

Together

magazine

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European
defence

CHARITY
*United Fund
for Belgium*

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PITFALLS OF
ROAMING

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*Children
on holiday*

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INTERVIEW



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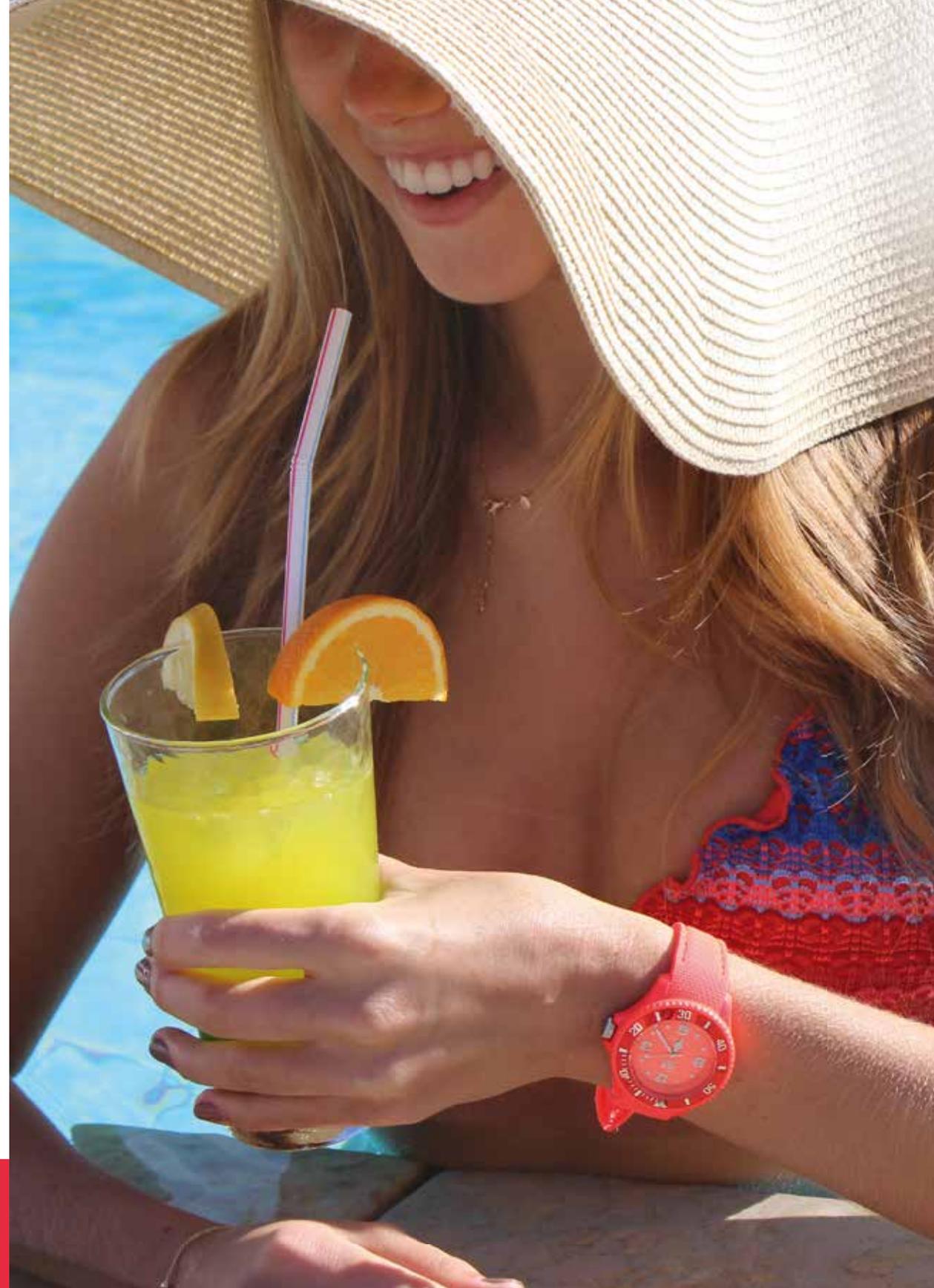
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BLUE BIRD

Editor's LETTER

I was wondering the other day when did people start going on holidays and why did they feel the need to? Perhaps they were envious as they watched the skies fill with the clamour of swallows flying south for the winter. I always thought that it looked like an exhausting exercise, flapping your wings for hours on end. They, of, course, don't have the benefit of €35 return tickets to practically any airport in Europe.

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Me, I'm a frequent non-flyer, have been for some time now. So I am retracing the (rail) tracks of a luxury train that began life in 1886 and eventually packed away its carriages in 2003. It was called Le Train Bleu (Blue Train) because of its dark blue sleeping cars. The rich of the UK mainland would board a ferry and disembark at Calais to join the luxurious train as it headed south, picking up passengers (and more champagne and caviar) in Paris, then on to Marseille, Cannes, Antibes and finally its and my destination: Menton, a gorgeous Mediterranean town, whose groves drip with lemons and oranges.

ON THE COVER



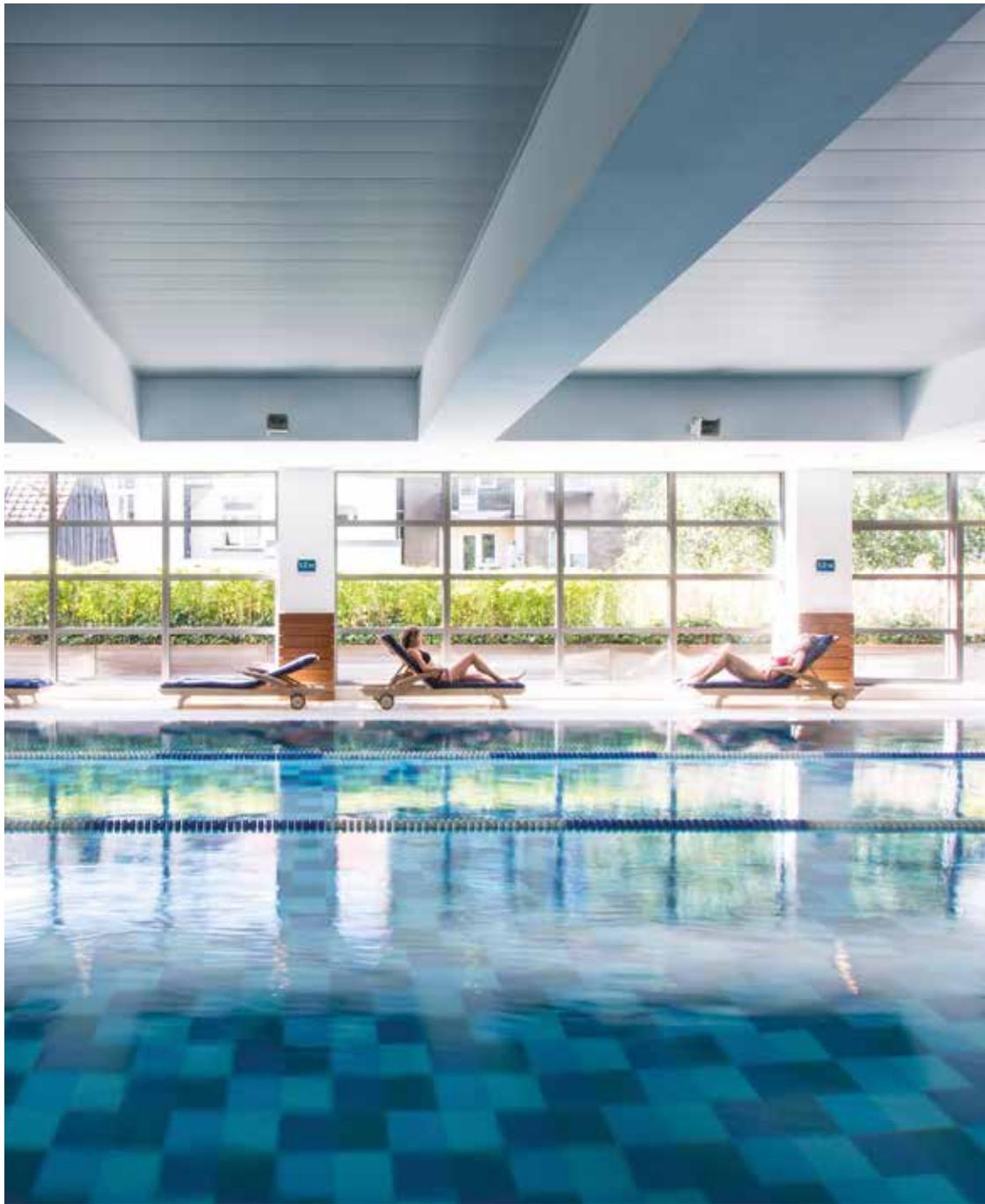
Jessica Biel is starring in
The Sinner

My TGV may not serve up roe from wild sturgeon of the Caspian Sea or bubbly in a glass but it'll do me. And, of course, I get to do the return journey...

Have a great break wherever the rails take you.

Paul Morris
Editor





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Jessica Biel



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Viktor Frankl: Man's Search for Ultimate Meaning

Our inspirational book this month was written by Viktor Frankl, a man who entered the darkness and found a way back. He is known to millions of readers as a psychotherapist who has transcended his field in his search for answers to the ultimate questions of life, death, and suffering. His book *Man's Search for Ultimate Meaning* aims very highly indeed as it explores the sometime unconscious human desire for inspiration or revelation, and illustrates how life can offer profound meaning at every turn.

Belgian design: It's not a bike, it's an ECCE!

A young Belgian design company is making serious inroads in the bicycle market. Formed in Brussels in 2012, surrounded by exceptionally skilled engineers and craftsmen, ECCE Cycles mobilizes its talents to build a prestigious brand that encompasses originality and technology. ECCE Cycles liberates itself from the set codes to take form to another level. With the work of the designer Pierre Lallemand, it has given birth to unique and exclusive products, with elegant, sweeping curves...

Getting married: A truly momentous decision

Gemma Rose reflects on the case for getting married. Readers of my column may remember that three years ago I decided that I wanted to meet more men. I spent a full year on my quest to do so. I had no qualms in asking friends to introduce me to their single guy pals or starting conversations with strangers. I also tried online dating, something which I once scoffed at. It wasn't until the end of my year-long search that I met the man who is soon to become my husband. I met him online.

Tesla cars: The rise of self-driving cars

Anyone with a keen eye for a motor can surely not have missed the rise and rise of the Tesla. In fact, as you're clearly a reader of taste and class, you'll have seen my review of the Model S in this very magazine in January of last year. As I predicted then, the Tesla cars company is pushing ahead with its plans to scale back on the \$160,000 price tag and bring driverless electric cars to all of us, without dialling back on the quality of the build, the range or any of the gadgets and features people have come to expect from the world's foremost electric vehicle maker. ●



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Mogwai

Mogwai is a Scottish post-rock band, formed in 1995 in Glasgow. The band consists of Stuart Braithwaite (guitar, vocals), Barry Burns (guitar, piano, synthesizer, vocals), Dominic Aitchison (bass guitar) and Martin Bulloch (drums). The band typically composes lengthy guitar-based instrumental pieces that feature dynamic contrast, melodic bass guitar lines, and heavy use of distortion and effects. The band's new album *Every Country's Sun* will be released on 1 September. Ancienne Belgique. Tickets: €34 www.abconcerts.be



Ryan Adams

The immensely talented North Carolina-born singer-songwriter, producer and poet Ryan Adams will join the cast at Pukkelpop 2017. His latest album *Prisoner* is his sixteenth studio album, released at the start of this year. The album is Adams' first album of original material since 2014 and includes the singles *Do You Still Love Me?*, *To Be Without You* and *Doomsday*. **16-19 August.** Festivalpark Kiewit, Hasselt. Tickets at: www.livenation.be



Tom McRae

The son of two Church of England vicars, McRae sang in the church choir and as a teen experimented with his mother's guitar. He wrote the song, *Love More or Less* for Marianne Faithfull's album *Give My Love to London* and released his seventh album *Did I Sleep and Miss the Border* in 2015. *The Times* called him "an angel singing the devil's blues". **10 September.** Botanique. Tickets: €27 www.botanique.be

United Fund for Belgium

This month we look at an organization that helps social projects

The United Fund for Belgium (asbl/vzw) is a Belgian non-profit organization. Its mission is to help people in need in Belgium by financing projects of charity associations in Belgium. UFB's focus is solely on social projects (e.g. not cultural events) and it finances projects rather than recurring expenses (such as salaries) in order to maximise its complementarity with public sector subsidies.



UFB supports in particular charity associations involved in child welfare, reduction of poverty, support to handicapped persons and social integration and training.

To fund these projects, UFB collects donations from Belgian and foreign companies established in Belgium and from caring individuals. We seek to support close to 100 different charitable associations every year, financing projects of about €10.000 on average. Our objective is to focus on small to midsize projects that make a difference for the charitable association and the persons they help.

UFB's distinguishing characteristics are:

It distributes to the selected charities the full amount (100%) of the donations received for this purpose. This is because it covers our operational costs through special donations, proceeds from events and the income from the endowment fund (the Martin Kallen Fund) that has been created for this purpose. Redistributing 100% of donations is unique in Belgium.

They fund projects for associations in a balanced way in all regions and all provinces of

the country.

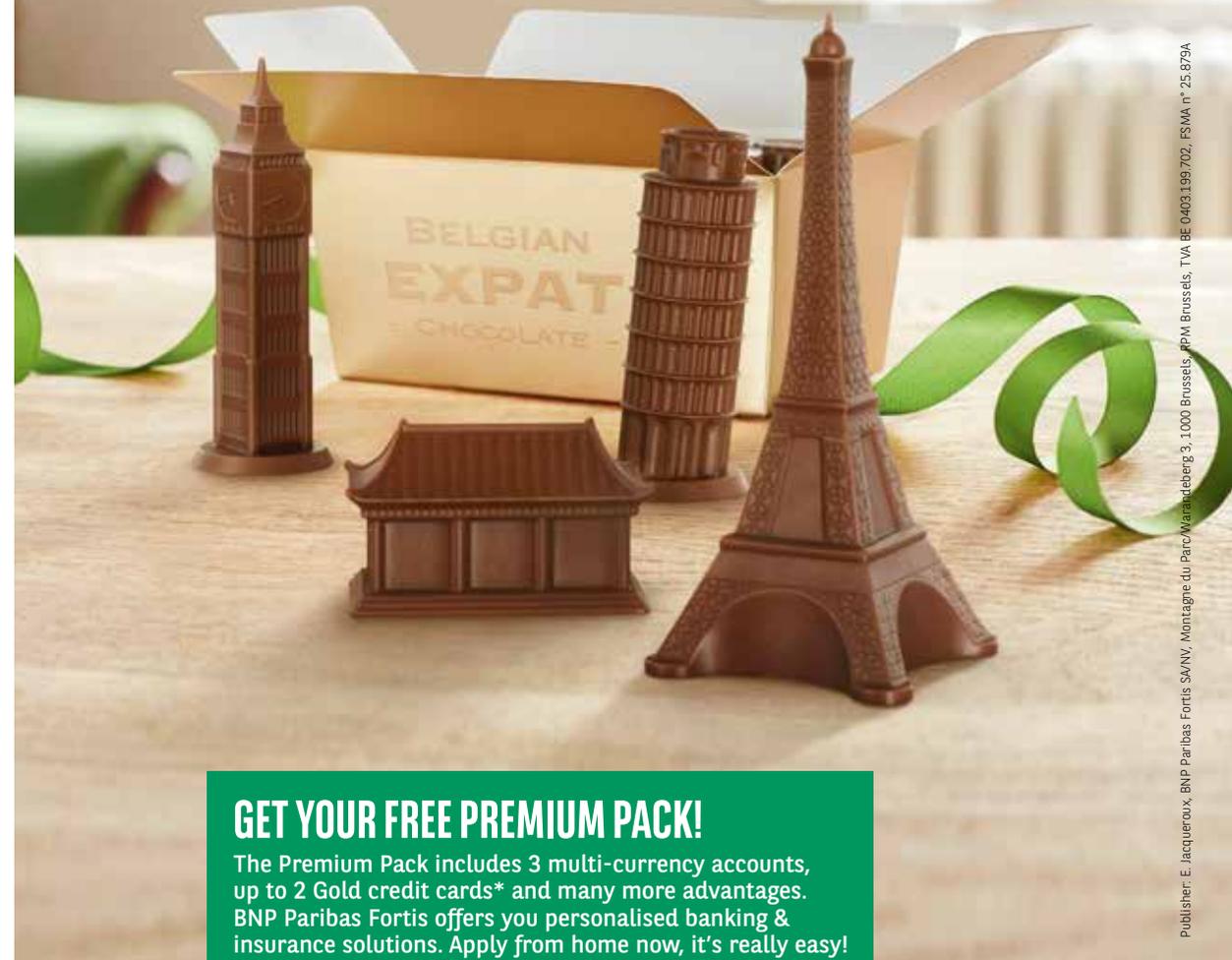
UFB representatives visit every association before we finance their project to assist the association and ensure that the project is worthy and viable. The members of the Allocation Committee which selects the projects to be financed are all volunteers who have long been active in their local communities and know well the charity fabric of their local areas.

UFB also helps donor companies who so wish to choose projects to which they can be associated, for instance by financing them through UFB or by involving actively their employees to support these projects.

