone told me it was the most successful TV show of all time. When I heard that, I knew I had to do something to turn it into a movie. I want to give audiences something when they leave the theatre that has that kind of cool feeling like you're floating and excited about what you just saw.



You're now the biggest star in Hollywood. Many of your associates say you're very driven and ambitious?

I love being able to create big movies that entertain people, that make them happy. I know what it's like to earn a dollar. I know what it's like to live pay cheque to pay cheque and wonder how you're going to pay the rent. I know what it's like to be evicted (his family was evicted from their apartment in Hawaii when he was 14). Money doesn't fall out of the sky.

So if you're going to pay for your ticket, that inspires me to want to make a great movie. I always say to everyone, "Hey, around the corner we're getting evicted. Get to work!" I drive everyone crazy with that.

You've established yourself as both a top action and comedy star. Do you see the two genres as overlapping in terms of your audience appeal?

I love doing both. I knew I also had to do comedies and family movies and not just action when I wanted to grow as an actor and get better. It's so much fun to make audiences laugh. But I also like the intensity and

adrenaline rush that comes with watching great action movies. I like to get caught up in that spirit when I'm making those kinds of projects.

You bring a strong work ethic to everything you do in life. How do you come by that kind of personal drive?

It comes from having seen my dreams crumble when my pro football career was over. That was the lowest point in my life and I was very depressed and devastated. Fortunately I had some good friends who helped me regain my spirit and confidence and I swore to myself that I would never feel sorry for myself again.

I decided that I was going to look at life in the most positive and optimistic way possible and try to help other people feel that they can accomplish their dreams, too.

Why do you think you've succeeded to such an incredible extent in a very competitive business?

Self-discipline is a big part of it. I can be very disciplined if I set myself a goal. I work hard and I try to surround myself with very talented people who will help me achieve much more



than I could ever hope to on my own. I also try to maintain an attitude where I'm always very grateful and thankful for everything I've been able to accomplish and I never take it for granted.

I also have the confidence that comes with knowing that if I stay focused and work as hard as I can then good things are going to happen. And thanks to that discipline and some good luck, I have now reached a position where I can choose the kinds of projects I want to do as an actor and producer. That's where you want to be.

You've said in the past that you often had to face rejection during your early years in Hollywood. How did you deal with that?

It makes you more determined. I've never felt that the world owes me a favour or that I should expect things to come easily to me. I've always had the mind-set where I'm going to have to scratch and claw to succeed.

There have been so many times during my career where studios have told me they're not interested in a project or that they're going to give the role that you wanted to another guy. But you don't let yourself get discouraged by that. You keep on fighting and waiting for the



next opportunity.

You developed into a very charismatic performer during your wrestling glory days in the WWE. During that time, were you also thinking about making the jump into acting?

It was always my dream to be an actor. Watching *Rocky* changed my life and that character became my role model. I got into wrestling because that was a family tradition (his father was a wrestler) and that it would be a good way of making a name for myself that one day could lead to Hollywood.

I made it a point to learn everything about how the business works and do whatever it takes to succeed. So I tried doing comedies like *Be Cool* and *Get Smart* because comedy came naturally to me and I knew I was good at it.

In terms of performance, what's the biggest difference between wrestling and acting?

Wrestling in front of a live audience is an extraordinary feeling. You feel such an incredible energy when you're in the ring. It takes a physical toll on you, but it's incredibly exciting.

Acting is very different, of course, you need to be able to show a wide range of emotions and create many different kinds of characters as opposed to one. Up on the screen, I get to fall in love, be funny, or be very dramatic. When you're in the ring, the beating you put on your opponent is the only thing that counts. (Laughs).

You still maintain a formidable training regime. Beyond the look it gives you, do you enjoy the feeling of having such an awesome physique?

I really enjoy exercising – it's part of my daily lifestyle. It's not necessarily about being very muscular, I like having that structure to my day. When I get up in the morning, I have this need to get active whether it's doing cardio or yoga

“ I’M ALWAYS VERY GRATEFUL AND THANKFUL FOR EVERYTHING I’VE BEEN ABLE TO ACCOMPLISH ”



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The hotel offers multiple services and activities to families: welcome gift, outdoor playground, indoor games room, bikes and scooters, baby equipment, golf school and tennis school, baby-sitting service, children's menus... and even a spa programme exclusively dedicated to children!

