

# Together

magazine

**FITNESS**

Power of music

**REMEMBER  
MOVEMBER**

**NUTRITION**

*Clean food*

**PERSONAL  
DEVELOPMENT**

Sperm and the egg  
Cyber nomads

**Travel**

CAPE TOWN  
SKI SPECIAL  
NEW YEAR CITY & ISLAND

INTERNET  
OF THIEVES

Luxury  
shoes

**BE SUCCESSFUL**

Tony Robbins  
Zig Ziglar  
Elon Musk

# Gerard Butler

INTERVIEW



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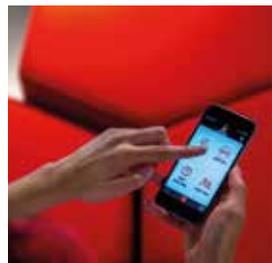
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ABOVE & BEYOND



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Wim Voss, Managing Director NewWorld

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## Editor's LETTER

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

### ON THE COVER



Gerard Butler stars in *Geostorm*

## A PUZZLE SOLVED

Me surfing. After I have checked on the sporting health of my beloved Glasgow Celtic, I take on the internet news, which has recently become a sprawling morass of bad, very bad and quite frankly dreadful stories jam-packed with what we do to one another, how we are capable of inflicting death and destruction on a whim on the poor and the innocent.

But there is some solace in scrolling... down to where you will find other stuff, such as science and medicine and nature tales that will transport you far from the madding crowd funding and such like. I witnessed conjoined twins being separated – watched one open his eyes after the operation. I witnessed oceans after dark and probes being tracked on their journey – a very long journey to a place very, very far away. I swear: I saw animals that are almost invisible. And a star – just as invisible to us – imploding somewhere, sometime out there, beyond us.

I often finish my surfing – still at my desk, OK? not getting wet – with a *Guardian* online crossword, nothing too strenuous of course. Unlike real life you can click an icon that says 'Check this' to make sure you're on the right track with your chosen puzzle – be nice to have one that makes sure all is well with the world we live in. I hope all is well with yours.

#### Paul Morris

Editor





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# Contents

NOVEMBER 2017

- 21 Welcome letter
- 24 Contents & contributors
- 28 Together online
- 30 Starring in Belgium
- 33 Charity: Movember



**Self-help**  
Sperm & egg



**Coaching**  
Tony Robbins

## PERSONAL DEVELOPMENT

- 35 **Fitness:** Music Power
- 39 **Nutrition:** Clean food
- 42 **Self-help:** Sperm & egg
- 46 **Self-help:** Cyber nomads
- 50 **Coaching:** Tony Robbins
- 57 **Be Successful:** The books
- 63 **Money:** Internet thieves
- 69 **Technology:** The kitchen
- 63 **Politics:** Catalunya!
- 76 **Education:** Boegarts