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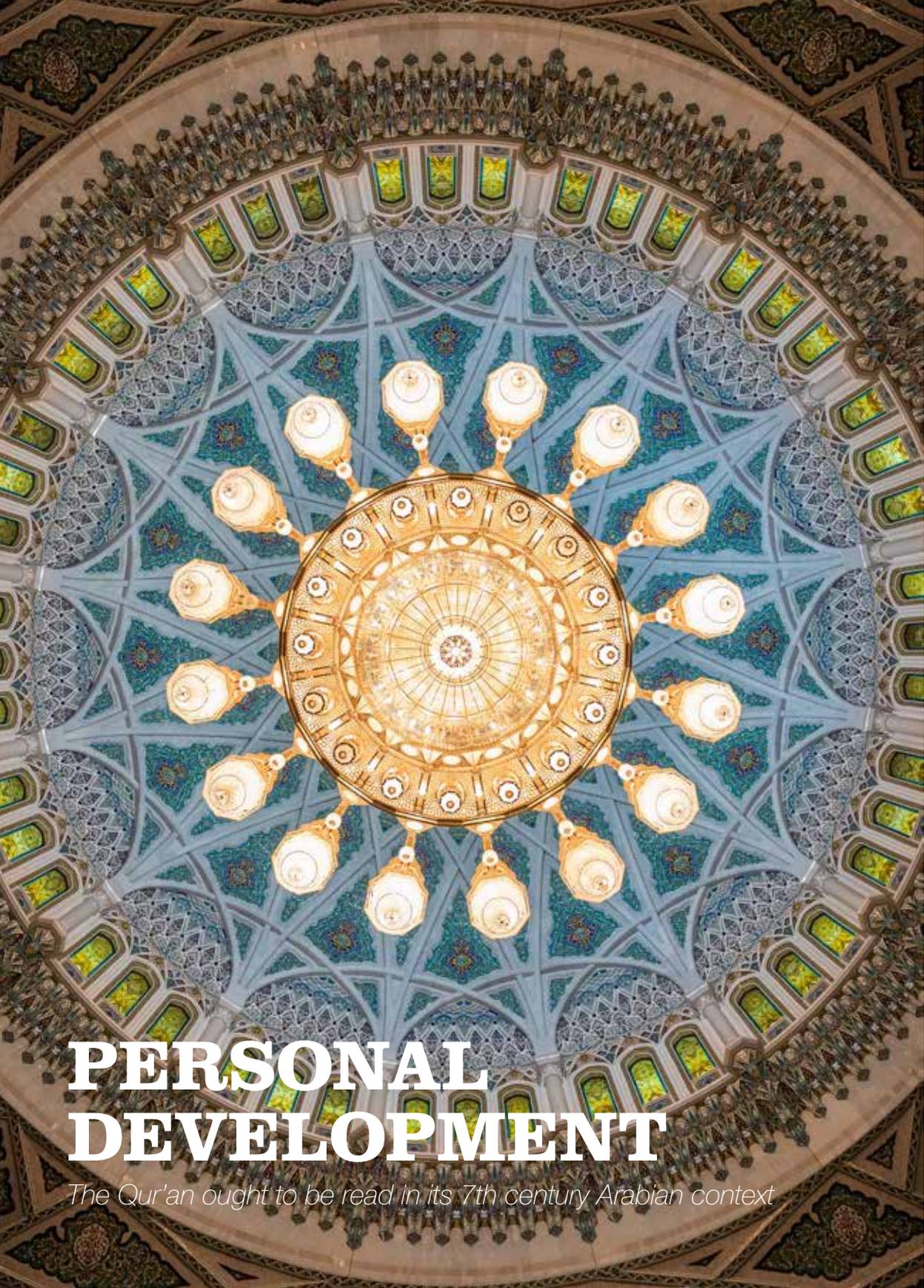
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PERSONAL DEVELOPMENT

The Qur'an ought to be read in its 7th century Arabian context

Keep your kids healthy on holiday

myAspria's **Laura Kretzschmar** speaks to paediatric expert Dr. Martin Karsten



You're taking your children overseas on holiday. What essentials should you pack to keep them healthy and happy while you're away?

All year, you look forward to a well-earned holiday with your family. You want to make the absolute most of the time off – so what happens if sickness strikes while you're away?

If you get sick, that's annoying enough, but if the children get sick, the holiday is spoiled for everyone. So, what advance planning can you

do to minimize the risks, and how do you handle any emergencies that do occur in such a way that the holiday isn't ruined?

Berlin-based paediatrician Dr Martin Karsten shares his top 10 tips on what parents should think about when going on holiday with children.

1. Don't give infections a chance

Children often have to deal with viral infections during their holidays. To avoid such infections, avoid the kids' club or childcare wherever



possible so your little ones don't have too much contact with other children – much better for them to stay among the family.

“ CONSIDER THE USE OF A CHILDREN'S INSECT REPELLENT ”

Babies and toddlers should wear long, non-UV-permeable garments – sun protective clothing that cover their arms

and legs, as sunburn should be avoided absolutely in such young children. If your child does get sunburned, use an ointment containing cortisone.

It's also more advisable to swim in the sea than in the swimming pool, which can often be a breeding ground for viral infections.

2. Pack a good first aid kit

Finally, it's best to holiday with children in temperate climates, as more extreme climates increase their susceptibility to infections.

Pack children's formulations of painkillers such as paracetamol or ibuprofen, plus PVP iodine ointment, sterile compresses, dressing material and plasters in the case of injuries. Also important are electrolyte solutions for diarrhoea and nasal drops for colds and runny noses on a flight (see below).

3. Sun protection is important

Remember to take enough sun protection, with at least a factor of 30, and ensure your children's heads are always covered. Between 12h00 and 15h00, make sure your children are always in the shade.

4. How to treat upset stomachs

Gastrointestinal problems must be treated through diet rather than pills.

Start by giving your children an electrolyte solution for 12 hours; if that isn't available, mix apple juice and mineral water in a ratio of 50:50 and let your children drink this.

For the subsequent 48 hours, avoid milk products and fatty foods.

5. Beware of insect bites

Wear long clothing as the sun goes down and throughout the evening, to help avoid insect bites by exposing less skin.

Also, subject to the area in which you are



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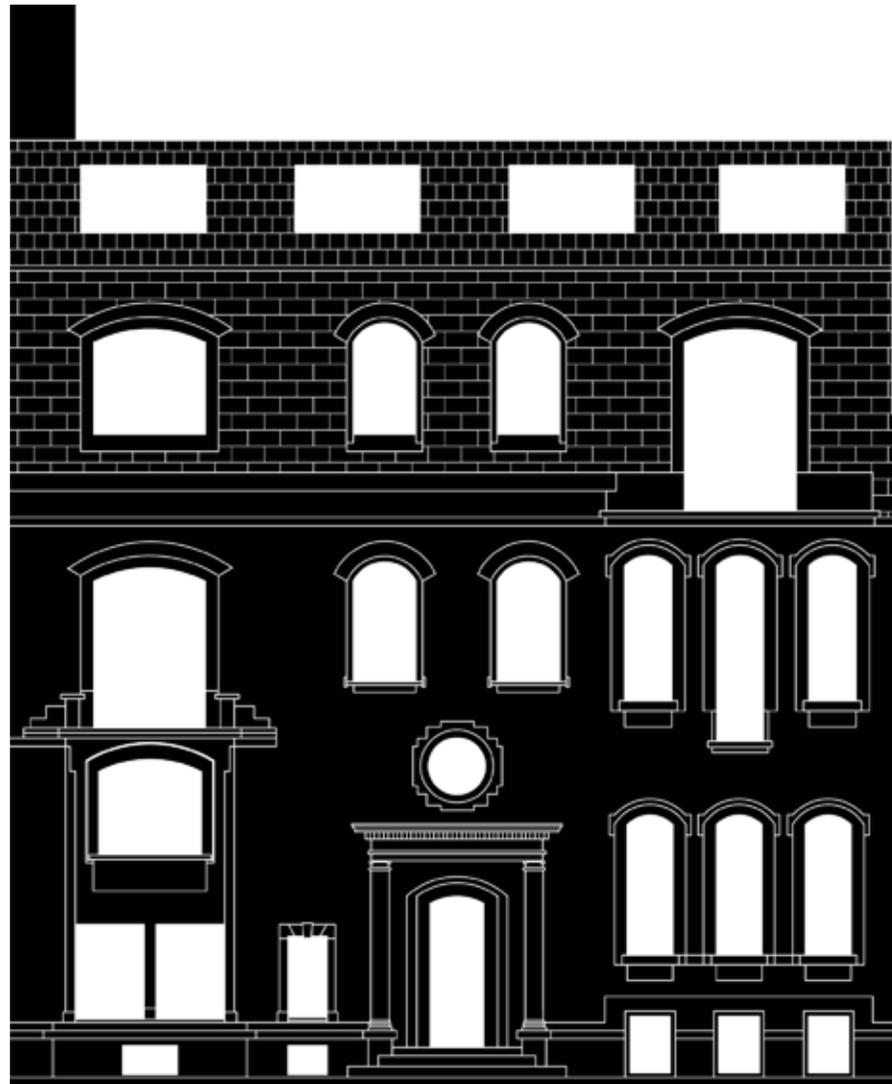
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**PERSONAL
DEVELOPMENT**

Fitness

holidaying and in consultation with your pharmacist, you might also consider the use of a children's insect repellent.

If your children have an insect bite, applying a cortisone ointment and/or antihistamine cream can help soothe the itch. Alternatively, you can also try to alleviate the itch by rubbing half an onion on the bite.

6. Think about vaccinations in time

Children should be vaccinated according to the recommendations of the permanent vaccination committee (STIKO).

For long-distance trips, you should get a special vaccination consultation that's specific to the region you're travelling to.

7. Flying with children

Children cannot adjust to the changes in pressure when flying. If your child has a runny nose during air travel, give them nasal drops before starting and after landing. Encouraging them to drink something can also help them equalise.

Consider choosing appropriate flight lengths based on the age of the child.

8. Swimming with children

The temperature of the swimming pool or sea should not be less than 27 degrees. If small children or babies start to cry in the water and do not feel comfortable, take them out of the pool.

9. Not every country is suitable for all ages

In general, it is advisable to avoid countries in malarial areas if you're travelling with children

under the age of two.

Chronic illnesses in children should also be taken into account when choosing the destination. For example, if your child has a heart defect or asthma, high altitude should be avoided.

Also bear in mind that many accidents and injuries occur on holiday. Parents should be aware of the dangers associated with their holiday location – water or mountains, for example.

General advice would be that parents with small children should only choose destinations in which they themselves feel safe and secure.

Set off in good health

Kindergarten is a perfect place for infections to spread, and a child can become ill from one day to the next. I recommend taking the child out of kindergarten three to four days before the start of the holiday, to

help ensure you set off in good health.



**“ MANY ACCIDENTS
AND INJURIES
OCCUR ON HOLIDAY ”**

About Dr. Karsten

Dr Martin Karsten is a member of Aspria Berlin Ku'damm. He has been working as a specialist in paediatrics since 1991, when he took over his father's paediatric practice in Berlin-Wilmersdorf;
www.kinderarzt-wilmersdorf.de

The future of education

Catherine Feore talks to an educator who believes we need to prepare children for jobs that do not yet exist

The world has never appeared to be such a challenging place for our children with rapid technological development and global challenges to health, the environment and security. We turned to the Education Director for the Inspired Schools Group, Dr Stephen Spurr, to ask how to prepare the next generation for what lies ahead.

The Inspired Group encompasses 30 premium schools on four continents with over 18,000 students; the group includes the prestigious St John's International School in Brussels. Dr Spurr, who is the group education director, taught at Eton and was headmaster of Westminster in London, the top academic school in the UK.

Together: Children appear to be living in an age of greater anxiety. Artificial intelligence could render the careers their parents pursued redundant? What can the education system do to prepare children for a very different world?

Dr Spurr: There is no doubt about this. We are bombarded with information about an automated world where there will be lots of new jobs that we don't yet know about, which induces anxiety. Teachers have always tried to prepare their children for the future. The teachers therefore need to understand technology in order to help children to prepare.

Sir Tim Berners-Lee, the inventor of the worldwide web, recently spoke to some of our students. He said that you must teach not only how to understand what is on the screen, but also what is happening behind the screen. In other words, knowing how computers work will help students to use them better still for their own purposes.

The next generation needs teachers who embrace technology. Education should empower children to shape our world. This is the reassuring message we need to transmit to students and parents.

I see that you studied the classics. Are the non-STEM subjects (science, technology, engineering and mathematics) still relevant to today's schools?

We have rightly concentrated on STEM subjects, but what we must insist upon on the future is STEAM, where A stands for the arts and humanities in general. We need people with a balanced understanding of human experience. Scientists also need to have creativity and understand what it means to be human.

Steve Jobs said: "Technology is not enough... it's technology married with liberal arts, married with the humanities that yields us the results that make our heart sing." I would agree with that. At St John's we teach the baccalaureate



curriculum where you have to follow a mix of subjects.

Is there a danger that we are heading for a society that knows the price of everything and the value of nothing?

The generation that is becoming more anxious, Generation Z, are much more idealistic than we give them credit for. The z stands for zero – they will be the first generation that has the capacity to reduce poverty, famine and climate change to zero. These are the things they care about and as educators we strongly support them.

You taught in Eton for many years, one of the world's most renowned schools in the UK. Does it deserve its reputation? Even after Boris Johnson?

I taught Boris, Jo and Leo Johnson! Boris also sent his sons to Westminster School where I was headmaster. They are all very clever people and they are all very committed to education and Leo in particular is interested in looking at future challenges. It's very important for young people to be involved and feel that they can contribute to current affairs.

Some of us feel nostalgia towards our own education. Teacher led, not bothered by 'discovery' – not very cool; but most of us feel we had a good grounding. We just sat down and learnt a poem by rote, or why the periodic table

is laid out as it is. Was that really so bad? Is there a danger of gimmickry in education?

It's not a good idea to copy notes down from the blackboard – or out-of-date text books – and rewarding students for regurgitating what they've learnt. On the other hand, if you have never had to remember anything you will not know how to assimilate other knowledge. So a mixture is needed. Yes, it is still important to learn things but children need to be taught how to be critical and analytical.

W.B. Yeats said that "education is not the filling of a pail, but the lighting of a fire". What is the best way to extinguish a flame? Or kindle a flame?

It isn't a binary position. It is no longer enough to fill the pail – we also need to light the fire. We need to fill the pail not just with knowledge, but with optimism and hope. The reservoirs of self-confidence need to be kept full to give children the courage to face an uncertain future.

Education is all about people and it takes place best in a conversation between the teacher and the student. If you can get a child to be passionate about one aspect of their education, that child will excel. This is precious – once you have excelled in one area you can be shown how to be equally good in other things. In this way in a changing world you can be ready whatever comes. 🗣️

Cultivate virtuous thoughts

Sarbani Sen offers tips on how to return to infinite possibilities



When I go through my spiritual books, I see a lot of mind control suggestions.

As if, somewhere along the road, we sometimes lose track of reality and go deep into negative thoughts. These thoughts can be embedded in real sad situations of grief and loss, but sometimes we tend to slide into a negative mind frame and mindset, and at the end of the day, we no longer appreciate our lives.

What happened?

Maybe we lost someone dear, maybe we lost

our job or had to close down our business. These difficult situations can lead to a depressive state. There are different stages in depression. The first stage is denial: of course nothing is wrong with us, we have every right to be pissed off after what happened and please do not disturb our almighty grumpiness. Then comes the stage of anger. We are angry against the world for what really is unfair and only happens to us. We are such victims and life is so unfair. Then we'll try to bargain. Maybe there is still something we can do to avoid the horrible situation we are in? When we realize there is nothing more we can do, we slowly melt into a depressive state and sometimes

get stuck there (especially if we start eating the wrong food for our bodies, going out a lot, sleeping less etc).

At some point, however, we have a wake-up call (maybe because we started asking for help, seeing a coach or people start telling us things). We then have an 'eye opening' period. This is a very slow process because our negative tendencies are still very vivid and take over very often. But we need to be courageous and keep walking in the right direction. How do we know we are in a depressive state? When the day hasn't started that badly and yet we are a mess already. Picking on details and feeling insulted at every sentence we hear or just having no energy to do the things we had so much joy with before.

Rolling up our sleeves

When we find ourselves out of sorts we start to ask ourselves: "What can be done here? How can I have fun again? When will I start enjoying the great mystery of creation again?" We can start working on it with different techniques. For one, we can try therapy, or sports, or even medication. Some people go deeper and start learning techniques and even become professionals at the art of analyzing themselves and others. If we still have these ups and downs, after trying so many techniques, then it might be a perfect moment to go back to spirituality, to start reading philosophy or shamanic books, to reconnect with ancestral wisdom and look at things from a different point of view.

I suggest meditation. It is an easy, cheap and quick fix! When we start meditating, we realize how much time we spend on bad habits, we realize where our thoughts go, what kind of thoughts we tend to feed. This is when we can start acting on our mind frame and our thoughts. This is when we realize that we need to put a full stop to bad mental habits. There is no middle way, no mercy. They need to be uprooted. We can start by 'offering our negative thoughts to the universe' if we want

to. This is an easy technique of mental release. Just to offer all our angers, fears, jealousies, conclusions, judgments and decisions to the universe. One by one, we let them go. The next step is to actually meditate.

How to meditate?

A simple way is to put your timer on five minutes to start with. Just close your eyes and focus on our breath. Just observe breath coming in and out. What is its smell, its taste in our throat? Very very very gently inhale – hold your breath for 5-10 counts and then exhale and stay empty for 5-10 counts. Do this a couple of times and then let go the natural rhythm of your breath. You can then just sit there and try to keep attention on life happening in your body. Soon you'll realize your thoughts start to wander. Gently bring your focus back on your breath. No judgment, no stress.

“ HOLD A SOFT, PEACEFUL GAZE ”

This is perfectly normal, even the biggest yogi have that some days. So be indulgent with the 'self'. Maybe after a few days you want to increase the time to ten minutes then

twenty. At some point you will feel so much ease and joy that you will be surprised to want to go for half an hour and more. Try to keep an upright posture while you do this. Sit comfortably with your back stretched out straight. You can start against a wall and even on a chair if it is more comfortable for you. You can close your eyes or stare into a candle flame. Hold a soft, peaceful gaze.

When we meditate we clean our thoughts, we become very creative as the brain throws up all sorts of ideas. It might be interesting to write a few down (keep a paper and pen next to you). You might even get some answers to your questions. You can set an intention too. Some gurus or teachers will ask you to meditate like a mountain (see Jean Yves Leloup). It's a very interesting technique where you actually become a mountain, breath like one and have its sensational world. You might want to sing a mantra, or just your own name (which is also a mantra and helps to reach more consciousness over the self).



Recently I joined a meditation group and we meditated on 'the divine light in our hearts' (see heartfulness.org), a very interesting and impressive thought. When we meditate on our heart, it suddenly expands, our breath becomes deeper and fuller, and we fill ourselves with immense love for people around us. We might want to send that love to our family and peers but also to people we are currently having a tough time with, or colleagues, or just people around us. We also spread this love into our own cells, feed every part of our body and energize it. In tantric philosophy, we visualize that "when we breathe in, the whole Universe breathes in with us, and when we breathe out the whole universe breathes out with us". (read Michel Odier, Tantra). At the end of my tribal dance classes, I usually slow down with some yoga postures and we end with a small meditation. We focus on a powerful white ray that covers our whole body. You can choose gold, green or purple too if you want (they all have a different healing purpose). This white ray covers our whole body and enlightens our 'aura'. We can also visualize it as an incandescent tube inside our spine, or like a tube crossing our whole body from crotch (Muladhara chakra) to top of the head (Sahasrara chakra). In Hindu tradition, we

believe that when this white light goes through all the chakras (the seven fundamental energy centres of the body), it helps these energy centres rotate and do their work.