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MORE INFO: LITTLEGUESTCOLLECTION.COM



or Pilates or jogging or meditating. I anchor my day around those activities and it gives me this incredible feeling of energy. And the more balanced I am, the sexier I feel! (Laughs)

Is it true that you still take your Ford F150 truck with you everywhere?

I love that truck. I have it shipped with me wherever I'm going. I'm too big for Ferraris and most sports cars and I hate having a chauffeur drive me around. I love getting around in the F150 – it's got these massive tyres on it and it's got a lot of power behind it. I wouldn't want to drive anything else. ❶

**“ YOU KEEP ON
FIGHTING AND
WAITING FOR THE
NEXT
OPPORTUNITY ”**

Ovolo Southside: Taking design seriously

Sarah Blennerhassett checks into a rather unusual-looking Hong Kong hotel



Hong Kong is a city of contrasts. It is a place where east meets west, where lush tropical forests surround towering skyscrapers and fast-paced city life intersects with peaceful Buddhist traditions. It is a hub of commerce, entertainment and fashion and is one of the most vibrant and welcoming cities in Asia.

Nestled on the south side of Hong Kong Island, Ovolo Southside Hotel is the perfect location for travellers who want to keep their distance from the hustle and bustle of central Hong Kong but still have easy access to the

city. On first entering the hotel, guests are greeted by a futuristic silver egg motif – a nod to the hotel name and an intriguing first glimpse of a hotel that takes design seriously. The stylish lobby has a laid back vibe: whimsical pandas sprawl on coffee tables, filament light bulbs illuminate the front desk and sleek colourful furnishings create a playful design aesthetic that continues throughout the hotel.

Ovolo Southside does something quite difficult in seamlessly combining futuristic design with comfort. The rooms have an industrial yet glitzy feel: think warehouse chic! Floor to ceiling

“WHIMSICAL PANDAS SPRAWL ON COFFEE TABLES”



windows provide stunning views over Deep Water Bay and Ocean Park. Tarnished steel effect walls and kaleidoscopic artwork remind you that you are in a design hotel, but without sacrificing design for comfort – the luxurious bed and blackout blinds provide guests with the perfect sanctuary to relax and reflect on their day's adventure.

When it comes to drinking and dining at Ovolo Southside, guests are spoilt for choice. At the Above rooftop bar, guests can drink in delicious cocktails and panoramic views in an edgy, street art setting. Circle serves up

creative and healthy dishes in a comfortable, modern setting. Free happy hour every evening takes place in the Lo Lounge lobby bar where guests can enjoy complimentary drinks, play a game of pool or mingle with fellow travellers. For those guests who still have some fuel left in the tank after a busy day of sightseeing, there is also a fully-equipped gym.

All guests get the VIP treatment at Ovolo Southside. Free breakfast, happy hour and self laundry service are just some of the freebies you can enjoy. In your room you will also find a complimentary minibar restocked daily and a



'loot bag' of sweet treats. After a long day of exploring the city, guests can enjoy their favourite movies and TV shows on the in-room smart TV.

First time visitors to Hong Kong may be at a loss as to where to start. For the uninitiated Hong Kong visitor, or even if you want to know the latest hot spot in the city, the hotel blog, *The Silver Egg*, tells you all you need to know about food, drink and culture in the city and is a great place to start. If you want a more personal touch, the friendly staff are full of helpful tips.

Ovolo Southside is just minutes from Hong Kong Central via MTR train or taxi. An absolute must for anyone visiting Hong Kong is to take a trip to the Peak, a mountain summit overlooking the city. From the Peak you can



enjoy breathtaking views of Hong Kong Island and Kowloon. For the energetic traveller, a 60-minute hike will bring you to the Peak summit. For those who prefer to take things at a slower pace, the peak tram, one of Hong Kong's oldest attractions will zip you to the summit in minutes. While a day trip to the Peak is spectacular, Hong Kong is a city which truly comes alive at night so don't miss an opportunity for a photo with the city skyline at night.