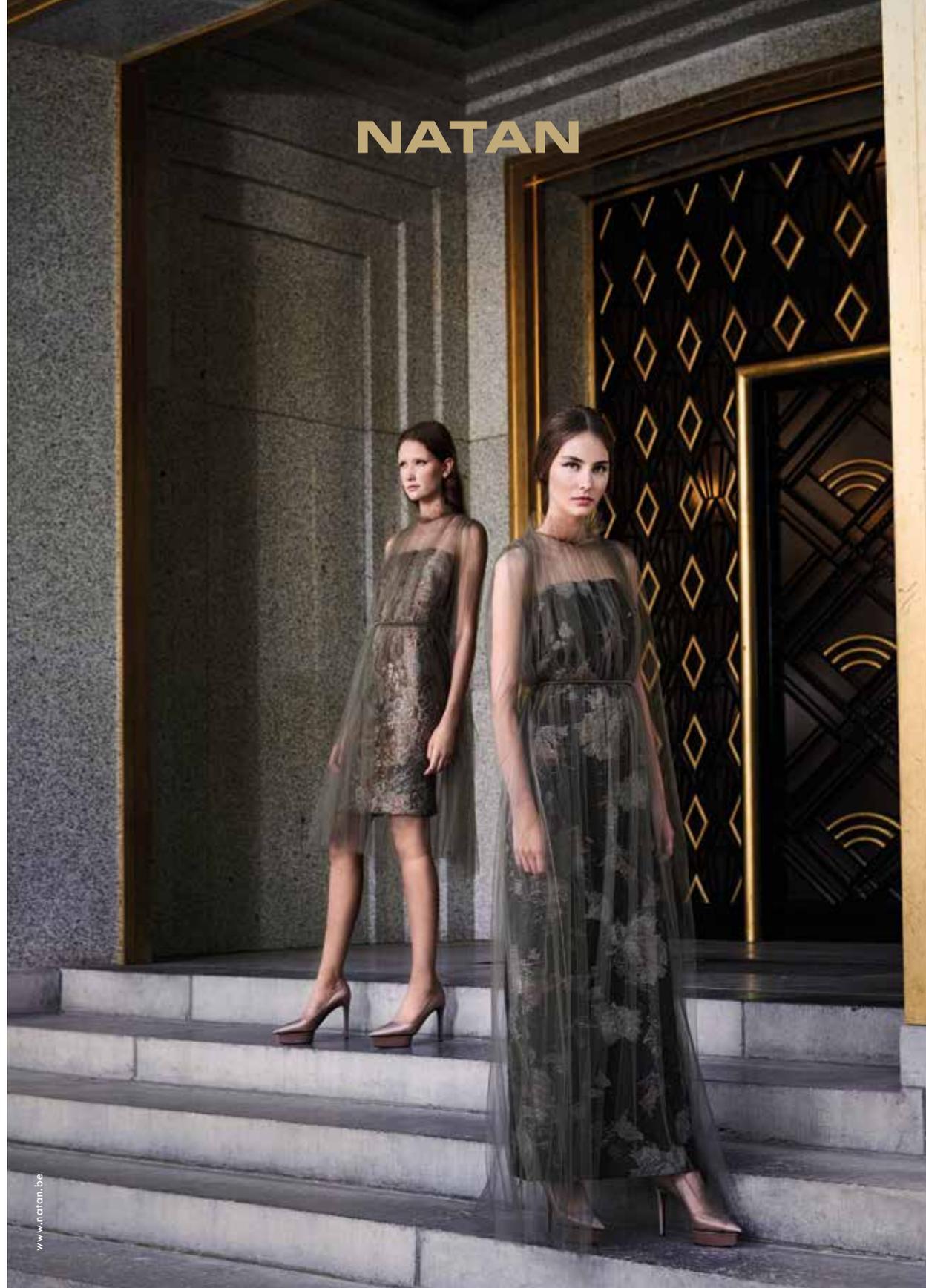
**Luxury**  
Very expensive shoes



**Beauty**  
Final countdown

## LIFESTYLE

- 81 **Luxury:** Very expensive shoes
- 86 **Fashion:** shoot
- 96 **Fashion:** Tollet Jewellery
- 101 **Shopping**
- 109 **Beauty:** Final countdown
- 114 **Design:** A case for aluminium
- 118 **Elegant cities**



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togethermag.eu | 27



**Travel**  
Zimbali



**Dining**  
Gault&Millau

## LIFE OF LEISURE

- 123 Celebrity interview:** Gerard Butler
- 134 Travel:** Cape Hope
- 138 Travel:** Zimbali
- 142 Travel:** Ski special
- 152 Travel:** Stanhope Christmas
- 154 Dining:** Gault&Millau
- 157 Wine:** Dali and Gala
- 161 What's on Belgium**
- 168 What's on International**
- 172 What's on cinema**
- 174 Le Chat:** Family tree

# Be inspired on [www.togethermag.eu](http://www.togethermag.eu)

## Inspirational books: 6 of the best from coaches

This month we offer six inspirational books that are surely on the shelves of every budding and successful entrepreneur. *The Alchemist* by Paulo Coelho continues to change the lives of its readers forever. With more than two million copies sold around the world, *The Alchemist* has established itself as a modern classic, universally admired. Paulo Coelho's masterpiece tells the magical story of Santiago, an Andalusian shepherd boy...