Cleaning the aura

Now coming back to virtuous thoughts, when our aura (the colourful vibrational envelope around our body) is disturbed, we say it is 'dirty'. We then feel out of balance, out of focus, nervous, depressed and negative thoughts take control. To step out of that imbalance we can meditate on our aura and visualize it clearing up, and shining brighter, hence the white light or the gold. Meditating on the gold color will give us protection. Then we can start virtually 'cleaning' our thoughts by having higher thoughts, on higher issues, more spiritual issues (read Omraam Michael Ivanov).

Surrounding ourselves with soothing music will also help the process. Soft harmonious sounds are usually appreciated by our bodies and our vibration. Special smells too, incense or flowers, or Santa Maria water (we use it in shamanic rituals). Look for 'a taste of paradise' in this cleansing process. Mindful walking, mindful cooking, mindful speaking and putting our attention on what comes out of us in all ways is a good start to take back control of our lives (see mindulf.org). ●

Feminism is a martial art

Natalie Morris looks at the impact the new *Wonder Woman* has had on feminism



In the 2001 documentary following his daily work life while exposing some of his main ideas on class, race and gender, French sociologist Pierre Bourdieu articulated the notion that would become not only the title of said documentary, but also a ubiquitous phrase in the world of social science: "La sociologie est un sport de combat", meaning "Sociology is a martial art". In the film, he utters the sentence during a radio interview in which he is questioned about his criticism of social scientists working for the government and

Self help

other established seats of power, explaining that the knowledge uncovered by fields such as sociology, anthropology or political science should be destined for the purposes of resistance and rebellion, not used to aid existing structures of dominance. In this sense, he felt that sociology could be compared to the martial arts: it is designed for self-defence – not for those attacking first.

Lately this sentiment has been coming up frequently in my thoughts on social justice. In particular, in my thoughts on feminism.

As I'm sure most of our readers know, the latest DC superhero film *Wonder Woman* has come out in cinemas. As I understand it, it is the first film of its kind to feature a heroine in the lead role since the widely lambasted *Catwoman* discouraged the blockbuster monster corporations from making female-led superhero films at all. Although I haven't yet seen the film myself, I have been able to gather generally very positive reactions from several critics and commentators I trust. Crucially, female critics (many of whom have an extremely minimal interest in the superhero genre as a whole) have reportedly come out of the cinemas feeling unexpectedly emotional about the film. "I didn't realise how much I needed this," seems to be a common reaction, in reference to the portrayal of an Amazon utopic society where women fight, live in harmony and independence, and rule. Some have gone so far as to schedule 'women only' viewings of the film.

However, all fringes of society have not been so enthusiastic. Namely, those who feel the film has excluded certain important characters from the original cartoon series who represent other social identities. For instance, I quickly learned of characters present in the *Wonder Woman* 'canon' who disappointingly – but unsurprisingly – didn't make the cut this time. Most notable perhaps is Philippus, a black Amazon who raised Wonder Woman and

trained her in fighting skills. That role in her life is taken in the film by Robin Wright's character. It has been pointed out that for a movie claiming female emancipation as its *leitmotiv*, it seems primarily intent on empowering a certain type of woman, in this case at the expense of others.

**“ FEMINISM
BELONGS TO AND
WAS DESIGNED
FOR THE
DISFRANCHISED ”**

Another objection to *Wonder Woman's* claim to feminism is that, being the kind of film that it is, one could say that it is more a symbol of the power of capitalism than anything else. These films are known for being created 'by committee', in other words by a group of rich

white men sitting around a table, designing the most profitable way possible to tell these comic book stories that are loved by many. Of course, the studio graciously allowed their *Wonder Woman* adaptation to be directed by a woman. But rejoicing at more women being brought to the table misses the point, which is the fact that there is a table at all.

From my perspective, this is naturally symbolic of a greater issue. More and more I see the idea of female empowerment being appropriated by capitalist mindsets. Too often the emotional impact of these ideas is used by groups of people already in power, because of the semblance of social awareness and a kind of underdog factor it brings. Another American example of this that needs no explanation was Hillary Clinton's campaign against socialist candidate Bernie Sanders. By pretending that feminism can be disconnected from other forms of oppression such as race and poverty, the inevitable result is to empty female empowerment not only of its radicalism, but also of its credibility among a large part of the population.

For this reason, I believe it is increasingly important to turn to forms of feminism which intersect with other issues which are just as important. For instance, the disciples of what is called ecofeminism blend female emancipation not only – as the name suggests – with



Wall painting of Pierre Bourdieu
Photo © Thierry Ehrmann

ecology, but also with capitalism and potentially all forms of oppression. Theories like these allow for far more interesting debate than the self-centred "women can be strong" argument – although this is true, and important – because they strive, from the standpoint of female empowerment, to put everything into question. By thinking this way, we have better chances of avoiding the trap of propagating other forms of social dominance, with the help of seemingly feminist arguments.

I'm not saying one should never enjoy the kinds of light-hearted pleasures that seeing exaggeratedly empowered women on screen offer, nor that one should never support someone just because they're a woman. I just believe it's crucial to keep in mind that feminism belongs to and was designed for the disfranchised not to play into established structures of power and oppression. So, to paraphrase Bourdieu: feminism is a martial art... and don't forget it. ●

Islam and I

Gemma Rose takes a journey into her faith



I was in London during the London Bridge attacks. I had spent the evening a bit further south, in the diverse community of Tooting, enjoying a Keralan curry with friends. When I got home, a friend of mine messaged me: "My mum's been worried sick about me," she said. "Apparently there's been an attack on London Bridge." I spent all night glued to my smartphone, reading the news. I hardly slept. Of course I knew, like we all do nowadays when we hear about an attack, that the perpetrators were most likely Muslim, and that the attack was probably claimed by the Islamic State. The next day, I felt afraid, ashamed, angered, shocked and, most of all, sad.

I come from a Muslim-Catholic family – my father's side is Muslim whilst my mother's is Catholic. I was raised Muslim. And although I have questioned this religion that was imposed on me from birth, I always knew that acts of

terror are not part of the Islam that Prophet Muhammed, peace be upon him, espoused. My early understanding of Islam came from my Dad. We do not always see eye to eye on the religion, nevertheless, he always engrained in me the freedom to think, to question, and most of all, to read. On murder, the Qur'an is clear: "He who kills an innocent person, it would be as if he has killed all mankind, and he who saves a life, it would be as if he has saved the life of all mankind." (5:32)

Growing up, I have undoubtedly been at odds with Islam. Spending teenage summers in Saudi Arabia and observing how Islam, in my home country of Malaysia is becoming increasingly conservative, the veil and polygamy have been two of the issues that have irked me the most. Since 9/11, the other thing that discomforted me was the perceived absence of Muslims standing up against

terrorism, myself included. I was ashamed to associate myself with Islam.

After the London bombings in 2005, I decided to understand what is happening to Islam. Was it really a religion that preached hate and subjugated women? I came across the book *The Trouble With Islam Today* by a Ugandan-Indian Canadian Muslim lesbian, Irshad Manji. She went back to the Islam that Prophet Muhammed practiced and the revelations of the Qur'an. From her, I decided to read up more about the history of Islam: the life of Muhammed; its development in science, mathematics and philosophy; its legal traditions; as well as the fractures, strains, wars and colonialism that have all played their part in bringing Islam to where we are today.

I share the view of many Muslim reformers such as Irshad Manji that the Qur'an ought to be read in its 7th century Arabian context. In fact, Islam freed slaves, it brought rights to women, who were previously considered mere chattel, and it eliminated discrimination between race, colour or social standing. As for the veil, the Qur'an does not oblige women to wear it but merely for people to dress modestly. As for polygamy, in 7th century Arabia, conflicts left many widows with children to support, thus the Prophet encouraged polygamy so as not to leave families destitute. Even so, polygamy is only permissible if wives can be treated equally, which the Qur'an acknowledges is very difficult to do. As for sharia law, it was developed over the centuries after the Qur'an was revealed, and unfortunately, as traditional and rigid interpretations have gained sway, any hope of reform or legal innovation was snuffed out. The more I read, the more I also realized that the practice of Islam has naturally merged with the cultures and traditions which existed before, for better or for worse.

In his critically acclaimed book, *No God but God: The Origins, Evolution and Future of Islam* the Iranian-American religious scholar, Reza

Aslan believes that we are living in a period of Islamic reformation. Yes, we are seeing the rise of fundamentalism, but we are also seeing the rise of social egalitarianism. Iran's green revolution, the Arab Spring and Malaysia's reformasi movement showed that people in Muslim majority countries are not rejecting Islam, nor do they believe that Islam and democracy are incompatible; rather they want unity, equality, freedom from despotism and corruption, and freedom of conscience, the same things that Prophet Muhammed wanted in Mecca thirteen centuries ago.

On a local level, I see the reform: Muslims taking a stand against such extremism; female imams leading congregations; men and women standing side by side in prayer; gay friendly mosques. What I am also starting to see in popular culture are Muslims like me, those who perhaps are not practising, yet who feel affinity or identity with Islam. As the Pakistani-American Muslim comedian Kumail Nanjani said: "Everyone knows what a secular Jew looks like. Everyone knows what a lapsed Catholic looks like. That's all over pop culture. But there are very few Muslim characters who aren't terrorists, who aren't even going to a mosque, who are just people with complicated backstories who do normal things. Obviously, terrorism is an important subject to tackle. But we also need Muslim characters who go to Six Flags and eat ice cream."

And for those amongst us who are not Muslims, we have to refrain from generalizing and tarring everyone with the same brush. Aslan understands that the key to altering people's perceptions of Muslims is by building slow and steady personal relationships. It is through these relationships that we will realize that at the bottom of it all, we have the same fears and anxieties, hopes and aspirations as each other.

Inshallah, God willing. 🕊

“ IT WOULD BE AS IF HE HAS SAVED THE LIFE OF ALL MANKIND ”

Debunking dietary myths

Our nutrition expert **Sophie Bruno** separates dietary fact from fiction



Nutritional myths are not only dominating the media, but they are also infiltrating innocuous dinner conversations. Some dietary beliefs are repeated so often and via an array of different media that they inevitably become entrenched in common knowledge. This makes it difficult to separate truth from myth. Moreover, as the implementation of a healthy, balanced diet can be complex, it is no wonder that the media is brimming with short cuts which claim to achieve speedy results. However, some of these alleged nutritional quick-fixes are often based on shaky science and may cause more harm than good. This article will explore the

most insidious food and nutrition misconceptions and provide some scientific insights to dispel these myths.

Gluten-free

The booming gluten-free market, galvanized by its underlying belief, has been fuelled by mainstream media advocating the negative effects of gluten in society's diets and health outcomes. This has resulted in a significant proportion of the population actively avoiding foods that contain gluten or systematically eliminating gluten entirely from their diets. Gluten refers to the protein complex found in wheat, rye and barley. Coeliac disease results

in the activation of the immune system which causes damage to the lining of the small intestine, interfering with the body's ability to absorb nutrients. Gluten intolerant or sensitive people experience negative reactions to gluten, but do not have coeliac disease. Research is mounting as to whether gluten is the cause of sensitivity, or if other components are to blame, such as Fermentable Oligo- Di-Mono-saccharides and Polyols (FODMAPs) and other non-gluten proteins found in wheat. With so many different causes, conditions and symptoms, diagnosis can be extremely hard. This generates a lot of misinformation about gluten. In the absence of a legitimate medical reason to avoid gluten, there is no robust scientific argumentation that supports switching to non-gluten alternatives; not only will this represent a costly pursuit, but it will offer no additional health benefits.

Carbs are fattening

If you look at the calorie content of carbohydrates, gram for gram carbohydrates supply fewer than half the calories of fat. Extreme caution should be applied if a stringent dietary programme is implemented that recommends eliminating entire food groups or any form of stringent dietary rules and patterns. Focus should be on the type of carbohydrates rather than restricting consumption. Starchy carbohydrates come in two forms: refined and whole. The latter are packed full of fibre, which deliver a plethora of essential vitamins and minerals. In fact, if you want to lose weight, eating high-fibre foods will help to satiate you, which means you are less likely to overeat. We need starchy carbohydrates to deliver energy. Instead of cutting them out, make some smart switches and cut down on the unhealthier, refined carbohydrates.

Sugar

Sugar has been demonized in the media, and has been attributed to the onset of many chronic diseases. Ultimately, regardless of the food or format, once sugar is consumed it will be broken down into glucose, which our cells

employ for energy. However, the difference between a teaspoon of sugar added to your tea or coffee and the natural sugar in a portion of fruit or dairy is the presence of vitamins and minerals. Although it is a form of sugar, lactose is accompanied by a healthy supply of vitamins and minerals present in the matrix of dairy, such as calcium. Honey, maple syrup and agave syrup are all still natural forms of sugar – however, they are similar to refined sugar, in that their actual nutrient content is quite poor. Abide by the principle that sugar should always be accompanied by as many nutrients as possible, and remember that added sugar should always be avoided.

Low fat is best

Many health guidelines recommend low fat dairy, driven by the scientific evidence demonstrating that saturated fat content is linked with a greater risk of heart disease and obesity. Contrary to deep-seated opinion, a low-fat diet is not a necessarily a healthy one. The important take-away is not to cut out fat entirely, but to make sure that you are consuming the healthy varieties. Unsaturated fats bring about a myriad of health benefits. They have been associated with lower blood

cholesterol and a reduction in inflammation and are found in foods such as oils, nuts, seeds, avocado and oily fish. In terms of dairy, recent studies have shown an inverse association with full fat dairy and obesity risk. As such, the key message is to ensure that you are including three servings of dairy or dairy alternatives in your diet each day. However, if you are overweight or obese, then low-fat products are useful in the reduction of overall energy consumption and intake of saturated fat. If you do choose low-fat products, make sure they are free from *added* sugar.

Clean eating

Clean eating is increasingly associated with health and is promoted by many online bloggers. While the term is heavily used in social media, there has never been any agreement on what it really constitutes or any

**“ DIAGNOSIS
CAN BE
EXTREMELY
HARD ”**



comprehensive studies examining the potential benefits of a clean eating lifestyle as a whole. While some of the core principles that the movement champions are in line with the best available evidence for losing weight or preventing ill health, there are plenty of others that do not stand up to scrutiny. For example, it has been repeatedly proven that dietary restrictions such as a dairy-free diet or gluten-free diet are nutritionally sub-standard. Moreover, any form of restrictive eating characterized by strict and forbidden foods is unhelpful and may be harmful. Ascribing labels to food such as 'clean' and 'bad' is counter-productive and may result in unnecessary judgments, instilling an unhealthy relationship with food, which precipitates unhealthy dietary habits and misconceived perceptions about food that could trigger the onset of dietary disorders.

Coconut oil is healthier than olive oil

The hype surrounding coconut oil in the media is hard to dismiss, and is penetrating public opinion. Coconut oil has ignited controversial discussion among health professionals and the public as it has been hailed as the latest

'superfood' aiding weight loss and heralded with anti-microbial and anti-viral properties. Coconut oil is very energy dense; it supplies 117 kcals in just one tablespoon, 92% of which is made up of saturated fatty acids. There has been a lot of noise around the supposed superior smoke point of coconut oil. This idea has been scientifically refuted. Extra virgin and virgin olive oil is predominantly made of mono-unsaturated fats, which are more heat stable and contain a range of antioxidants that further protect the oil from oxidising when it is heated. As such, there is currently insufficient evidence to recommend coconut oil over healthy fats such as olive or rapeseed oils. Making the switch to coconut oil is likely to lead to less favourable blood lipid profiles and potentially increase the risk of coronary heart disease. Moreover, coconut oil delivers none of the vitamins or polyphenol antioxidant compounds that are found in extra virgin olive oil. ❶



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Joy at Work

Of all the self-help books we have covered in these pages this one surely has the catchiest title.

Dennis W. Bakke is the co-founder of Imagine Schools. He is the author of the *New York Times* bestseller *Joy at Work: A Revolutionary Approach to Fun on the Job*. Bakke previously co-founded and served as the president and CEO of AES, a Fortune 200 global power company.



and to judge their leaders more on financial results than on values. Bakke challenges us to broaden our definition of organizational performance and success beyond dollar value. The timeless values and principles he advocated during his tenure at AES, he says, stand on their own merits, whatever a company's share price. Bakke and AES partner Roger Sant redefined the basic operating structure for organizations and created an unconventional global success story. At AES, said senior executive Tom Tribone says: "We try it out in practice and then see if it works in theory."

AES held a two-day retreat where 20 employees hammered out its "shared values": integrity, social responsibility, fairness, and fun. 'Fun' was the most difficult value to define. To Bakke, fun was not the Friday afternoon beer blast or the annual holiday party. Rather, fun meant a joy-filled, rewarding, creative work environment, free of autocratic supervisors and staff offices, where each and every employee could fully utilize his or her talents for success. Find out more on his

Bakke's passion is to make work exciting, rewarding, stimulating, and enjoyable. While most business books focus on top executives, *Joy at Work* is aimed primarily at the working life of the other 90-95% of people in large organizations. According to Bakke, co-founder and CEO emeritus of the AES Corporation, a worldwide energy company with 40,000 employees and \$8.6 billion in revenue by 2002, a better measure of an organization's success than the bottom line is the quality of work life. In Bakke's view, successful business people should be guided by principles and purposes meant to be ends in and of themselves, not techniques to create value for shareholders or to reach financial goals. He is disturbed that society's preoccupation with economics often leads people to calculate their worth as individuals based on their salaries or wealth

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The Winner's Mindset

This inspirational book separates the wheat from the chaff when it comes to winning

Blaine Williams has added the bold subtitle *How to Change Your Thinking and Win at Life* to his life-changing book.

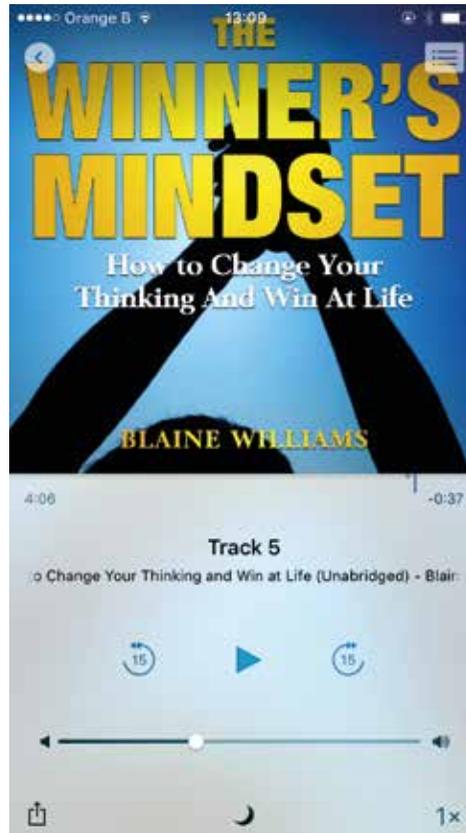
He asks vital questions. Are you frustrated with frequently losing? Are you determined to win, yet do not feel confident in your abilities to be victorious and successful? Do you frequently backslide on goals or screw up in life?