Aside from the Peak, one of the best ways to see the city is from the water. The Aqualuna boat tours allow visitors to cruise around Victoria Harbour, one of the busiest harbours in the world, on a traditional Chinese junk boat.

Visitors can enjoy a drink while they gaze at the soaring skyscrapers and marvel at the



spectacular evening light-show – a veritable symphony of lights.

If you still have energy after a day's sightseeing, Lan Kwai Fong offers visitors some of the most lively bars in Asia. Popular music draws the crowds in while drinks offers keep them out until the early hours of the morning. Visitors looking for something a little slower-paced can visit the Soho area which has the highest concentration of bars and restaurants in the city. Here you can enjoy cuisine from every corner of the globe and can sample every beer, wine and cocktail imaginable.

To see a more mellow side of Hong Kong, catch a bus to Stanley Market located near Repulse Bay on the south side of Hong Kong Island. This sleepy market full of knick-knacks and bric-a-brac is a great place for visitors to pick up souvenirs for everyone at home. When you've satisfied your urge to peruse the market Stanley is also home to some excellent bars

and restaurants. Grab a bite to eat and people watch to your heart's content by the Stanley promenade.

Hong Kong has so much to offer that it can be hard to know where to start. But guests can rest assured that the staff at Ovolo Southside can point any type of traveller in the right direction. Ovolo Southside is the perfect place to base oneself for a trip to Hong Kong and as the tag line says: "There's something happening here!"

www.ovolohotels.com.hk
www.discoverhongkong.com

Ivory Coast: Beaches, lagoons and astounding nature

Denitsa Tsekova discovers West African culture, cuisine and cities



The Republic of Côte d'Ivoire (Ivory Coast) is located in West Africa and is a progressively modernizing country, which has also preserved its distinctive cultural identity. This is a land of skyscrapers, forests, vast churches, luxury restaurants and hotels. The official language is French but otherwise there are 78 languages spoken in the country.

It is a flamboyant country with amazing culture, art and nature. Get close to the wildlife at Parc National de Tai, famous for its flora and fauna. You will love the chimpanzees and the pygmy hippos, but on your way, you will be immersed in the sheer beauty of African nature.

In the south, you can enjoy the green mountains and valleys of Man. Are you a fan of hiking? This is the place for you. The air is much cooler than the rest of the country and the cuisine is a must-try. The town itself is full of market streets, where you can find extraordinary souvenirs as well as some cool clothes – so why not go local shopping after all that hiking?

If you are not a fan of climbing don't worry

because the Ivory Coast is also blessed with lovely beaches in Assinie and Grand Bassam. Grand Bassam is situated between a quiet lagoon and the stormy Atlantic Ocean. Assinie consists of three villages: Assinie Mafia, Assinie village and Assouindé – all the beaches flowing into one another. This is the place to go swimming - however, be careful of the rip tides and do not forget the sun cream.

The entry point for travelers is the economic capital Abidjan. It is often dubbed either the Manhattan or the Paris of West Africa. You will understand why when you witness the heady mix of shiny skyscrapers, African culture and local architecture. Go to the street food markets and enjoy the pearls of African cuisine.

If you really want to have a taste of genuine African culture you should begin with *kedjenou*, which is slowly cooked chicken with peppers and tomatoes. If you want something a bit more unusual the *Ivorian escargot* (delicious cooked snails) is the just thing for you. Live like a local and order a glass of *bangu*, a local palm wine. "A ka di!", as they say in these parts.



Where to stay in Ivory Coast

Sofitel Abidjan Hotel Ivoire: A modern piece of history

Sofitel Abidjan Hotel Ivoire was born of the determination of Félix Houphouët-Boigny, the first president of Ivory Coast, who was inspired to create a hotel like the mythical Ducor Palace during an official visit to Liberia. It was originally built by Moshe Mayer in 1963 and then beautifully renovated in 2011 to become the hottest spot for your summer holiday.

It looks like a palace and it feels like one. Its contemporary atmosphere and fiery colours will immerse you in the culture. African art and cocoa add an extra touch of the exotic to your stay on the Ivory Coast. Overlooking the Ebrié Lagoon and the Plateau, in the heart of the chic Cocody district, the Sofitel Abidjan Hotel Ivoire rises majestically above an idyllic setting of water and vegetation.

Relax in the friendly atmosphere at the Bar du Lac, get yourself the best Mojito in Abidjan and just kick back and enjoy the mood. If you are not really up for going out you can get a soak in a bath in your luxurious apartment. Sofitel Abidjan Hotel Ivoire offers a tennis court and a fitness centre. An array of activities can be enjoyed on site or in the surroundings. The property is quite close to

the Abidjan Golf Club so here is your chance to try golfing in West Africa.

The building is a historical landmark of the "Ivorian miracle", which is characterized as avant-garde with architecture and colours paying homage to Ivorian culture and its conviviality. Not far from the hotel, visit La Pyramide and see some concrete Afro-modernist architecture.

The hotel is ideally located for visiting Abidjan and its cultural sites. Bassam, Abidjan's number one beach is a thing you shouldn't

miss so get a taxi and you will be there in no time. Enjoy African wildlife by going to the public zoo – tickets are inexpensive and it will be an unforgettable experience.

As Abidjan is Ivory Coast's economic capital, Sofitel make sure they take good care of their business

guests. If you are going on a business trip the hotel will offer you six modern conference rooms equipped with high-tech audiovisual equipment.

As you may have guessed the hotel is quite popular in the 'Paris of West Africa'. Well-known guests have stayed here, such as Bill Clinton, Christine Lagarde, Barry White, Michael Jackson, Stevie Wonder, Rihanna and many more.

www.sofitel.com





Radisson Blu Hotel Abidjan

The Radisson Blu Hotel will provide you with luxurious accommodation only a stone's throw from Abidjan airport. The nearby Le Plateau District provides a home for many businesses, banks, outdoor cafés and, especially, smart boutiques. Abidjan's vibrant markets make every day feel like a fashion week.

While staying in Abidjan you should try the local cuisine, which is even closer than the airport. Radisson's offer a magnificent African buffet and some other international favourites. You can stay in and enjoy the stylish interior or go to the outdoor terrace and get an unforgettable view.

Radisson knows that their food is great and that you may feel a bit guilty after eating a lot of Aloko, lovely fried traditional fried bananas. Don't worry you can have a nice workout session at the well-equipped fitness centre or go for a swim in the outdoor pool.

After a long day and the good swim at the outdoor pool, beverages are waiting for you at the Pool Bar. *Together* recommends you pop in to The Lounge Bar & Terrace. This contemporary Radisson bar sports smooth lines and a drink list that will make you forget

about the stress. Not only that, you can head outdoors with the beverages, enjoy the fresh air and a beautiful view.

The Radisson Blu's 13 meeting rooms are perfect for Abidjan conferences, banquets and meetings. Guests can enjoy the tools necessary with the latest technology to make the event a success. Use the built-in screen and projector, a conference toolbox and flip chart to make your presentation even more engaging.



Radisson ensures that you make the most of your business trip by offering Business Class Rooms, where guests can begin the day reading the complimentary newspaper and drinking a hot coffee while lying

in bed. These services are the perfect antidote to a busy day spent in meetings.

Visiting with your family can be very comfortable, by booking the Junior Suites, which offer spacious modern surroundings. The separate living and dining areas encourage you to relax and enjoy a delicious meal in the comfort of your suite. Refresh yourself by taking an energizing bath and start each morning with a freshly made cup of coffee. www.radissonblu.com



Getting there...

Brussels airlines: Hi Belgium Pass

The Hi Belgium Pass is an all-in-one travel package offered by Brussels Airlines, in collaboration with Brussels Airport, the Belgian railways (NMBS) and the tourism organizations of Belgium's regions and cities.

It was launched in May and has been selling fast. The most popular points of departure are currently Moscow, Madrid, Bilbao, Vienna and Barcelona. Brussels, Bruges, Antwerp and Ghent are at the top of the Hi Belgium Pass travelers' list. But Malines, Louvain and Liège can also expect a high number of Hi Belgium Pass visitors. 95% of the Hi Belgium Pass tourists visit Belgium alone or with a partner. The Hi Belgium travellers stay approximately 3.6 days in Belgium, which is longer than the average stay.