If so, then you suffer from a loser's mindset. It is time to change your mindset to that of a winner. Using this book, you can start building the habits and personality traits that will lead you to success. You really do not have to stay stuck in the rut of losing.

He says that winning really is just a set of characteristics. You must develop these characteristics to become successful at life. Stop settling for less, and instead become motivated to win. Adopt the winner's mindset and begin winning at everything in life. Your life and your self-esteem will become infinitely better once you start applying this new mindset to your life.

Winning feels good. It is also good for you. If you start winning at life and everything that you set out to accomplish, then you will feel so much better. Things will start to go your way. You will no longer have to suffer from the loser's dilemma, of hating yourself and failing at life.

This book contains everything that you need to develop the mindset of a true winner. It will show you how to use friends to get ahead, how to view life in a more positive way, and how to grow and expand your confidence. It



will also teach you how to encourage yourself and achieve success in all of your ventures. Stop being a loser. Learn how to become a winner at life today by listening to this insightful guide. You will be amazed at how much your life will improve if you use the techniques and tips contained in this book.

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When in Roam...

Colin Moors reads between the lines of the recent removal of roaming charges around European



If you're reading this, there's a very good chance that you are the kind of person who travels – either a lot for business, a lot for pleasure or hopefully, a bit of both. You will no doubt be a canny traveller with air miles, loyalty cards and perhaps a SIM card or three tucked into your wallet, in order to avoid the horrendous 'roaming' charges imposed by your domestic mobile operator for using your phone outside your home country.

The charges were originally introduced by way of compensating the operator of the foreign network for handling your call. Mind you, this does date back to the days of fixed line telephony, something that seems so long ago and far away now. In those days, when you

made a call from the handset wired into your house to someone else's in a similar situation but a different country, you paid for the call by compensating your operator (usually a state monopoly, at least in Europe). The receiving country would then bill your phone company for a slice of the action, to ensure they got their share of the call costs to pay for the use of their infrastructure. With the rise of the mobile, fewer people were making such calls on their desk phones, preferring to make them on the move. This is where the 'roaming' part came in. When you roamed into another operator's network, it would need to route the call via its international portal to your country and back again.

On the one hand, it's reasonable to assume that the masts, cables and data centres don't just pop up out of the ground and will need maintaining – every company is looking to cover its bottom line, so roaming charges were a great way to generate some pretty big fees in a short time. Of course, there is a real cost involved in supporting the infrastructure and operators would argue that it allowed them to invest in their infrastructure. However, their argument fell somewhat flat when the charges levied vastly outweighed anything they could reasonably come up with in the way of costs. If you're one of those lucky people with lots of friends and contacts who like to just call up and have a chat, it would be very easy at the rates charged by some operators to run up a bill in the tens or low hundreds of euros just to receive the calls. If you wanted to call them, the prices would often more than treble.

Simply put, roaming charges were something of a rip-off – a disproportionate charge designed to make money. As of 15 June this year an EU act allowing mobile users to "roam like at home" was put in place. If you're not aware of this much-publicized change, it simply means that you will pay exactly the same price for your data, SMS and voice calls in any European country – or more accurately, a country within the European Economic Area (EEA) – as you do at home. It's taken ten years to push through, via a series of deals and staggered compulsory price drops but it does mean that Europeans can talk to each other at the same rates they enjoy in their own country. The onus in the future will be on the telecoms providers to convince you that their so-called premium services are worth paying for in an attempt to get you to part with your cash, instead of relying on the roaming charges cash cow. Prepare yourselves for the hard sell.

There are, as always, some things to watch out for in this otherwise good deal:

**“ IF YOU
WANTED TO
CALL THEM, THE
PRICES WOULD
OFTEN MORE
THAN TREBLE ”**

Calling other EU countries will still cost the same from your home country. As you're at home, the charges you incur can't be counted as roaming, unsurprisingly. This does mean that you will be charged at whatever rate your operator believes 'fair' for calling another country. Shop around until you get the best deal, as always.

'The EU' is somewhat misleading. The agreement within the EU covers the EEA, with Norway, Iceland and Liechtenstein joining the party shortly after 15 June. However, if you're chatting to your mum while driving through Switzerland, you'll be in for a nasty surprise when you get your phone bill, as Switzerland isn't part of the deal. Also hazy as far as the deal goes are the Channel Islands, the Isle of Man and Andorra. Some operators will consider them to be Europe for ease of use, some won't. Be sure to check.

You won't be able to shop around for the best deal. I know what you're thinking – "I'll get a SIM card from Latvia, where the costs are low and save big on all my calls using the roaming advantage." It's a good idea but it won't work. Unlike most EU deals, where transparency is a big deal, in order to get the legislation through, they had to agree to protect the income of individual countries' operators. There will be a 'fair use' clause in your roaming plans, so if you are deemed by your operator to be using a particular network too much, they'll have the right to take action against you. There are going to be some interesting court cases coming up.

The UK may or may not be safe after Brexit. I mean from a roaming point of view, obviously. If and when the UK leaves the EU, it will no longer be bound by any of the decisions made when it was part of the bloc. Some decisions and laws it will probably keep but for my money, it's unlikely that roaming charges will be very high on the list. Once



private companies are no longer bound by an EU-wide law, we may well see the return of roaming fees, for UK and EU citizens alike.

Beware of ferries and cruise ships! You may be on a ferry between Roscoff and Bilbao but your phone may not be. Many ships will have agreements with satellite mobile providers. These providers operate outside of the EU entirely. Where possible, ensure you can pick up a European GSM network. If you attempt to connect to the ship's 3G network, you could find that the YouTube video of the guy falling in the water and half an hour of Facebook could land you with a bill of – literally – hundreds of euro, billed direct from the Bahamas.

In short, as long as you stay in the EU and use your phone, it'll cost you exactly the same as it does from your living room. The EU has many detractors and it certainly doesn't always get everything right but I have yet to meet a single person who has complained about a significantly lower phone bill. ❶



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Lifelong working

Dave Deruytter offers a new take on the notion of retirement



It is romantic to dream about our own nice place in the shade during our later years on earth. Picture an old farmer with his hat on, sitting in his chair in the shade, dozing off at the family farm, where his sons and daughters now do the hard work, a well-deserved rest after decades of very hard labour leading to a completely worn out body.

Luckily for us, the current work circumstances have improved dramatically since those days. We no longer pass away on average at the age of 65 years old, rather at 80 and longevity is still increasing. Nevertheless, the retirement age in many countries is still at 65 or just

above and not even half of Belgians are still working at 55.

A happy life today is all about having a meaningful occupation, also at later age, rather than only about having enough money to continue the standard of living and pay for increasing medical costs. If many of us could have a regular occupation after the age of 65 and earn some money, there would be less need for high pension reserves.

Retiring should be a question of slowly but surely, slowly lowering the gear of our activities in function of our age and capabilities, just as we increased it when we were young.

The thinking that 'he or she is no longer up to the job at 60 or 65, so we will let him or her go' is not the right one. For a happy, balanced life continuity and regularity is often to be favoured over stop and go or abrupt change, unless the latter is very well prepared and coached towards success.

“ NOT EVEN HALF OF BELGIANS ARE STILL WORKING AT 55 ”

Even if the current retirement system stays, pensions as they are conceived today are not affordable by the community due to many other reasons than just longevity. Most countries around the world have not built appropriate pension reserves. Some countries do not have enough young people. Old age costs are increasing because we value quality of life. When looking at the current trends, things will probably get even worse. The Japanese population is for example already shrinking and is set to decrease even faster in the future.

Financially speaking, for the current pension system to work, we live too long, take our pension too early and do not contribute enough during our working years, partly because we also study too long before starting to work. The pension picture is very different country by country though. If you look at the OECD ranking of the countries by total pension reserves as compared to GDP (2015 figures),

you will see that the Netherlands tops the list with 171.4% whereas Argentina for example has zero.

Looking at the larger economies, the USA is at 79.4%, China at 1.4%, India at 0.8% and Japan at 21.5% (in 2014). Closer to home, most continental European countries have very low reserves, Belgium is at 5.8%, but the UK scores well with 99.2%. Of course, these figures do not tell the whole story. The Chinese and Indian retirees are not used to receiving much after retirement: 'a steel bowl of rice per month'. Continental Europe may have a real problem because of its high standard of living, and because of the dropping fertility rate, on top of low pension reserves. The EU should consider immigration, at least of skilled labour.

Simply keeping on lengthening the professional career of people may be too little too late and should lead to a brain-drain of young people, leaving to work in other countries with a more favorable pension balance and age pyramid.

When I look at my 83-year-old father who took his pension at 65 and carried on for two years as a part time advisor, it is clear that people who are in good health at pension age can benefit from a more gradual retirement scheme, but probably in a different job from the one they did before: as coach, mentor, teacher, advisor. Today my dad is intellectually up-to-date with the world through newspapers, television and his iPad. Physically he does his daily walk and takes care of his vegetable garden. Admittedly, my son and I now do the annual ploughing, but he does the planning, planting, weeding and harvesting..

Not all people are as lucky with their health, but in line with the Bologna initiative of 'lifelong learning' there is definitely something to say for 'lifelong working', and it kind of goes hand-in-hand with learning.

In Nordic countries, more often than in others,



you see people of over 65 contributing to society, in shops and other occupations, until they are well into their seventies when health permits. These people have the great feeling that on the one hand they are no longer obliged to work, but at the same time feel great that they can still be useful to society. Centuries ago the village elders were always consulted before making any major decisions in town, because they had such a long experience and might point to an important aspect that the young had not thought about. It's a habit that we seem to have lost in recent decades, at least in the west. I do agree, however, that renewal and innovation often

come from the younger generation.

In conclusion, we need all generations, including the elderly, to make an efficient, inclusive business and social world. There should be diversity in age, no ageism, not only because it is needed from a social point of view, but because it helps business make better decisions in companies, leading to lower pension reserves and ultimately lower health costs plus an improved standard of living at an older age. To contribute to society, to work is part of life itself. ❶



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The case for the defence

Gerry Callaghan reports on the EU's push for greater defence coordination

Photo © French naval vessel



The European Union has called on member states to step up defence coordination after recognizing the urgency of better security and defence cooperation to counteract changes in the global political arena. Until now, defence cooperation in Europe existed primarily on a bilateral or regional level. However, increasing threats of terrorism, a resurgent Russia and the uncertainty caused by Donald Trump and Brexit have forced EU leaders to reopen discussions on the subject. According to a study by the European Parliament, there were

nearly 400 on-going military cooperation projects in Europe in early 2015. An example of the existing partnerships is a joint procurement programme for ammunition for an anti-tank system used by Estonia, Latvia, Lithuania, the Czech Republic and Poland. But as Cold War-era tensions resurfaced, since Russia annexed Crimea in 2014 and pro-Russian rebels carving out a region in eastern Ukraine, the EU must do more to secure its citizens in an increasingly unpredictable international climate.

Commission Vice-President Jyrki Katainen, and the EU High Representative Federica Mogherini presented the Berlaymont's fourth 'reflection paper', setting-out possible scenarios for the bloc's common future. Insisting it wouldn't overlap the Nato military alliance, Mogherini presented the EU's military plan, stating: "It's not about substituting neither the alliance nor the United States, but it's a matter of focusing on what we can do more for our own purposes, our own interests." The most ambitious option set out in the paper would give Brussels the power "to run high-end operations to better protect Europe, potentially including operations against terrorist groups, naval operations in hostile environments and cyber-defence actions". The paper says such capabilities would be underpinned by "fully synchronized" defence planning by member states, with forces permanently available for rapid deployment and taking part regularly in joint military exercises. Rapid-response military deployments known as EU battle groups have been in training for years but have never been used. Brussels wants to establish a fund to spend €1 billion per year developing prototype kits such as drones and robots. It also wants to see €500m a year spent on research in joint projects between member states. It's an historic change of direction as it will be the first time the European budget is used for military purposes.

After sharp exchanges with Donald Trump on his first foreign trip, where he failed to give explicit backing to Nato's mutual defence commitment, German Chancellor Angela Merkel, said Europe can no longer count on the US as a reliable partner, and EU nations must step up their military cooperation in order to defend themselves. She said Europe could no longer «completely depend» on the US following the election of President Trump. Since taking office, Trump has urged Nato allies to boost defence spending as only five of Nato's 29 member states - the UK, US, Poland, Greece and Estonia - have met Nato's

target to spend at least 2% of their GDP on defence. Commission President Jean-Claude Juncker said: "Our deference to Nato can no longer be used as a convenient alibi to argue against greater European efforts. We have no other choice than to defend our own interests in the Middle East, in climate change, in our trade agreements," he said at the Prague security and defence conference in June. Juncker told the conference, "the way forward starts with making sure that we spend what is needed on our defence."

The EU has taken great strides in the past year to bolster its hitherto limited military activities. It has been helped along by the impending exit of the UK, which has long opposed closer defence coordination in the bloc, traditionally resisting any perceived competition for Nato. Recently, EU foreign ministers agreed to set up a military command for training missions but

“ THE EU MUST DO MORE TO SECURE ITS CITIZENS ”

UK objections led them to stop short of creating a full headquarters with powers to direct and arm lethal missions. The UK and France are by far the strongest military powers in the EU, so UK withdrawal weakens Europe's collective military muscle. Despite longstanding scepticism, EU diplomats are voicing fresh optimism given increased support from France, Germany, Italy and Spain.

In the private sector, the European defence industry also seems to be sensing a shift. "The big difference compared to the past is that now EU money will be spent on defence," said Burkard Schmitt, defence and security director at the AeroSpace and Defence Industries Association of Europe, which represents many big players. "This could make a difference in particular in the research phase where cooperation starts, but also in the development phase where research results must be taken forward toward real equipment and procurement," Schmitt said. Still, he warned that it "can only become a success if member states are fully engaged".

LIFESTYLE

Step ashore and leave your shoes aside

LIFESTYLE

Luxury

Luxury resorts

This month our luxury pages are dedicated to dream luxury holiday locations



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The Merrion is home to the 2-star Michelin Restaurant Patrick Guilbaud, The Cellar Bar and Restaurant, and the intimate No. 23 Cocktail Bar.

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LIFESTYLE

Luxury



The Trident Hotel, Portland, Jamaica

On a rocky bay, this high-end villa hotel is 4 km from both Errol Flynn Marina and Navy Island, and 5 km from Frenchman's Cove beach. Contemporary oceanfront villas offer terraces with plunge pools and hot tubs, as well as luxurious living areas.

The Trident's thirteen oceanfront villas are seductive, cloistered retreats that blend modernist design with an inspired take on 50s and 60s era artwork and décor. Residential in feel, the spacious, airy interiors flow organically between bedroom, bathroom, and living areas, while private terraces with pools complete an environment of clean, conscious and very luxurious living. Each villa is appointed with hand-selected furnishings, accent pieces and original artwork complemented by a contemporary tropical aesthetic. An elegant simplicity and harmonized balance make the villas an ideal home-and-away habitat.

The hotel offers an open-air sea-view

restaurant, a bar and a cool reading lounge/games room. Other amenities include private beach access and an elegant outdoor pool with a sundeck, as well as a spa and an exercise room.

While you're there, don't miss: Mike's Supper Club is one of the most vibrant venues in Jamaica. Acting as a Cabaret Lounge with a private speakeasy vibe, the club's unique atmosphere captures the spirit of the 'High Life' Calypso Bop era while giving a generous nod to Harlem's cultural and musical renaissance. The crowning gem is a Ferrari red 1917 Steinway baby grand piano where some of the best voices in world, jazz and bop music leave their nightly signature. The in-house dining menu is a unique fusion of bespoke Japanese-Jamaican fare with bold, inventive global accents.