Brussels Airlines' Hi Belgium Pass is valid for travel from 50 European airports in 18 different countries. The departure for Brussels must be on a Thursday, Friday or Saturday. The return journey is possible on Sunday, Monday or Tuesday. For only €149, travellers are offered a Brussels Airlines Check&Go return ticket, unlimited train rides throughout Belgium during

the entire stay and access to different attractions and museums in two Belgian cities of choice.

The Hi Belgium pass is a successful collaboration between the biggest tourist players in Belgium. The pass came into being with the support of Brussels Airlines, the Belgian Railways, Brussels Airport, Toerisme Vlaanderen, visit.brussels, Brussels Museum Council, Wallonie Belgique tourism, Visit Bruges, Visit Ghent, Visit Louvain, Visit Malines, Visit Antwerp and the tourist federation of Liege. The tourism offices are happy to contribute to the Hi Belgium Pass and organize targeted actions abroad. Via social media, direct mail, videos and online marketing, the partners reach hundreds of thousands of consumers in Europe.

In the following weeks, Brussels Airlines will continue to develop the Hi Belgium Pass by offering more cities in Flanders and Wallonia and by integrating the option for Belgian companies to include their products in the pass.

Together travelled to Abidjan on Brussels Airlines, a direct flight that is the best option for the Ivory Coast for anyone living in Belgium. More info: www.brusselsairlines.com

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Bordeaux: The joys of the bottle and the plate

This month we are delighted to recommend wines from Bordeaux made for hot summer nights and fresh delicious dishes



The sun is back and so are the Bordeaux summer wines. Full of freshness, the dry whites, rosés, clarets and fruity reds accompany your aperitifs and your gourmet moments. The cooking is nomadic, Bordeaux wines too! We have matched some of the food that goes well with specific wines for you.

Dry white wines

Summer always evokes fresh dry white wines. In

the Bordeaux range, the choice is vast. The sauvignon is the star variety of blends of dry white Bordeaux wines (Sauvignon Blanc, Sémillon and Muscadelle). Its aromas are numerous: citrus, broom, exotic fruits, blackcurrant bud, boxwood and white flowers. The good acidity and aromatic richness of sauvignon make it possible to produce deep, powerful and complex dry white wines.

The dry white wines of Bordeaux are either lively and fruity (especially Entre-Deux-Mers, Bordeaux white, Côtes de Bordeaux) or structured and generous (notably Graves and Pessac-Léognan) with good ageing potential.

Château La France, 2016, Bordeaux AOP
A very expressive wine deliciously fresh with notes of grapefruit, pear, apple and acacia flower. The taste is just as good: powerful, ample, fresh and long. Very pleasant as an



Wining & dining

aperitif, it will perfectly accompany seafood and grilled fish.

44% Semillon, 46% Sauvignon white, 10% Sauvignon grey

Colruyt: **€5.95**

www.tonvincolruyt.be

www.chateaulafrance.com

Château-Sainte Marie, 2016, Entre-deux-Mers

Using Rational agriculture this is an extremely attractive Entre-deux-Mers, with lots of fresh fruit and a subtle acidity. Fantastic in summer to accompany salads and great with herbs.

64% Sauvignon Blanc, 28% Semillon, 8% Muscadelle

Caves de France **€9.32**

www.cavesdefrance.be

www.chateau-sainte-marie.com

A perfect match: Crostini & Entre-Deux-Mers

An ideal seasonal accompaniment for Crostini with ricotta and pepper confit is something dry, white and fruity: Entre-Deux-Mers. The dry white wine of Entre-Deux-Mers nicely balances the herbs that perfume this dish and will bring freshness and balance to the sweeter notes of the confit.

The rosé wines

These Bordeaux wines boast a clear, pink, beautiful freshness –the fruity and delicate aromas are the stars of the aperitif counters and summer dining tables. Pleasant to look at and taste, they manage to conquer the most demanding palates.

La Rose Damanieu, 2015

Bordeaux rosé, 100% Merlot

A rosé with a slightly floral nose. Its expressive taste suggests roses and peaches. The Rose Damanieu has a finale that is dazzling and particularly long-lasting. It's perfect at the table.

Wellwines: **€7.5**

www.wellwines.be

www.damanieu.fr



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Wining & dining

The perfect match: Beets & Bordeaux rosé
Rainbow of beets and marinated turnips.