TripAdvisor best summed it: "Wow!"
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Gili Lankanfushi: A Sanctuary Hidden From The World, Maldives

Imagine a place where time really does stand still, a peaceful haven of outstanding natural beauty, a sanctuary with space to truly reconnect to body and soul. Somewhere you are free to just be you. Gili Lankanfushi is a tiny private coral island resort lapped by the glistening, azure Indian Ocean. Sitting in its own crystal clear lagoon, a luxury barefoot experience awaits. Feel the wind in your hair as the speedboat or an opulent yacht whisks you from Male' international airport to this enchanting retreat, just 20 minutes away. Step ashore and leave your shoes aside, as the soft, white sand sinks between your toes. This idyllic personal hideaway boasts 45 spacious, rustic overwater villas crafted from natural wood and glass. The open design, with indoor and outdoor living space, allows you the freedom to be yourself, the sound of the sea and warm breeze soothing all senses.

overwater villa in the world offers privacy, space and luxury beyond comparison. Dining becomes an international adventure at Gili Lankanfushi, with our talented multi national and local chefs creating simple and fresh taste sensations on every plate. A crisp Chablis or rich Malbec from our extensive selection of fine wines, tastes even better under our starlit skies. Delve into the mystery of the underwater world on a diving trip: our multilingual expert instructors run night and day dives to some of the most spectacular sites in the Maldives. Snorkel with black tipped sharks and turtles, led by our marine biologists or surf perfect wave... **T**

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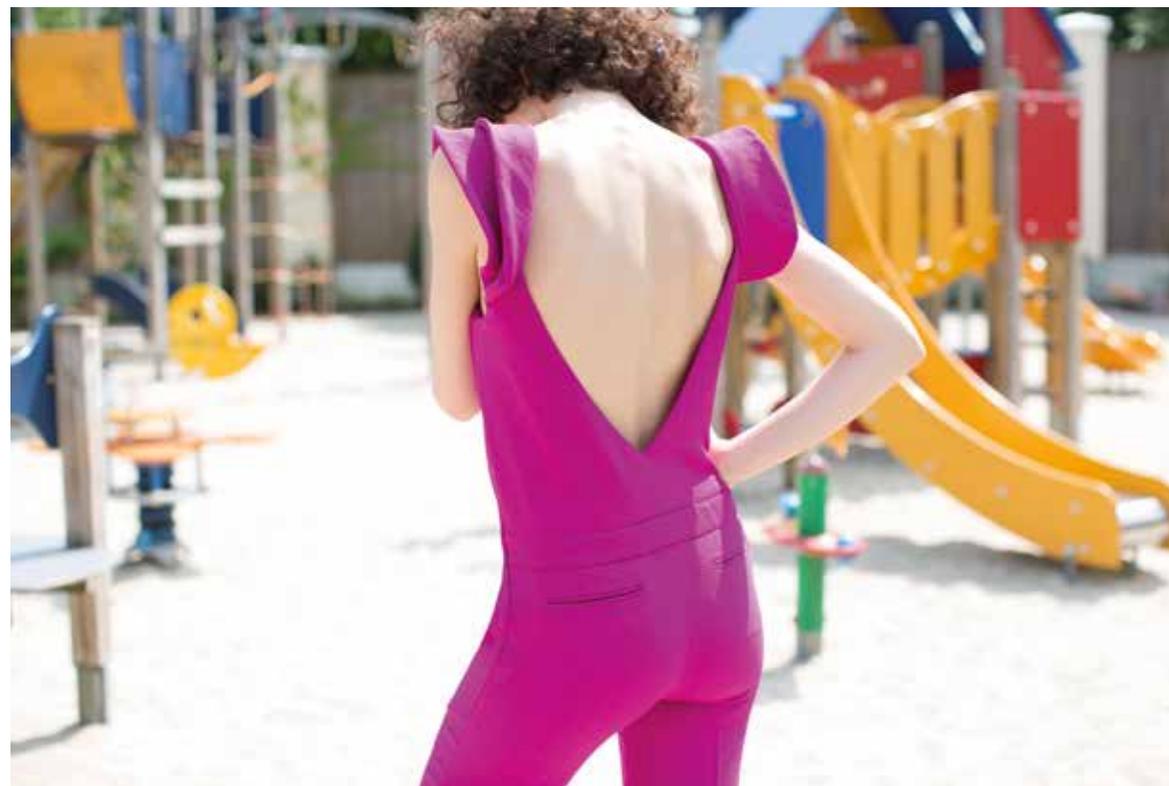
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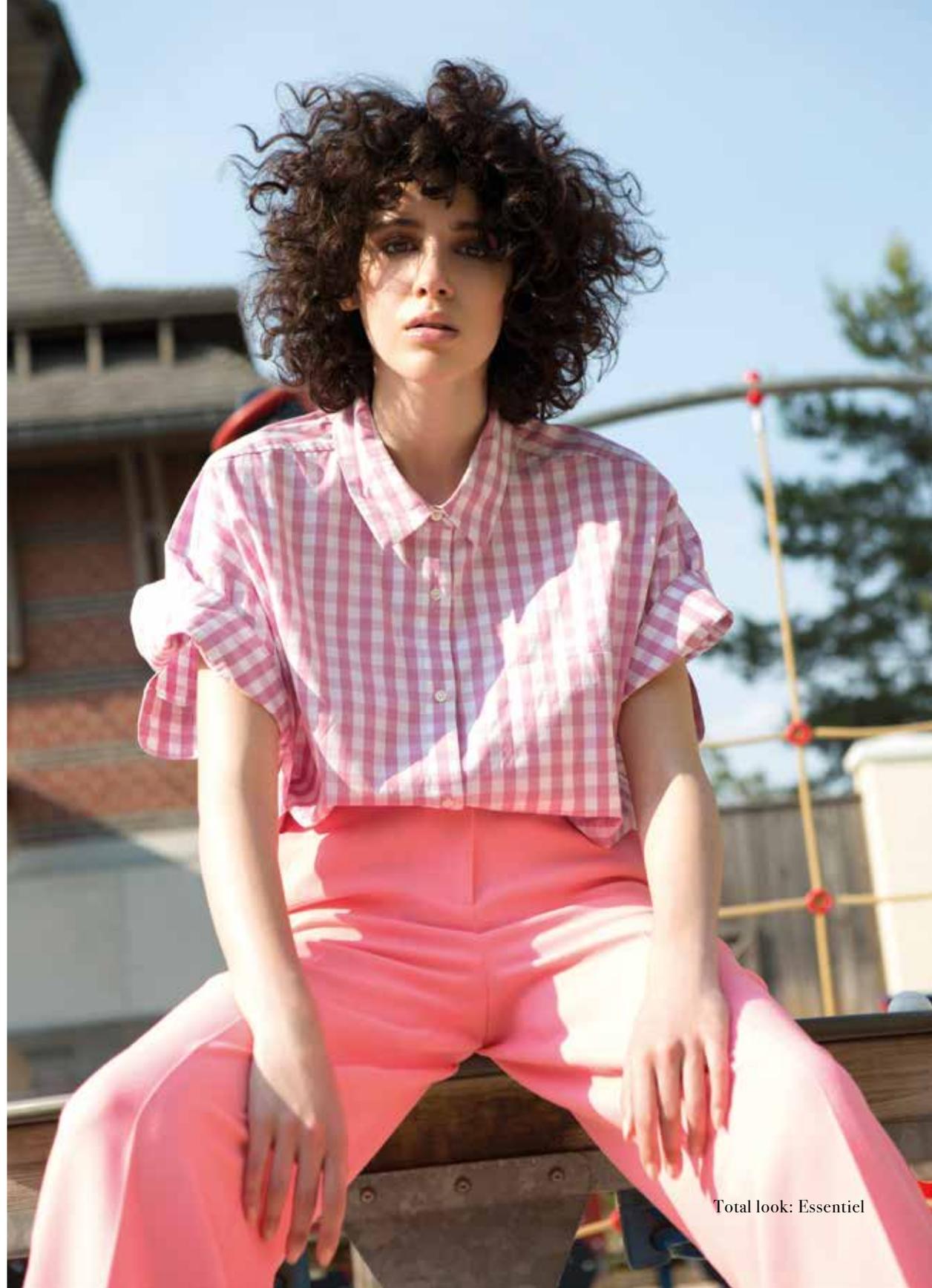
T shirt: Levi's



Suit: Ba&sh



T shirt: Levi's
Suit: Ba&sh



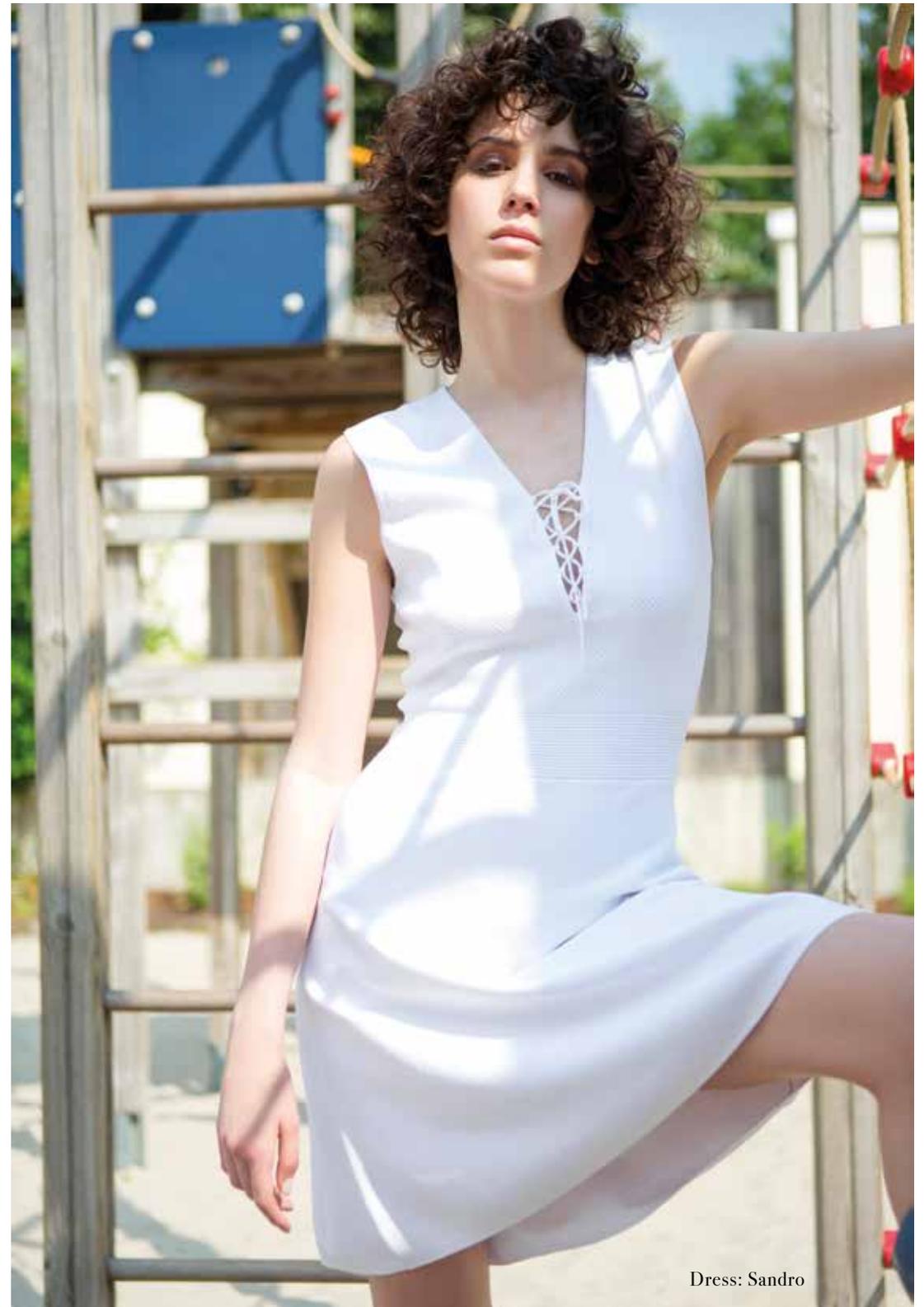
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Dress: Sandro

Dress for the heat

Denitsa Tsekova makes dressing fancy in the heat simpler



So, how to dress fancy when the weather is scorching?

It's that time of the year when we all want to forget about work, go to a tropical island and enjoy life. Well, even if you do that you still have to come back and work in the heat. However, the rise in temperature is no excuse to let down your dressing standards. *Together* knows that looking smart is harder in the summer, therefore we have some recommendations about the type of clothing that will make working in the summer more enjoyable. We will also give you a few tips for more extreme situations.

Colour

Put all your black clothes in the basement and

prioritize all your light-colour ones. Most of you probably know that one but we put a big importance on it because we have tested it. Pastel colors like white, beige and grey are fancy, allow you to make great combinations and honestly look better on you in the summer. They will absorb less sun than the darker colours so that you will not be walking around like a sun magnet.

Fibres

Summer clothing should be made of breathable materials, such as cotton and linen. These fabrics dispel heat and allow moisture to pass through. What you should avoid is polyester, nylon and silk because there are not made of breathable materials. They will cause you discomfort and irritation and you can't



afford that when it is almost 30 degrees. Linen shirts are a must, although they need a lot of ironing. You should also choose clothes with simpler cuts and do not put on too many layers.

Fits

Forget about the skintight clothing, we'll go back to it later in the year. What we need is more airflow so the looser the clothes are, the better for you. Do not go too far, this does not mean oversized or baggy clothing. Women are lucky enough to have the amazing opportunity to wear skirts – do not miss it. Skirts are so much better than trousers, still look fancy but will make you feel more comfortable. Dresses, of course, have the same effect and are always the fanciest choice.

Sun protection

Not only sun cream and sunglasses are important for protection from the sun's damaging UV rays. Clothing can be a good safeguard, as the sun not only damages skin but raises your body temperature. Therefore, long-sleeve shirts are not only classier but they are also protecting your body. Same thing with

“ A SIMPLE THING
LIKE THIS CAN BE
A LIFESAVER
THIS SUMMER ”



shorts and long pants, the latter is always the best choice for the summer. The neck is a sensitive area so if possible try to cover it, a nice shirt will work for that one as well. A top that can be untucked with minimal wrinkling damage is good protection for outdoors and at the same time good cooling down for indoors.

Jackets

Summer jackets should be unlined so that you reduce layers and heat as well. However, this makes them look less formal so be careful with wearing it on official events. Half lined jackets would be a good idea, still, they have multiple layers removed but they look fancier than the ones mentioned above. Be careful of how they are tailored as sometimes the edges are too exposed. *Together* recommends light buttons like horn or mother of pearl for summer jackets.

Shoes

Swollen feet is not our favourite thing in the summer, therefore let's wear comfortable and not constraining shoes. The shoes' soles are an important part – they should be made of breathable materials such as canvas or cotton. Forget about the leather and rubber shoes, this



is not the right season for them. Wear lightweight cotton or wool socks and please no barefoot. Make sure that shoes fit the feet properly, as this will cause unwanted swelling. And why not go for some open toe shoes which are perfect for the ladies.

Finally, *Together* has some little tricks for you. Choose a warm shower instead of a cold one. The cold one will be more satisfying for the moment, but the hot one will wash away the dead cells that make you feel hotter. Another trick that we recommend is bringing a handkerchief with you as this will be much more hygienic than cleaning sweat with your sleeve. Having a change of clothes is always a good idea – even if you follow all our tips it is good to have a Plan B if an important meeting shows up. Don't forget to finish your look by accessorizing with items such as sunglasses. A simple thing like this can be a lifesaver this summer.

Check our shopping pages for sandals and sunglasses. 🕒

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www.eresparis.com/en

Bettina Vermillon

A creative and challenging imaginary duo. Lorraine Archambeaud is a french designer strongly influenced by the 20th century design. She trained at the Ecole Nationale Supérieure des Arts Décoratifs in Paris, and then joined the Maison Courrèges where for ten years she has been responsible for accessories including shoes. Bettina Vermillon is a free woman. A real Parisian, free of mind and spirit who loves to turn her exceptional shoes into sensuality. Indha flat light sandal:

€390

www.bettinavermillon.com



Sarenza

The summer promises to be fun and pretty, thanks to the dedication of the Sarenza Style Team. Now you can find more about what to wear in a few months since they have discovered for you the essential shoes to wear this summer! Sarenza offers more than 770 brands and 52,000 models of shoes for men, women and children.

Sarenza Tribal Vibe **See By Chloe: €265**

Sarenza **Carven: €425** - www.sarenza.be

VAVA

The spirit of VAVA eyewear is derived from today's post-industrial society and the growing belief of belonging to a post-human age. They're inspired and fascinated by the post-industrial world in which cities like Detroit, once a symbol of industrial prosperity, dramatically collapsed and was forced to re-invent itself to ensure its survival. At the same time the Techno movement emerged as a significant step in this process of rebirth; indeed, when it appeared in the 80s it was part of a movement towards the creation of a Techno City, the city of the future, where technology would emerge as the salvation. Also, there is a strong link with Berlin, another post-industrial city.

VAVA yellow: €450

VAVA black: €490

www.vavaeyewear.com



Alain Afflelou

Alain Afflelou is a French optician and businessman, born 1 January 1948 in Mascara, French Algeria. He is the founder of his eponymous brand for optics. After having lived in Geneva and Paris, he was living between Paris and Biarritz before settling in London. Tortoise Shell 1972 is the new collection from French eyewear group. Derry: €99

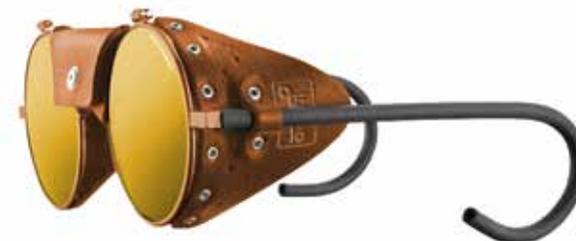
www.alinafflelou.be



Julbo

A Jura native, Jules Baud launched a brand which would not yet be called Julbo, but almost... thanks to the name of its founder, Jules Baud. He started his business designing optical eyewear with one idea in mind: innovation. In the early 20th century, at the request of Chamonix crystal hunters wanting to protect their eyes in the mountains, he designed the first 'Cristalliers' sunglasses, marking the start of Julbo's optical sun protection story. 125 years later, they are still full of ideas and dreams. Collection Mountain, Vermont Classic: €129.95

www.julbo.com



LIFESTYLE

Shopping



Osseyan

Unique and practical swimwear resulting from two years of research and development, Osseyan swimwear is totally revolutionary. It combines the know-how of exceptional swimming shorts wine made by the best European suppliers of fabrics and accessories and the technical prowess of a watertight pocket which can be closed by a simple pull. The result is elegant and resistant swimwear, offering freedom of movement without equal. The waterproof polyurethane-coated polyester pocket is a true technological achievement. Made in France, it meets strict standards to ensure it is completely sealed: **€230**
www.osseyan.com

Wolfers

Refined, elegant and truly timeless, a Wolfers jewel is unique; it is where classical elegance meets a daring, bold creativity that has been nurtured by more than two centuries of savoir-faire. The prestigious icon of Belgian jewellery throughout the world, the House of Wolfers transcends short-lived trends and fashions. Instead, each rare piece embodies Wolfers' unique signature style of grace, refinement and geometric discipline. The Libellule (dragonfly) ring, named 'Ephémère', opens the doors of a magical world, gathering around a sapphire, a series of delicate dragonflies with wings coloured with precious stones. **€47,100**
www.wolfers.be



dinh van

Inspired by design, especially Bauhaus movement, dinh van has created its own language that is pure and timeless. In 50 years, the world has changed but its jewelry pieces continue to take their place in perfect modernity. The materials of your piece of jewelry have been meticulously selected and manufacturing has been realized with the greatest care to offer you a first class piece. dinh van's creations are precious pieces of jewelry that require high care if you wish to preserve them. There are very useful tips on the website www.dinhvan.com/en. Bracelet Impression in yellow gold with Lapis Lazuli: **€990**
www.dinhvan.com



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Our beauty expert **Delphine Stefens** offers tips for protecting and pampering your skin

The sun is finally out! Enjoy your daily dose of vitamin D but remember that the A in UVA may translate into premature ageing and the B in UVB into burning. So protect and pamper your skin, go for fake bronzed and bite-free pins, sit back and relax.



The **UV-Bronze Mist SPF 50+** by **Filorga** protects your face and décolletage from the sun while refreshing and beautifying it. Easy to carry in your car or purse so you won't be caught off guard when sipping an aperitif in the setting sun. **(40ML/€29.90)**



The **Terracotta Sunless** by **Guerlain** gives a made-to-measure sunless tan that actually smells good. Tip: mix some with your day cream when you need a pick-me-up. **(150ML/€53.50)**

Prep your skin with the bestselling **Lierac Sunissime** tanning capsules **(30pcs/€17)**



LIFESTYLE

Beauty



L'Eau de Soin by Lancaster perfumes and hydrates the skin and can be worn in the sun. (100ML/€39)



The head-to-toe moisturizing dry oil **Huile Prodigieuse** by Nuxe (100ML/€29.99) gets a special edition packaging for its 25th birthday and an enhanced formula for years to come.



Keep annoying mosquitos and scary ticks away with this new and Belgian made **Deet 50% Bye Bugz Anti-Insect Spray** (60ML/€12.90)



Going away? **Biotherm** launched the eco designed, water-friendly and water-resistant **Waterlover Sun Milk** with SPF 15, 30 and 50 (€200ML/€34.99)



One drop of **Moroccanoil Treatment** a day keeps dry hair splits away. Also available in a light formula for fine and light-colored hair. (100ML/€42.90)



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Maquillage permanent

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LIFESTYLE

Design

Brussels Design September

This month we bring you news of the upcoming Brussels Design events

Over the years, Brussels Design September has become the annual flagship event for design enthusiasts. For one month, the city hosts an array of over 100 unmissable cultural and commercial events offering a meeting platform between the public and a great number of Belgian and international designers.



Photo © Marek Swoboda

Brussels Design September will feature exhibitions, conferences, open houses, an Arts & Crafts tour, Commerce Design Brussels and Brussels Design Market. A multitude of dialogues between designers, architects and design lovers as well as the chance to discover urban trails between the many pop-up stores, shops, workshops, galleries and cultural spaces.

introduces a couple of new events.

This year's edition will be marked by the latest trends in Belgian and international design and will be highlighted by the multi-disciplinary spirit of different influences, movements, crafts and professions of current day design.



Photo © Hubert Delcourroy

Highlights of Brussels Design September 2017

This year, Brussels Design September

Exhibitions by renowned designers in iconic places in the city such as the Horta House,

Design

“ A VINTAGE DISTRICT IN THE CITY ”

BOZAR and MAD Brussels reinforce the cultural offer of this edition.

For the first time, Design September will take place in the public space of the city centre. An artwork by Julien De Smedt in collaboration with Emeco and his iconic chairs will take over the Chartreux district. You will also have the chance to discover the light installation by the Belgian office ACTLD.

Brussels Design Market brings a focus on the image of Brussels, the city of vintage: a vintage district in the city, a ceramics exhibition in Tour & Taxi, and many other events will celebrate the 15 years of the Brussels Design Market, which is the biggest vintage market in Europe.

Design of tomorrow and its production are central in the itinerary of FabLabs, bringing a focus on 100% made in Brussels products. An exhibition in BIP presents its many expressions.

The Arts&Crafts itinerary brings a focus on jewellery with a tribute to jewel workshops and designers. 7-30 September. www.designseptember.be



Photo © Gilles Pineult



Photo © Nathalie Dewez



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Photo Patrick Bombaert

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Jessica Biel: Making it much darker

Together spoke to an actress who has taken on a project that is far from what she is known for



Jessica Biel knew the time was right to finally return to the small screen, 14 years after walking away from her breakthrough sentimental hit, *7th Heaven*.

"I've thought about it for a long time but this period now in television is special. It's evolved in such a constructive way and the quality available, especially the quality of roles available to women, is remarkable."

Her first significant role since the birth of son, Silas with husband, Justin Timberlake, Biel is taking on easily her most challenging and daunting roles to date in the upcoming new series, *The Sinner*.

As Cora, she plays a suburban soccer mom

who commits a brutal murder in front of her entire community, shattering the lives of those around her. But how could she do it? What compelled the young mother to attack a stranger?

Based on the bestseller by Petra Hammesfahr, it's considered the 35-year-old's comeback after being somewhat shunned by Hollywood following a string of flops. But the former pin-up, who flexed her brawn in *Blade* and *Total Recall*, is eager to reinvent her brand with this dark psychological drama. Although she admits there's still some action to come down the line.

Friendly but reserved – with questions about Timberlake off limits – Biel happily chats about

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Interview

her history with the script, her role as producer and why *The Sinner* spoke to her as an actress. She also chats about her desire to be scared in her work, reflects on the challenges and changes motherhood has brought to her life and why it's virtually impossible to stay in character with a two-year-old running around at home. Splitting their time between LA and New York, Biel and Timberlake share two-year-old Silas.



Together: Before working on this series, what were your thoughts and what drew you in when you read the book?

Jessica Biel: This book was an intense, emotional, primaeva, reactive experience. I was stunned by it, by every page. Every page drew me in. I think, we think in this day and age, it's impossible to shock and I don't shock easily, we've all seen it before [laughs].

But every page, I was holding my breath, literally gripping the arm rest, if I was sitting in a chair at the time, or I'd be unknowingly tapping my fingers furiously, tapping my foot. It kept coming, the twists, the surprises, the 'oh my god, I can't believe this' moments! I just couldn't grasp the overwhelming unpredictability, every page turned was a glimpse behind a dark corner.

This character, from her point of view, from the moment she commits this act, it's a profound original, terrifying experience which fascinated me. Why do we do the things we do? Trying to get into the mind of someone who doesn't know if she's lying or not, whose ability to process means the truth and distortion walk along together side by side. Do you believe her, do you assume she's lying? Is part of it

“ I'M A BETTER PERSON BECAUSE OF IT ”

coming from genuine sincerity? Can you delve through the mire and understand her motives? Are there any motives? The terrible complexity is something I've never experienced as an audience member, something so cerebrally intricate and detailed. It's a masterpiece of the mind. I wanted so desperately to discover the psychology of Cora's mind.

This was done with your own production company. Does it make it all the more special for you?

Definitely, I mean producing is a relatively new hat for me. Being there from the beginning, I love being part of the development from inception to release. As an actor, I've never really had any involvement in the early process, the writing, casting, the building from the ground up, and I loved that control. Not in a controlling sense but having a strong hand in the process. I really appreciate that.

It's a brilliant team, we're working with Antonio Campos, and Derek Symonds, my producing partner Michelle Purple – there's a lot invested in this emotionally, physically, so it means a lot to me, especially as I've never been in this role before, producing for television.

There's a stunning cast involved, Bill Pullman



Interview

who I've long been a fan of his work forever, he's amazing, so too is my on-screen husband, Christopher Abbot, all the cast, the crew, everyone is so dedicated and pushing to do their above and beyond because it's a project we're all very passionate about.



This is a role that's completely different for you and the image of Jessica Biel that we know. Was that your intention, to make us see you a different way?

I always want that one-eighty from the last role, I always want to be so scared I think, how am I going to do this? What have I got myself into? Those butterflies where you know, this is a risk, a challenge but I'm pushing myself. That's what I want from my work now. I want to look different, feel different, and emote different. And I want to be so scared and nervous on my first day, I want those nerves, if I don't, I'm going in the wrong direction. And I definitely had it on day one of *The Sinner* [laughs].

And I feel that if I'm continuously challenging myself and stretching my personal boundaries, I'm still always learning because I never want to stop learning. My work is my education.

The story is so shocking and really unlike anything that's been on television before.

It's so shocking, it's something I never thought I'd get to work on, it's not a whodunit, it's a 'whydunnit' [laughs]. We know she committed this terrible act, it was witnessed by this whole town but we don't know why. And that's what we're after, the why.

And I guess it's the first time I've ever approached something this dark and

“ I LOVE DOING ACTION, DOING MY OWN STUNTS ”

psychologically intense and that's a risk – it's intimidating but it's exciting and exhilarating to put yourself out there, far from your tested comfort zone. It will be the first time I'm seen in this light,

it's so far removed from anything I've done before and I'm very excited by that. I'm always excited as an actor to be seen a different way. This is the first time where I can really, truly let myself run wild and go crazy. I'm excited by the journey.

This is one of your first jobs since having your son, do you find motherhood has changed you as an actor, and you as a person?

Totally, I think parenthood, being a parent has indisputably changed me as a person, overwhelmingly for the better. I'm a better person because of it. Because I'm, well I like to think, I'm more patient, I probably possess more of an understanding, I like to think I'm more open-hearted. And all that, you know, can only go to benefit your work as an actor because acting is so linked to the understanding of yourself and the understanding of humankind.

How did you work on something like this, so dark and intense, and then come home, was it difficult to shake off the character?

No, no, I have a two-year-old and that's not



Interview

“ I HAVE A TWO-YEAR-OLD AND THAT’S NOT CONDUCTIVE TO OUR LIVES ”

conductive to our lives. I can't, it's not practical and I've never really been someone who brings it home with me. I couldn't do it if I wanted to because I'm mom at home, that's my priority, and dinner, bath times, wallowing in the darkness of the work during the day, is kind of going to get in the way of that.

You're known for your action roles in Blade and Total Recall, but are you done with that chapter?

I love doing action, doing my own stunts, I had so much fun doing those movies. And I hope there's more in my future but it's now about exploring a new direction and seeing what that leads to. If the roles revolve around a certain physicality, that's wearing, physically and otherwise and I want to try different environments and characters. With a character like Cora we're probing the psyche, descending to depths that can't ever be reached if a large amount of focus is on the characters strength and ability.

But I would love to do it again, I know there will come a point where I feel like jumping out of my skin and flexing my muscles, and throw down and kick some butt. That's if I still can [laughs]. •



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Aerobatics over Victoria Falls - Zimbabwe

No need to introduce you to Victoria Falls (Zimbabwe), which are among the most beautiful in the world. Stunning, its waters rush into a vertiginous drop that is around 2km long, offering a grandiose spectacle that inspires humility. A small ULM can however bring you closer to the monster – it confronts you with its immensity and the deafening roar of the crash of its waves...

Seaplane Factor Tour - Alaska

The Alaskan territory, uneven and wild, contain so many natural colossi that isolate rural villages from each other. There are few links between each community, and rare supplies can sometimes only be brought by seaplane. Alongside extremities, why not fly off to spend a few hours of exploration and meet the remote Alaskan people?

Autogyro in Samara - Costa Rica

A thrill ride aboard this tiny craft in Samara, Costa Rica, is a bit like getting caught in the backdraft of a giant eagle. The gyroplane (a

small microlight) is quick and agile in the air, offering a light flight over Costa Rican, a land covered with generous vegetation – it explores the Pacific coast to allow occupants to observe whales and dolphins at leisure.

In the fumaroles of White Island - New Zealand

Presenting itself at first sight as an insignificant comma placed in the middle of the ocean, the White Island underwater mountain reveals on approach a spectacle that is more than prodigious, made of flames and vapours. Its crater, strewn with yellow sulphur and pigmented waters, reveals a frenetic and dangerous atmosphere. The approach of the caldera, steep and encircled by the waters of the South Pacific Ocean, is easily accomplished by helicopter, as a means of transport and a privileged observation post.

Makay in a Hot Air Balloon - Madagascar

Unique and splendid, the massif of Makay (Madagascar) is a place as rare as it is precious. Few places on the planet remain as unexplored – located in the centre-west of the island, the high plateau is covered with forest and the deep canyons of the Makay and remains impenetrable. Carried away by the light breath of the wind, aboard a hot-air balloon, you will glide over this mysterious landscape.

Above Angkor by helicopter - Cambodia

Still haloed with morning mists, the temples of Angkor appear to be asleep. Through the window of the helicopter, their silhouettes gradually pierce the remnants of the night. One by one, under the blades of the craft, the



“ A GRANDIOSE SPECTACLE THAT INSPIRES HUMILITY ”

gardens and canals of this fabulous site display their beauty. Fragile and powerful at the same time, Angkor appears in its ruins to be elevated between the 11th and 15th century, between shadow and light, between hollows and reliefs. In the middle of the forest, in an environment where green predominates, the aircraft offers an overview of the treasures left by the Khmer empire, from Angkor Wat to the temples of Pre Rup, Banteay Srei, Roluos and East Mebbon, the floating village of Chong Kneas and the sacred mountain Phnom Kulen.

The Namib Desert from your Cessna – Namibia

The oldest desert in the world, the Namib Desert also holds the record for dune elevation (nearly 300 metres in Sossuslei). Aboard a Cessna 210, from Sossuslei, you will fly over the immensity of the desert, its oases and canyons. From its plump dunes, the mysterious Skeleton Coast emerges. At the same time, the ochre tones stand out from each other to offer a new variety of contrasts, limited only by the azure tones that the sky and the sea allow. A colourful spectacle!

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Belambra: Six of the best

We thought it was time to point you in the right direction for a summer club holiday

If you're a fan of France (and we are) there is a company that can offer you an amazing choice of holiday clubs in every corner of the country. From the north-western tip to the Italian border...

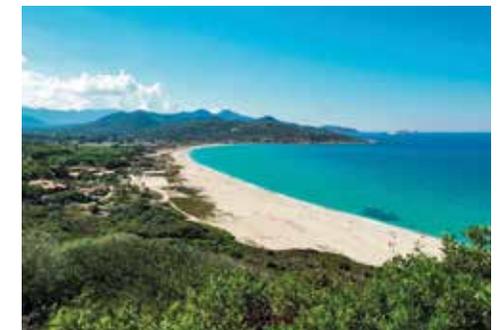
Anglet Club "La Chambre d'Amour"

A dream location in the south-west of France with a dream beach flanked by cliffs with panoramic views of the Atlantic Ocean and Biarritz lighthouse... When you arrive at this stunning spot you will be kept busy. Throughout the season there are up to 24 activities per day and fitness classes by Belambra. In July and August, get involved in choreographed fitness classes by Les Mills™, "Athlé Santé" activities coached by the French Athletics Federation, Aqua aerobics and swimming lessons. The beach lies just outside the club (lifeguards on duty June to mid-September). Special kids' entertainment with "Leo get-togethers". Enjoy the Thalasso, golf or delve into local heritage. And much more.



Club "Golf de Lozari"

With its feet in the Mediterranean and its head in the wild beauty of the West Coast of Corsica, the protected 25-hectare pine forest of this Club Sélection resort is just a few metres from a long sandy beach, ideally located in the Balagne region between the sea and the mountains. Enjoy the wild beauty of Corsica and the west coast, between l'Île Rousse and Saint-Florent. Bathe in a 450 m² heated swimming pool with paddling pool, sun garden and pergola. And there is a watersports



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centre on the beach during the summer, with bike hire. There are clubs for all the kids, no matter their age and plenty of activities for everyone throughout the season.

Presqu'île de Giens Club "Riviera Beach Club"

The Mediterranean garden of this Belambra Club Sélection resort covers eight hectares on the celebrated Bay of Hyères, and offers the twin benefits of reassurance for parents (the water here is very shallow for several metres out from the beach) and a dream destination for the majority of today's favourite water sports. An idyllic club on the Giens peninsula at the edge of a 4-km long sandy beach, the Riviera Beach Club symbolizes sun-soaked holidays with sport and entertainment for everyone. Fully refurbished club with modern, air-conditioned accommodation, very close to the Ile de Porquerolles. It has a lovely restaurant with terrace beside the pool.



La Grande Motte Club "Presqu'île du Ponant"

In the Languedoc Roussillon, the exceptional location of this Club is not the only thing in its favour; a fact clear from its original architecture influenced by local tradition, its water park, which extends to more than 1,000m² at the heart of a flower garden, its water sports centre on the prestigious Étang de Ponant lake and more. Manager Arnaud Touret sums it up: "It's surely impossible to resist the multiple charms of our Club Belambra warmed by the radiant sunlight of 'La Petite Camargue', the luxuriantly green and exclusive peninsula close to La Grande Motte."



La Palmyre Club "Les Mathes"

Located on the Atlantic Coast and surrounded by woodland between Oléron and the Gironde, Les Mathes Club offers residents a heated pool and three holiday home options: in hamlets, in individual chalets with private terraces, and the unique experience of spending your nights in a tree house. One of the most sun-drenched resorts on the Atlantic coast – the wild coastline is 8km away, renowned for watersports (surfing and kite surfing) with its surfing school, ideal for beginners. There's lots of entertainment during the school holidays for all the family.



Praz-sur-Arly Megève Club "L'Alisier"

Northern Alps - In the area around Mont Blanc, the majority of holiday homes at Praz-sur-Arly Sélection Resort are small buildings dotted amongst the fir trees around the restaurant and heated pool; all have panoramic views of the neighbouring mountains. Manager Noël Astier says: "This adorable Alisier Sélection Village Resort just 5 km from Megève on the medium altitude slopes of the Northern Alps offers life affirming family holidays in breathtaking natural surroundings."

Find out more on www.belambra.com 



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Magical places in Wallonia!

Together has tested tourist hotspots the length and breadth of the region for you

With family or friends, we visited a museum in Brussels, sailed on the waters of Wallonia, witnessed extraordinary cities, played in a labyrinth, felt thrilling sensations in Wavre, awakened our senses and relaxed in the heart of the Forest of Soignes, travelled into the past in an Abbey, climbed aboard a crocodile boat... In short, fun, culture and discovery enchanted us!

At the heart of this section, we invite you to discover the hidden treasures of Wallonia, incredible locations that we really appreciated! With more than 200 tourist attractions and museums, there is something for the whole summer and for all tastes.

Let us not forget that in 2017 the theme is 'Wallonie gourmande'. The quality of the products and the know-how of local producers as well as the welcome of the artisans make it a gourmet destination of excellence.

For further information:
Walloniebelgiquetourisme.be

Walibi: PULSAR

Best New Attraction in the World ! In 2016, Walibi was elected by professionals as "best theme park and most sensational park in Belgium". Thanks to the splash coaster PULSAR, the park also received the prize of "Best New Attraction in the World". A world premiere creating new sensations with a never seen before combination of speed, height and water. Walibi Belgium is an amusement park with several sensational attractions, such as



Photo © WBT - David Samyn

Calamity Mine, Radja River, the staggering Werewolf and for those who know no fear there are attractions such as Vampire and Dalton Terror.

Special dates

Egg hunt for the kids from the 1 till 17 April.
Summer nocturnes until 11h00 on the 5 and 12 August.

Halloween (the biggest Halloween event in Belgium) from the 21 October till 5 November, with seven nocturnes)

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www.walibi.be



Valley of the Molinee

Have a nice day in the wonderful nature of the river's valley and discover the delights of rail-biking! A Rail-bike is a vehicle with four wheels. Treat yourself to one or two hours of relaxation as you pedal at your own pace on the railway line running alongside the picturesque Valley of the Molinee.

You will ride through two of the most charming villages of Wallonia and you will see the Ruins of Montaigle (Eaglemount), major heritage site in the Walloon region, and you will reach the old station of Maredsous.