Fresh & fruity rosés from Bordeaux rosé is in perfect accord with these vegetables, with aromas that are associated with those of a dish which offers beautiful, elegant flavours.

The clarets

Claret is a wine that is produced only in Bordeaux and which perpetuates the tradition of the red wines of the 18th century.

Raspberry-colored, the claret offers light tannins of red wine and all the freshness of rosé wine. A gourmet wine to be married with light dishes or served as an aperitif.

Castle Penin, 2016, Bordeaux Claret
100% Merlot

Ah, the clarity of the clarets, what elegance! A beautiful robe, fruitily expressive reds, both in the nose and in the mouth. Fresh and easy to drink, but of a well-tempered character.

Les Courtiers Vinicoles **€8.93**

www.courtiersvinicoles.be/en

www.chateaupenin.com

The perfect match: Quinoa Salad & Clarat
Quinoa Salad with Peas, Mint, Basil and Feta

Bordeaux claret is great any time of the year. All these very different ingredients contribute to the success of this match while keeping their individuality!

www.bordeaux.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

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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). Pizza Party de 15 € pp. 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

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*On combined offers in participating boutiques.

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LIFE OF
LEISURE

What's on

What's on Belgium

The Brussels Shakespeare Society: Henry IV

The Brussels Shakespeare Society presents William Shakespeare's *Henry IV* directed by Sven Delarivière. Having deposed Richard II, Henry Bolingbroke's subsequent reign as Henry IV deals with the series of rebellions by unforgiving lords who opposed the manner in which he had achieved the crown and his legitimacy to keep it.

Meanwhile, the King's son, Prince Hal (later Henry V), seems to be squandering his life among the whores, boozers and petty rogues of Eastcheap. The greatest of these rogues is the fat knight, Sir John Falstaff. Falstaff's one of Shakespeare's great imaginative creations: a gluttonous, lying and cowardly cheat with much charm, wit and alcohol in him. He is that creature all audiences like, 'a lovable rogue'. And naturally he is very attractive company to a carefree young prince with a strong sense of fun and adventure!



In 1975, The Society's founders hired a 30-seat theatre behind a bar just off the Grand'Place. Since then it has staged all of Shakespeare's comedies and several of his best-known tragedies, as well as six of his histories. **19-23 June** at 20h, and **24 June** at 14h and 20h. Petit Varia. Tickets: littleboxoffice.com/bss
www.shaksoc.theatreinbrussels.com

Tomorrowland

Tomorrowland's Amicorum Spectaculum will bring together over 1,000 artists from all genres, styles and substyles in electronic music for six days, which adds up to almost 104,000 minutes of music and promises to be the ultimate musical experience. A mix of young talent and established names from Belgium and abroad will guarantee plenty of musical diversity and adventure. **21-23 July** and **28-30 July**. Recreation area, De Schorre, Boom.

www.tomorrowland.com





feel throughout the Village. I think I've added a touch of colour to it, and I am very grateful for the trust they have placed in me, in allowing me to completely do my own thing creatively."

Hugues Witvoet, Business Director at Maasmechelen Village said: "Providing our guests with exclusive access to emerging and established talent, be it in fashion, art or

'Where Art Meets Fashion': Oli-B

As part of Maasmechelen Village's 'Best of Belgium' campaign, Brussels artist Oli-B has transformed the Village into an open-air gallery. His vibrant and colourful paintings flow across the facades, into boutique windows and onto the boulevards. A dedicated exhibition space/pop-up boutique further showcases the expanse of the artist's creativity. With support from Maasmechelen Village, Oli-B has been given an opportunity to integrate his many talents and techniques on different surfaces. His challenge is to create a coherent and powerful look and feel throughout the Village.

Oli-B is a painter, illustrator and street artist. His work incorporates a wide range of media from acrylic and spray paint as well as digital and screen printing. He works on a variety of surfaces including paper, canvas, wood and walls. His painting is characterized by a sense of fluidity – gentle curves, abstract forms that hint at, and escape from, the figurative. His chosen colours are emphatic but balanced, with strong composition binding everything together. Oli-B's art – his 'flow' – is vibrant, energetic and full of life.