After a short walk on bucolic paths, the children will be delighted to arrive at the monastery's playground, while the adults test the local produce (beer and cheese) and everybody can take advantage of the quietness of the site. You will come back to the old station by the same route and then pedal another 7km down to the starting point. If you have some more time to spend, you can visit the Snailsfarm in Warnant – why not stay a night and visit the beautiful 18th century Annevoie Water Gardens? And did you know that the first stone of the gothic Benedictine Abbey of Maredsous was laid in 1873?
www.draisine.be



Archeoforum de Liège

Right in the heart of the city, beneath Place Saint-Lambert, lies one of the largest urban archaeological sites in Europe. The Archéoforum is a major heritage site which gives a unique view of the history of the city and its principality with a new itinerary full of mystery, surprises and things to learn. The project, designed for children and grown-ups alike, is the perfect starting place for visits to Liège. From individual visits with interactive tablets (iPad) in four different languages to convivial guided group visits and activities tailored to each audience, the Archéoforum is a tool for knowledge with something for everyone.

Admission

Individual: €6 (includes iPad in French, Dutch, German and English)
Student, 65+: €5

Opening hours and visits

During school periods: From Tuesday to Friday, from 09h00-17h00. On Saturday, from 10h00-17h00.
Outside school periods: From Tuesday to Saturday, from 10h00-17h00.
Closed on Sundays and Mondays, official holidays, September 27 and November 2.
Open for free every first Sunday of the month from 13h00-17h00.
www.archeoforumdeliege.be



Chlorophyll Park

Situated close to the communes of La Roche, Erezée and Durbuy, this unique 9-hectare park offers visitors a very original way to discover the forest.

One of the main attractions of the park is its footbridge high in the treetops. Not to mention its superb themed playground all about the forest environment. The forest activities are well integrated into the natural environment and are accompanied by bilingual specific educational signs.

Inspired by existing concepts in Nordic and Anglo-Saxon countries, the park combines fun and learning. This is the 'edutainment' with a tourism dimension.

We like

The democratic price! Adults: €7.5. Families from four people upwards (two adults + minimum two children 3-12 years old): €5.30 per person. And there is a loyalty card valid for four months after the first visit, allowing entry for only €3.

www.parcchlorophylle.com



The waterways of Hainaut

In the Belgian province of Hainaut take an excursion on the historic Canal du Centre and discover boat lifts that are unique in the world – it's a UNESCO World Heritage site, combining cruising, a 19th century hydraulic lift that is still in operation, mobile bridges and locks, a visit to a machinery room and a tourist train ride.

Take a trip on a boat that rises more than 73 metres thanks to the Strépy-Thieu boat lift, the biggest in Europe. Discover the longest inclined plane ever built – 1,432 metres long – in Ronquières. These 'steel giants' give exceptional panoramic views at 100 and 150 metres high, and you can watch a film about their operation and construction – and there are show trails devoted to Belgian engineering and the world of inland waterways!

We like

The unusual rides on the towpaths with our bikes and visiting the beautiful central region of the country. And also the chance to sail the electric boats from the Cantine des Italiens, an historic site where you can visit the Museum of Immigration free of charge!
<http://voiesdeau.hainaut.be>



Photo © Abbaye de Stavelot

Abbey of Stavelot

Come and discover Abbey of Stavelot, listed as a major heritage site of Wallonia, and witness the fascinating history of one of the oldest monastic foundations in Belgium and the world's most beautiful racing circuit – and get to know the artistic world of one of the 19th century's outstanding figures, the poet Guillaume Apollinaire.

A first in Europe: the abbey has just been

awarded '5 suns' by Wallonia.

We like

50th Formula 1 Belgian Grand Prix exhibition, until September 17. And the Exceptional Formula 1s exhibition at the Spa-Francorchamps Circuit Museum. Open every day 7/7 from 10h00 to 18h00 except on 25 December, 1 January and the fourth Sunday and Monday in Lent.
www.abbayedestavelot.be



The Red Crocodile

Discover the Eau d'Heure Lakes on the back of... a red crocodile, an 'amphibus' which can take to the roads and sail on the lakes. It's a concept that comes from Canada! It all starts with a funny and original film, and then you embark aboard the Red Crocodile, which can accommodate 40 people on a trilingual guided tour. Enjoy an hour of discovery on the Eau d'Heure Lakes. There is also a cafeteria, a large car park and a playground.

We like

The group and family packages. Red Crocodile adventures (challenges, discoveries, recreation day). Open from Easter to All Saints' Day (Saturday 1 April to 5 November 2017)
Prices: Adults €17, children (4-12 years) €15.
www.lacsdeleaudheure.be/crocodile-rouge



Dolce La Hulpe Brussels

Like a kaleidoscope that allows us to discover new perspectives, Dolce La Hulpe Brussels offers services that lead to both intellectual and personal discoveries.

Thanks to its unique location in the heart of the Soignes forest, its sumptuous Cinq Mondes Spa of 800m² and its bars and restaurants with excellent terraces, the Dolce La Hulpe Brussels offers an ideal setting to stimulate discovery – enjoy a relaxing weekend with friends, as a couple, with family or for a business stay.

It offers everything you need to recharge your batteries and stimulate conversation. Book it for a party or an important business meeting and let the Dolce La Hulpe Brussels team look after you. With 10 years of experience behind them, they still have the desire, the inspiration and the expertise to get it right every time, backed up by state-of-the-art technology and facilities. In short, their strength is the art of inspiring.

The luxurious Cinq Mondes Spa of 800m² invites you on a sensory journey inspired by ancestral massage rituals practiced in Bali, India, Brazil, Japan and the Polynesian Islands. Labeled 'green key' since 2011, the Dolce La Hulpe Brussels and its Spa Cinq Mondes are open every day, all year round.

We like
The service and a locale that demands the highest quality.
www.dolcelahulpe.com - 02 290 9800



The Hergé Museum

Less than thirty minutes from the centre of Brussels, come and discover an exceptional museum!

In an architectural setting that combines audacity with aesthetics, the Hergé Museum presents a graphic heritage of astonishing wealth, bringing Hergé's universe closer to us. His series of tales with realistic dialogue transports us using boxes and word bubbles to a world that recounts the history of the 20th century.

Tintin and Snowy, Quick and Flupke, Jo, Zette and Jocko, Popol and Virginia, Tom and Millie and Mr. Mops... they are all there, ink and paper heroes who are waiting for you at the magical Hergé Museum, the world's largest museum dedicated to a comic book author!

New! Complete rotation of the originals in the first room. All the originals of this room have been changed. Even if you have already visited the Hergé Museum, there are still many surprises waiting for you!

We like
The discovery, the emotion and the magic of the place.
www.museeherge.com

Dinant Evasion

Just one hour from Brussels, Liège and Charleroi, Dinant Evasion invites you to a superb getaway location at the gates of the Ardennes.

At the confluence of the valleys of the Lesse and the Meuse, in an exceptionally green setting, discover the descent of the Lesse by kayak, the Dinant Adventure park and boat cruises through the wildest reaches of the Haute-Meuse.

Take the helm of one of the electric boats – no need for a license – and cruise along the river between Dinant and the charming village of Anseremme, or get even closer to the swell in one of the very comfortable kayaks. The Lesse



is all about relaxation and pleasure, and you can take a 21km or 12 km course.

Dinant Adventure Park welcomes you all year round in the heart of its exceptional area of 18 hectares where you'll find vertiginous activities and thrills.

Dinant Evasion is also an experienced and highly-regarded organizer for your company events – from 10 to 1,000 people!

We like
The 'Dinner + Cruise' formulas proposed each summer onboard the prestigious boat 'The Sax', and

The Pendulum, an attraction that guarantees 100% thrills – it's an absolute must-do at Dinant Adventure!
www.dinant-evasion.be

The Labyrinth

The country of the imaginary exists and it is barely one hour from Brussels and 30 minutes from Namur and Liège!

The Giant Corn Labyrinth is a unique concept in the landscape of theme parks, bringing to life an intriguing spectacle in a green setting boasting over 11 hectares and 100% natural – and in step with respect for sustainable development.

This year, from 1 July to 1 October 2017, it will celebrate its 20th anniversary, with an unprecedented adventure: *Aladdin and the Tales of the Thousand and One Nights*. Never before has this legendary and timeless hero entered a giant corn maze.



We like
The entertaining performers, which is the Labyrinth's main attraction.

Open from 1 July to 1 October 2017. The Giant Maize Labyrinth will be animated by performers every day from 1 July to 31 August, the weekends of September, and 27 September and 1 October, 2017.

Entertainment by performers from 10h30 to 13h00 and from 14h00 to 18h30.

Weekdays in September the park is open from 11h00 to 17h00 but there are no entertainment shows. Duration of visit: ½ day. Dogs not allowed
www.labyrinth.be ⓘ

For further information

www.walloniebelgique-tourisme.be
of Bureau d'information - Information Office - Wallonie Belgique Tourisme
Rue Marché-aux-Herbes, 25-27 / 1000 Bruxelles - info@wbtourisme.be

EDEN: Hidden treasures of tourism in Wallonia



Photo © WBT-Denis Erroyaux



Photo © WBT-Denis Erroyaux

European Destinations of Excellence (EDEN) is an initiative launched by the European Commission to promote sustainable tourism development models across Europe. The project is based on national competitions which have taken place every year since 2006 and results in the selection of 'destinations of excellence' for each participating country.

Through this selection of destinations, EDEN highlights the values, diversity and common characteristics of European tourist destinations.

Here are the seven winners in Wallonia – these tourist destinations stood out in Europe thanks to their charm and simplicity.

Durbuy - The smallest city on Earth!

Known as the 'smallest city on earth', Durbuy is also one of the prettiest. The old town dates mainly from the 17th century. Its pedestrian streets, winding between the ancient houses, are narrow and cobbled. Durbuy is a very pleasant holiday resort renowned for its excellent food.

www.durbuyinfo.be

Marche-en-Famenne

Located between the valleys of the Lesse and the Ourthe, Marche-en-Famenne offers the tourist a unique marriage of tradition and modernity. This charming little town of Belgian Luxembourg offers all the comforts of urban infrastructures and services in a green setting and a preserved environment.

www.tourisme-marche-nassogne.be

Viroinval

The commune of Viroinval is a territory of 12,000 hectares of very important biological and geographical interest – it has been recognized 'Natural Park' by the Walloon Region since 1998. It is located south of the Entre-Sambre-et-Meuse natural region on the French border, halfway between Charleville in France and Charleroi in the Walloon Region.

www.viroinval.be

Ath

Ath is a destination offering you a rich historical past and a folklore recognized as an 'intangible heritage' by UNESCO. Midway between Brussels and Lille, Ath starts to vibrate on the 4th weekend of August, when Goliath, the biblical giant, participates in the procession of religious origin since 1481. Secular nowadays, the procession boasts chariots, fanfare and the fight between David and Goliath to keep the crowd in suspense.

www.ath.be

The Eau d'Heure lakes

The Eau d'Heure lakes tourist site offers a naturally preserved environment that is also the largest aquatic site in Belgium. Located between Charleroi, Philippeville and Beaumont, the Eau d'Heure lakes offer a great number of activities and infrastructures to delight sport lovers, families with children and tourists looking for nature and the great outdoors.

www.lacsdeleaudheure.be

Waimes

Waimes is known as a nature destination through its hiking, skiing, canoeing, Botrange nature centre and the Reinhardstein castle. It is becoming an emerging gastronomic destination, with produce such as Trout d'Ondeval, the Valèt cheese and RougePie de l'Est, an endangered cattle breed. On Sundays at noon this autumn Waimes will host the Eden Gourmand Tour

www.waimes.be/tourisme/

Ottignies-Louvain-la-Neuve

Made up of two urban centres, the city of Ottignies-Louvain-la-Neuve will charm you with its unique atmosphere. A pedestrian city that is creative, multicultural, green, dynamic and open to the world. A young city to explore on foot or by bike, with your eyes and with your heart. Visit the museums, attend a show at the theatre, exercise in the sports center and stroll among the welcoming shops, nice restaurants and other discoveries that will delight you.

www.tourisme-olln.be



Photo © WBT-Bruno D'Alimonte



Photo © WBT-Jean-Paul Ferry



Photo © WBT-David Sarmyn





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Travel assistance

The days when you worried about holiday cover are long gone. Sign up for annual assistance and travel all year round, alone or accompanied by family and friends, in complete safety.

Why subscribe to a travel assistance contract? As soon as you leave Belgium, the culture changes and so do your habits: whether it be health care, hospitals, doctors, governmental authority or simply the language... The administration systems are generally not the same, and this is without taking into consideration the difficulty of organizing assistance in a foreign country.

In the event of an accident or disease the consequences are generally more expensive and more serious. You cannot depend on your loved ones who are still in Belgium. If you are travelling accompanied by family and/or friends, you will also have to provide accommodation and repatriation for yourself and the rest of the group. With an assistance agency, you make a simple phone call and everything is settled. You will be taken care of in case of an incident on holiday or if your car breaks down, even in Belgium.

The annual formula: complete peace of mind and it's less expensive
The annual formula offers a complete medical assistance, which protects you all year on your trips to foreign countries (holidays, city trips, touring). The formula is valid for a victim of a disease or an accident, with medical reimbursement, repatriation, organizing and helping the people who accompanied you on the holiday, providing contact with your loved ones who stayed in Belgium, assistance at your

home in Belgium and administrative and logistical aid.

The benefits of annual assistance: because you can never be too careful!
Annual assistance allows you to escape on holiday in all serenity. Not only does it already have a complete formula, the annual assistance offers you extra options to increase the value of annual assistance abroad. You can take out annual assistance that includes your car, assuring complete medical assistance all year round and an efficient breakdown service in Belgium and abroad.

The ideal combination for travelling in complete safety
To reserve your holiday and travel in complete serenity, we suggest you combine the annual assistance with the NoGo cancellation, which protects you medically but also insures you against any financial loss due to cancellation because of something unexpected that arose before your departure.

From €20
You can now enjoy your holidays with your family or friends right till the end
Sometimes due to an accident or illness abroad, it is important that you repatriate as quickly as possible. However, sometimes you prefer to wait until the end of your holiday and make the best of the sunny weather before you go home. A broken arm doesn't necessarily mean a ruined holiday. At Europ Assistance, you can benefit from a personalized solution - not just sometimes but all the time. We assist you 24/7 every day. Contact us on 02 541 9000 or at www.europ-assistance.be

The Opal Coast: A dream weekend escape

Denitsa Tsekova explores lovely beaches, astounding sealife and eats like a local

Photo © Flament



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It is an exceptional landscape, consisting of a fully renovated 11th century château, along with numerous works of contemporary art, landscaped gardens, six farmhouse cottages, a longère, a vegetable garden, Gallo-Roman baths, two swimming pools, a floating tennis court and a Michelin star gourmet restaurant.

This is a place for rediscovery, relaxation, observation and for savoring the present moment.

OFFICIAL MEMBER OF



MORE INFO: LITTLEGUESTCOLLECTION.COM

The Opal Coast (Côte d'Opale) is situated on a 120km long coast, starting from the Belgian border and ending at Baie de Somme. It offers wonderful beaches, lovely castles, astonishing architecture and delicious food. It is 'opal' by no accident – it is so named because of the beautiful interplay of blue and grey in the sea. There are also long green meadows surrounded by enchanted small villages full of white houses.

The Opal Coast is part of the Pas de Calais region which is quite popular for tourists

because of its ideal location for short breaks from the UK and Benelux countries, including Belgium. Its breathtaking coastline and cuisine will make you fall in love with the region. There are many rural seaside resorts alongside with bigger cities and they all have an amazing atmosphere. Happily, they are all close to each other so you will have time to have a taste of a few.

Calais is the largest city in the region and has astonishing cathedrals, towers and forts and of course a lovely beach. Boulogne-sur-Mer was the major Roman port for trade and

communication with Britain. There, you can see the famous Basilica of Notre-Dame cathedral, with a dome standing at over 100m. Ask Pas de Calais Tourisme if you need advice for a group trip.

www.pas-de-calais-tourisme.com

What to do on the Opal Coast

In Boulogne-sur-Mer, your first stop should be Nausicaã Centre National de la Mer. The public aquarium is dedicated to the relationship between mankind and the sea. Once you go in, you will be immersed in the underwater world. Walking through the themed sections, you will sometimes see sharks under your feet, which is less intimidating knowing they are inside the aquarium. You can see how different species are being fed and hear from professionals more about them.

The highlight is watching the feeding of the sea lions. They have their own big pool with a theatre built around it for the audiences. The sea lions are introduced one by one and they enter the pool as if they are the stars of show. They jump around happily, respond to their own names, recognize shapes such as rectangles and most importantly are rewarded for each correct answer.

Amberjacks Route is mind-blowing, a diamond-shaped aquarium that is placed above your head. It is a magical room where you feel like you're swimming next to them and the amberjacks are magnificent and far bigger

than you could ever have expected. At the end of the tour, you will see a small village of penguins and you can stare for hours at how they communicate with each other.

Nausicaã is not all about the beauty of the underwater; it also raises public awareness about the need to manage the oceans and their resources in a sustainable way. The team offers a multimedia library, films, temporary

exhibitions and other ways designed to improve our understanding of the issue.

www.nausicaa.fr

After that, head to Audinghen and rent a bike with electric assistance from Maison du Site des Deux Caps. Enjoy the coastal bike road which is 23 km long and most of it is car-free. You will adore the view so stop and take photos of the landscapes. Of course, you can hire a bike without electric assistance if you want to burn some more calories. However, there are quite a few hills on the way, so the assistance can be handier than you

think. You can hire the bike for a half or a full day so you do a small part of the route and chill on the beach in the breaks.

If you are not into biking you can try some Nordic walking. Walk energetically around the beautiful region with the help yourself of the two poles. The Maison du Site offers a course for beginners so that you can be prepared for some new experience. Take your time and enjoy the view, you may be able to see the English coastline on the horizon, especially at

**“ THE PUBLIC
AQUARIUM IS
DEDICATED TO THE
RELATIONSHIP
BETWEEN MANKIND
AND THE SEA ”**



Photo © Alexis Rosenfield



Photo © Alexis Rosenfield



Photo © Alexis Rosenfield

Cap Gris-Nez.
www.lesdeuxcaps.fr

Your next stop is Calais, where Cité Internationale de la Dentelle et de la Mode de Calais traces the history of lacemaking in an innovative way. It is built in an authentic 19th century lace factory and the front entrance thematically resembles a huge perforated card. The city traces the history of lace, from manual production to the most contemporary creations. You can go back to the years of the industrial revolution by watching how a century-old mechanical loom is still working according to instructions provided by perforated cards.
www.cite-dentelle.fr

Where and what to eat

French cuisine plus seafood makes the region a gourmet heaven. Not only that – the desserts and wines are also unforgettable. If you have completed most of the tours I mentioned above you will feel less guilty about eating like today is the end of the world.