Oli-B: "Projects like this one allow me to go all out and combine digital illustrations with 3D and murals. At the same time, the challenge is to create a coherent and powerful look and

design, is part of our celebration of the best of Belgium. We are committed to creating sensational and unique experiences for our guests, and this motivation is at the heart of the partnership between Oli-B and Maasmechelen Village." **Until 31 August 2017.**

About Maasmechelen Village

A luxury outlet shopping experience, Maasmechelen Village is one of the collection of 11 shopping destinations in Europe and China by Value Retail, whose support of emerging and established fashion, art and design talent serves to nurture and celebrate creativity, offering its guests from all over the world a unique cultural experience. Located around 60 minutes from Brussels, the Village is home to more than 100 boutiques offering fashion and luxuries for the home, with savings of up to 60% on the recommended retail price, seven days a week and all year round. The Shopping Express® offers a daily coach service from Brussels

www.MaasmechelenVillage.com



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La Terrasse de l'Hippodrome: Holiday in the heart of Brussels

If the beach seems too far you can enjoy the last sunbeams, lying in a deckchair and drinking a glass of champagne at La Terrasse. If you are hungry you can choose from your favourite well-known dishes as well as the new organic section.

The place has an entirely new look and is now named La Terrasse O2 confirming its role as an oxygen bubble in the city. The terrace is turned into a wooden space, designed by young Brussels architects, where green, white and blue are mixed. La Terrasse welcomes you for Sunday brunch with family or friends between 11h00 and 15h00. The little ones can also have fun in the inflatable castle, with the clown or even walk with the ponies.



The 14th edition of La Terrasse offers activities for everyone. There will be a Nature Run 10 km, Yoga, Golf trophy, Organic Market, CHEF's PLAYTIME by Culinaria@La Terrasse O2 and much more to enjoy until **20 July**.
www.la-terrasse.be

BOZAR Electronic Arts Festival

The festival has a minimalist Oscar nominee and Golden Globe winner as its musical headliner, in the shape of Jóhann Jóhannsson, composer of soundtracks for, among other films, *Arrival* and the new *Blade Runner*. During this long and particularly eclectic music weekend (26-30 September) the highly versatile Australian Ben Frost presents his new album and American composer William Basinski offers the Belgian premiere of his emotional tribute to David Bowie. Producer and shoegazer Pantha du Prince puts on an exclusive show, and the Japanese queen of avant-garde, Phew, plays a new album after 20 years. Among the performances in the impressive Horta Hall will be SpaceTime Helix. Check the website for the many events taking place.

www.bozar.be



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**LIFE OF
LEISURE**

What's on international

Manchester International Festival



The festival is staged every two years in Manchester, UK – the next edition will take place from 29 June to 16 July at venues all over the city.

What Is the City but the People?

The 2017 Festival opens with a world premiere of *What Is the City but the People?* created by the people of Manchester and directed by Richard Gregory in association with Islington Mill from an idea by Jeremy Deller. You are invited to come to Piccadilly Gardens and join friends, neighbours and total strangers for this self-portrait of the city. Raised high above the pavements, a unique selection of individuals from across Manchester will walk along a runway stretching more than 100 metres through Piccadilly Gardens. As the working day ends on Thursday 29 June, MIF17 starts. All eyes will be on the people of Manchester as they become the opening event of the Festival. With live music from Graham Massey assisted by an unexpected mix of local musicians, *What Is the City but the People?* will capture and celebrate Manchester as never before. **29 June.** Piccadilly Gardens, Manchester.

Manchester International Festival (MIF) is the world's first festival of original, new work and special events.



Fatherland: Songs and stories from a forgotten England

Fatherland is a bold, ambitious show about contemporary fatherhood in all its complexities and contradictions. Created by Frantic Assembly's Scott Graham, Karl Hyde from Underworld and playwright Simon Stephens (*Punk Rock*, *The Curious Incident of the Dog in the Night-Time*), this daring collage of words, music and movement will transform the Royal Exchange Theatre, animated by a 13-strong cast and a multitude of voices.