Restaurant L'ilotvert combines lovely modern design with 'bistonomique' cuisine. It is in the heart of Boulogne-sur-Mer, a stone's throw from the cathedral Notre Dame. The menu is not that long but I believe every dish is as delicious as the ones I tried. The highlight is the magnificent filet de Canette rôti.

Go local and visit Restaurant La Marie Galante which is situated near the sound of the waves.

It is a small fisherman's house a stone's throw from the sea. The restaurant is typical for Audresselles and you can enjoy the best local dishes.

Restaurant La chaloupe is in Wissant and specializes in seafood. Try the wonderful Filet de Dorade and enjoy the great wine. The atmosphere is lovely and the design of the restaurant very welcoming.

Where to stay

Les Argousiers is a fairytale hotel just a 10-minute walk from the beach of Ambleteuse and its Fort Vauban. The hotel offers a relaxing atmosphere with beautiful themed rooms. It's the ideal place to recharge your batteries after completing the long tours and trying all the lovely dishes. The breakfast is wonderful so the morning will be as good as the rest of the day. 📍

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eat! BRUSSELS, drink! BORDEAUX festival

Some 20 Brussels chefs and 50 wine producers and dealers will be showcased at this annual festival

From 7 to 10 September this year, Brussels Park will once again serve as the setting for the eat! Brussels, drink! Bordeaux festival. Twenty Brussels chefs will slave over their stoves to share their signature dishes with the public. Fifty Bordeaux wine growers and sellers will also be on hand to provide the accompaniment for these delicious foods. They will offer the optimal wine pairings to complement the chefs' dishes.

For its sixth edition, the eat! Brussels, drink! Bordeaux Festival has once again invited a selection of Brussels' best chefs to the heart of Brussels Park. The sixth edition has its fair share of new offerings, including:

- Restaurant offerings are expanding
- A central «square» will be set up right at the heart of the festival grounds.
- This year, the eat! Awards are making their debut.
- In this latest edition, several pastry chefs will complement the event menu with dessert plate suggestions.
- The Ecole du Vin de Bordeaux invites amateurs to discover new wine workshops that focus on patisserie and chocolate.
- The Tchivittel! space will offer cooking workshops to visitors.
- Twenty great chefs

Several pastry chefs will enhance the festival's menu. They will offer sweets aficionados delicious desserts by the plate at the special



price of €9.

Vins de Bordeaux, the festival's essential partners, are coming together once again on this journey through fine cuisine. For the occasion, nearly 50 Bordeaux wine growers and merchants will meet in Brussels to reveal the history and secrets of their wine.

These elegant and unique wines, the fruits of the meticulous blending of several grape varieties, will thrill the public's taste buds. It's a

singular chance to discover the new Bordeaux reds, fresh and fruity, the dry whites, the rosés, the clarets and the sweet wines that can be paired with all cuisine, whether simple or refined. A wine pairing carefully selected for the occasion will also be offered for each dish, sweet or savoury, presented at the festival.

For the second year running, the Bordeaux pavilion will present the 2017 selection of Bordeaux wines chosen by a panel of Belgian wine and gastronomy professionals. These wines, selling for €4 to €25 are all available in Belgium. eat! Brussels, drink! Bordeaux will be the only opportunity to sample the sumptuousness of this 2017 selection. The Ecole du Vin de Bordeaux pavilion will once again be on hand to conduct a variety of workshops for Wine Pass holders.

You can discover all the Chefs in attendance and much more on the website.

More information available at www.eat.brussels

**LIFE OF
LEISURE**

Dining

**L'Orchidée
Blanche**

For more than 30 years, Katia Nguyen, has run this excellent restaurant and connoisseurs are unanimous: this the reference for Vietnamese cuisine. In a contemporary and elegant setting we were welcomed by a very attentive staff. We recommend some specialties on the menu which has much to offer. We opted for the 'Assiette Orchidée blanche' which enabled us to discover several starters at the same time: five delicious Indochinese specialties (Wan-tan frit, Nem, Pineapple salad, Tempura of scampis and saté chicken skewer). A delight! Next was grilled chicken with curry and



coconut milk and beef sautéed with curry and basil. I must say that the dishes are plentiful and fragrant. A real trip for the taste buds. You can't go wrong with an address that has been voted best Asian restaurant in Belgium by the Gault Milliau in 2015.

There are different menus on offer and a nice wine list. This summer, head for their garden terrace at the back of the house and enjoy this excellent cuisine.

www.orchidee-blanche.com

Emile

This excellent restaurant's subtitle is 'bistro à manger'. Says it all. We sat out on the spacious terrace and were served by staff that was young and efficient and very friendly. It is located between the lively cemetery of Ixelles and Place Flagey – it's an old neighbourhood bistro with soul, resonating with the charm of so many lives and the many memories of those who has passed through over the years. Owner Bruno Antoine went to great lengths to keep the original café intact with contemporary elements added.



carbonara which was large and looked very appetizing indeed. The waiter suggested a very nice red that I had never tried before, the Mascanille 2015 which went perfectly with the beef.

The kitchen is open seven days a week from

breakfast to dinner and there's a big Sunday brunch. And this is a family affair: Emile also has a 'wife' Charlotte in Uccle and 'cousin' Tony runs the family's food-truck.

www.emilebistro.com

I had the matured beef which went perfectly with the chips – which are fried twice in beef fat. My dining partner went for a spaghetti



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Wine

Bourgogne: High hopes

After fine flowering, Bourgogne winegrowers have high hopes for the harvest

No two years are the same in the Bourgogne wine-growing region. After fast flowering, which was over by mid-June, even in those areas that tend to tardiness, any fears about springtime frosts were soon a distant memory. Now hopes are high for a fabulous harvest. Even the Chablis region, which suffered the effects of frost at the end of April, is in a much better place than it was at this time in 2016.



Flowering is finished across the Bourgogne region, with only a few days required for the vines to move from first flowers to producing fruit. With favorable weather conditions, sunshine and heat alternating with short spring showers, the vines were left to follow their growth cycle at a good pace, without hindrance. On average, flowering reached mid-point by the first week in June. On the Côte de Beaune, flowering started on 31 May for the Chardonnay and 1 June for the Pinot Noir, soon followed by all other regions. The further north the vines, the earlier they flowered, compared to the average for the period 1994-2016. In the Mâconnais, flowering mid-point was reached between 3-5 days earlier, while in the Grand Auxerrois and Chablis, it was eight days.

The 2017 vintage is therefore gradually emerging as an early one. It is ranked among the top three earliest years on the Côte de

Beaune and Côte de Nuits, similar to the 2009 vintage. The nascent grapes are already between 3-5mm across and the bunches should be closed by early July if the weather continues to be fine.

With optimum weather conditions keeping the grapes healthy, the Bourgogne wine-growing region is thus heading for a lovely harvest. In Chablis, things are more mixed. Although globally, things are looking promising, there are a few areas where the grapes are lacking, mainly in the Petit Chablis appellation, and on a few plots of Chablis.

But despite the reigning optimism, it is preferable to be prudent until harvesting is complete, with picking predicted to start in early September.

www.bourgogne-wines.com



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What's on Belgium

Photo © Phile

'Am I a European?' 60 artists. 60 answers

60 artists from all over the European Union will soon be using 60 creations to attempt to answer to the question of what exactly 'European identity' means. The works of art were printed on banners and will be placed on different construction sites in Brussels' European quarter. The full series of works will be posted on two major construction sites in the European neighborhood.



to put these building sites in the spotlight in a positive way." Minister Guy Vanhengel added: "At the same time banners will be placed at strategic locations in Brussels' European quarter putting the spotlight on the Brussels tourist and cultural offer." From **August to December 2017**.

visit.brussels/en

The Anatomy Lesson: 500 years of History of Medicine

Practising and resorting to medicine means, over and beyond the deployed techniques, also tackling the most fundamental questions that human beings have had to face from the outset, as illness, suffering and death are inherent to the human condition. Artists have always illustrated this eternal question with a rich diversity, going from drama to irony, from teaching to anecdote, horror to beauty. As part of the celebrations of its 30th anniversary, the Liège CHU (University Medical Centre) will be featured at La Boverie Museum for this major event exhibition, organized around four main lines and showcasing a



unique set of more than 120 intermingled works of old and contemporary art. Cabinet of curiosities, contemporary art installations, abstract art and medical imaging are combined. La Boverie, Liège. **Until 17 September**
en.laboverie.com

What's on

Photo © MetodoSalgari-Mudanza 2013

**Latin American Cartographies:
Art, Social Cohesion and Urban
Landscapes**

This exhibition is a visual laboratory, a journey into the realities of a vibrant continent through different points of view and mediums: from video to sounds or installations. Artists, cultural platforms and activists are today at the forefront of generating new perspectives around violence, learning, memory, resilience or mobility. What critical role can they play in their urban contexts? In El Salvador, they organised a football game between the former army and the guerrilla members. Peruvian activists display the city as a non-formal learning space. A Mexican collective critically explores how a Belgian architect contributed to Medellín's urban development in the 1920s. Brazil based artists propose a new city questioning waste and water management, accessibility and mobility. From Colombia, activists and artists place the issue of the air at the heart of resilient cities. It is part of the EU project 'LAIC –



Culture and Arts Supporting Social Cohesion in Latin American Cities', developed by Interarts and BOZAR and funded by DG DEVCO of the European Commission. Works by The Fire Theory, Bijari, La Ciudad Verde, EscueLab.org, LAALvaca, Método Salgari, Oscar Leone Moyano, Dália Rosenthal, Federico Martínez Montoya, among others. **Until 6. August. BOZAR. Free entrance**
www.bozar.be

Pinocchio - Opera

'It's natural to think that Pinocchio has always existed; it is impossible to imagine the world without him.' Italo Calvino put it well: we all know that stubborn, deceitful, but endearing puppet. In Joel Pommerat's hands, Pinocchio becomes a rebellious boy who throws himself into the world in search of happiness, impatient and driven by his own untamable impulses. In his stage adaptation of Carlo Collodi's original story, Pommerat avoids any moralising tone or simplistic approach. On the contrary, he underlines the modernity and richness of the original text. Following their successful cooperation on Au monde, the composer Philippe Boesmans will once again



give Pommerat's characters a voice. He will pull out all the stops to present the many layers of the Pinocchio story with all its musical aspects. Perhaps we, too, young and old, look forward to this new work just as impatiently as Pinocchio. **5-16 September. From €10**
www.lamonnaie.be

SUMMER IN KNOKKE-HEIST



From Friday 30 June until Sunday 3 September
MAGRITTE EXPERIENCE
Beach near Casino Knokke
Immerse yourself in Magritte's magical world this summer! The main attraction is the Belfius Magritte Virtual Reality Tour where you can take a breath-taking journey through

Magritte's life and paintings with VR glasses. Don't forget to visit the world-famous fresco, "The Enchanted Realm" in Knokke's Grand Casino. A unique opportunity!

Until Tuesday 15 August
SCULPTURE LINK
Zeedijk - Zegemeer



Until Sunday 3 September
A MOMENT WITH BUTTERFLIES
De Wandelaar, Duinbergen



From Thursday 6 until Sunday 9 July & Wednesday 12 until Sunday 23 July

KNOKKE HIPPIQUE
Westkapellestraat, Knokke

Saturday 1 July until Sunday 3 September
INTERNATIONAL CARTOON FESTIVAL
Beach near Heldenplein Heist



From Monday 17 until Saturday 22 July
KNEISTIVAL: POP & ROCK FESTIVAL
Heldenplein Heist

Tuesday 18, 25 July & 1, 8, 12 Augustus
KLASSIEK LEEFT MEESTERLIJK CLASSICAL MUSIC FESTIVAL
Dominican Church & St. Margaret's Church Het Zoute

Friday 4 August
ZOUTE NIGHT
Kustlaan and Zeedijk Het Zoute

From Saturday 5 August until Tuesday 15 August
ART NOCTURNE KNOKKE
Scharpoord Cultural Centre



17, 19, 21, 23 & 25 August
INTERNATIONAL FIREWORKS FESTIVAL
Beach near Meerlaan

From Thursday 14 until Sunday 17 September
INTERNATIONAL MUSIC FESTIVAL: YSAÏE'S KNOKKE
Various Locations in Knokke-Heist

From Thursday 5 until Sunday 8 October
ZOUTE GRAND PRIX
Knokke-Heist – Het Zoute

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Nuits Sonores

In 2017, Nuits Sonores is celebrating its 15th birthday. An idea born during the summer and autumn of 2002, Nuits Sonores was originally invented as a platform on which to share thoughts, artistic projects and cultural initiatives, a cultural, artistic and urban laboratory. Over the last 15 years, the festival has transformed – slowly but surely, in its own humble yet determined way – into a choice overview of all that is modern and cutting edge in the fields of Bindependent, electronic and digital culture.

Nuits Sonores and European Lab Brussels are preparing their first edition with the ambition of creating an urban, demanding and innovative laboratory, at the heart of the independent cultures and European thinking. **14-17**

September. Brussels Expo (Palais/Paleis 10). Two-night ticket 47.
www.nuits-sonores.com/en



Flowertime 2017

Over 100,000 flowers, 19 first-class Belgian florists, 13 historic rooms, three flower and vegetable carpets on the Grand Place and some hidden pieces of juicy fruit. These are the main ingredients of the third edition of Flowertime. This year the biennial Brussels celebration of floral art will adorn the Grand Place and Brussels City Hall.

Exceptionally the rooms of Brussels City Hall will be open to the public and will not only be filled with the scent of flowers but also succulent fruit and even vegetables. This is because the theme of this edition of Flowertime, a colourful cocktail that instantly creates a summer atmosphere, is 'flowers and fruit'.

This year, the theme is a wink to the urban gardening and farming trend that is increasingly emerging in major cities. Urban farms and gardens are expanding to become places for new encounters. Flowertime combines all these elements in a single event. **11 to 15 August.**
www.flowertime.be 



Photo © Wim Vanmaele

The Edinburgh International Festival

The Edinburgh International Festival is an unparalleled celebration of the performing arts and an annual meeting point for peoples of all nations. Committed to virtuosity and originality, the International Festival presents some of the finest performers and ensembles from the worlds of dance, opera, music and theatre for three weeks in August.



Over the course of the year, the International Festival team travel the world in search of the most exciting and creative artists working today. Together, it brings unique collaborations, world premieres, new takes on classic works, critically acclaimed productions and more to captivate, thrill and entertain audiences from around the world. All in one place, right here in Scotland.

International Festival beginnings

The Edinburgh International Festival was the inspired idea of Rudolf Bing, then the general Manager of Glyndebourne Opera, Henry Harvey Wood, the head of the British Council in Scotland, and leaders from the City of Edinburgh. It was established in 1947 as a world class cultural event to bring together audiences and artists from around the world.

Right from the beginning the International Festival inspired artists who were not part of the International programme to put on shows of their own, and these events grew into the Edinburgh Festival Fringe. More festivals have grown up around it in August and early September, as well as throughout the year and there are now 12 major annual festivals in Edinburgh, the Festival City.

If you would like to delve into the International Festival's rich history and discover the wonderful artists and stories that have made it

so loved by so many then you can immerse yourself in publications, programmes and photos at the National Library of Scotland or take a wander around the website and the multimedia library.

Who we are

The International Festival is about the people who come together in Edinburgh to create incredible experiences. It's a state-of-the-art, world-class cultural event which over its 69 years has gone from strength to strength. As such a vibrant, innovative, energetic organization, the International Festival contributes to many aspects of life, be it cultural and economic, education and society and enhances the lives of people not just in Edinburgh and Scotland, but around the world.

The festival presents a wide range of performances from the world's leading artists to the widest possible audience, offers affordable international culture to audiences from Scotland, the rest of the UK and the world, offers an international showcase for Scotland's rich culture, presents innovative performances and programming and a commitment to new work, actively welcomes and makes it possible for all sections of the Scottish and wider public to experience and enjoy the International Festival and encourages everyone to participate in the arts throughout the year. What are you waiting for?

www.eif.co.uk



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LIFE OF
LEISURE

What's on

Cinema

Brussels' leading film critic **James Drew** looks ahead to films that will adorn the silver screen in Belgium



2:22

An American-Australian thriller film directed by Paul Currie and written by Nathan Parker and Todd Stein. Dylan Branson (Michiel Huisman) is a man whose life is permanently derailed when an ominous pattern of events repeats itself in exactly the same manner every day, ending at precisely 2:22 pm. When he falls for Sarah (Teresa Palmer), a beautiful woman whose life is threatened by these strange events, Dylan must solve the mystery of 2:22 to preserve a love whose second chance has finally come. One senses a touch of *Last Year at Marienbad* (1961) here – what do you think? Running time TBC

Dunkirk

Now, at least here is one we can all get our teeth into – please God, don't let it be as absolutely rubbish as was *Pearl Harbour* (2001) but, somehow, I don't think it is gonna be. A group of very brave allied soldiers from Britain, Belgium, Canada, and France are surrounded by the German Army on the beaches of Dunkirk and evacuated in Operation Dynamo between 26 May and 4 June 1940, during the early stages of the Second World War. But here is the good news – it is directed by Christopher Nolan, who has not put a foot wrong since emerging as one of the best directors of the new century, and it stars Kenneth Branagh. What else do you want? Running time TBC

War of the Planet of the Apes

Here we are on the third time around for the second/third reboot of *The Planet of the Apes* (1968) and its sequels, and how much more do they have to add, really? Or am I just a cynic? Anyway, following the events of *Dawn of the Planet of the Apes* (2014), Caesar and the apes are embroiled in a war against an army of humans, surprise, surprise. As the apes suffer heavy losses, Caesar wrestles with his darker instincts as he resolves to avenge his kind. The war pits Caesar against the humans' leader, a ruthless Colonel, in a battle that will determine the fate of their species and Earth's future. Look, it will probably be OK, just don't quote me, OK? Running time TBC

Cars 3

Pixar to the rescue again then – this animation company has not made a bad film, tell me I am wrong? Anyway, in this one, after losing his racing title to Jackson Storm (Armie Hammer), along with a new generation of high tech racers, many begin questioning if the famous Lightning McQueen (Owen Wilson) will retire after he endures a terrible crash. McQueen's sponsor, Rust-eze, is bought by Sterling (Nathan Fillion), who wants to turn him into a racing brand. Lightning asks for a chance to race in the Florida 500 and begins to train with race technician Cruz Ramirez (Cristela Alonzo), who's always had her own racing dreams. Enjoy. 109 mins.

1

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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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