Fatherland is a vivid, urgent and deeply personal portrait of 21st-century England at the crossroads of past, present and future. Inspired by conversations with fathers and sons from the trio's home towns in the heart of the country, the show explores identity, nationality, masculinity – and what it means to belong in a world weighed down by the expectations of others. Tender and tough, honest and true, *Fatherland* is a vital and necessary show about what we were, who we are and what we'd like to become. Co-created by Scott Graham for Frantic Assembly, Karl Hyde and Simon Stephens. **1-22 July.** Royal Exchange Theatre, Manchester. www.mif.co.uk

MMI Netherlands

Millionaire Mind Intensive

This is another inspirational coaching event that is worth attending. Billed as "a weekend that could change your financial life", this is a T. Harv Eker signature programme. Author, businessman and motivational speaker, he is the author of the book *Secrets of the Millionaire Mind*. He is joined by financial wealth trainer Marcus de Maria. Most people never become financially successful and go through life never knowing why. They remain blissfully ignorant about their financial future, keep on working and hope they have saved enough to retire. The question you have to ask yourself is: "Is this going to be your story?" The honest truth is your financial success has nothing to do with how good or bad the economy is or your working income - that's external. The root of the problem is internal. People all over the world and from all walks of life have experienced changes in their financial lives by applying these systems.

What will I learn?

At the Millionaire Mind Intensive you'll discover how to:

- Create financial freedom by calculating your freedom number and then create a plan to start achieving it.
- Apply the money rules the rich and successful people use to accelerate your wealth.
- Identify your unconscious conditioning about money.
- Understand how - and why - people are programmed for success, mediocrity, or failure.



- Reset your "financial thermostat" to a higher level of wealth and achievement.
- Win the "money game" and get on the path to financial freedom.
- Master the world's easiest and most effective money management system.
- Master money and relationships with

spouses, business associates and kids.

Your trainers

T. Harv Eker uses the principles he teaches. He went from zero to millionaire in only two-and-a-half years! He combines a unique brand of 'street-smarts with heart'. Eker's high-energy, 'cut-to-the-chase' style keeps his audience spellbound. His motto is "talk is cheap" and his unique ability is getting people to take "action" in the real world to produce real success.

Amon Barnes irritates business owners into action. without any education he managed to achieve financial freedom at the age of 28 through real estate.

Now he is a sought after international speaker, peak-performance trainer and business mentor.

Find out how to change of all that during this three-day event. **23 - 25 June 2017**. STUDIO 21, Hilversum, Netherlands.

www.millionairemindnetherlands.com/together



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LIFE OF
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What's on cinema

Cinema

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



The Mummy

Oh Lordy, it's the return of the reboots – Universal Pictures are set to present their Universal Monsters franchise, and it begins with the latest version of a film that was first made with Boris Karloff ('Karloff the Uncanny') back in 1932. Well, this one has Tom Cruise and Russell Crowe along for the ride, with Sofia Boutella as Princess Ahmanet/The Mummy, and Alex Kurtzmann (*People Like Us* (2012)) directs. Will it be any good? Your guess is as good as mine...
107 mins.

It Comes at Night

It's the end of the world, from without and within, as a family barricade themselves in their home while something decidedly spooky is terrorizing the world. The arrival of another family, desperately seeking help, brings mistrust, paranoia and out-and-out terror. Trey Edward Shults takes his first feature-length bow as director, and it stars Joel Edgerton, Christopher Abbott, Carmen Ejogo, Kelvin Harrison Jr. and Riley Keough.
91 mins.

Wonder Woman

Wonder Woman is directed by Patty Jenkins, with a screenplay by Allan Heinberg and stars Gal Gadot, Chris Pine, Robin Wright, Danny Huston, David Thewlis, Connie Nielsen and Elena Anaya. After American pilot Steve Trevor (Pine) crashes on the island of Themyscira and tells Diana Prince (Gadot) about World War I, Diana leaves her home to try to stop the war and becomes Wonder Woman. One question – will we see where her handbag goes when she 'changes'?
141 mins.

Howards End

Digitally remastered re-release of the 1992 Merchant-Ivory classic – everybody but everybody who was once anybody is in this tale of Helen (Helena Bonham Carter) and Paul Wilcox (Joseph Bennett) deciding then rapidly undecided to get married. It's all so, terribly, terribly beautiful, and they don't make 'em like this anymore, truly.
140 mins.

More reviews on picturenose.com

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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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