## Motoring: Bentley Mulsanne Extended Wheelbase

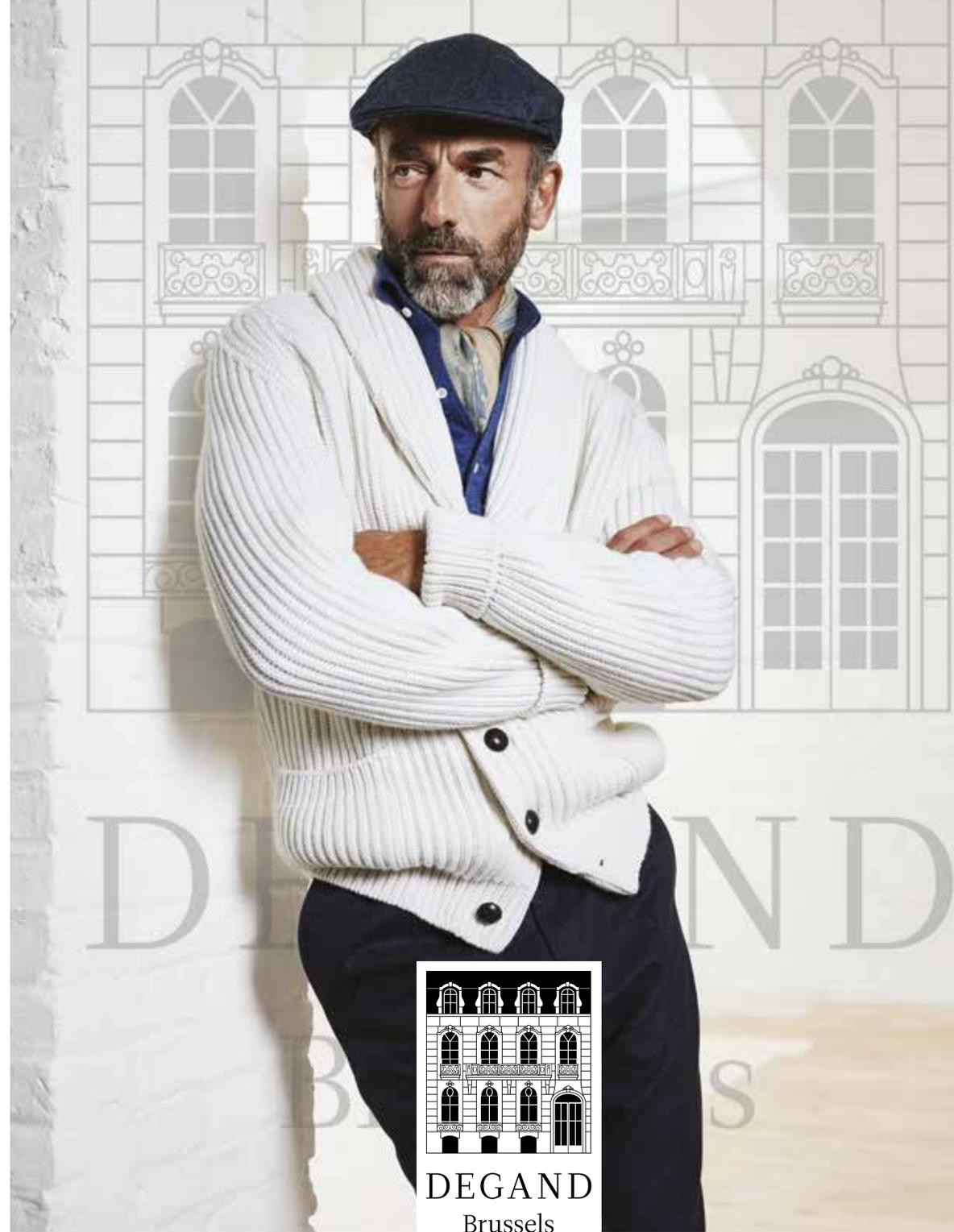
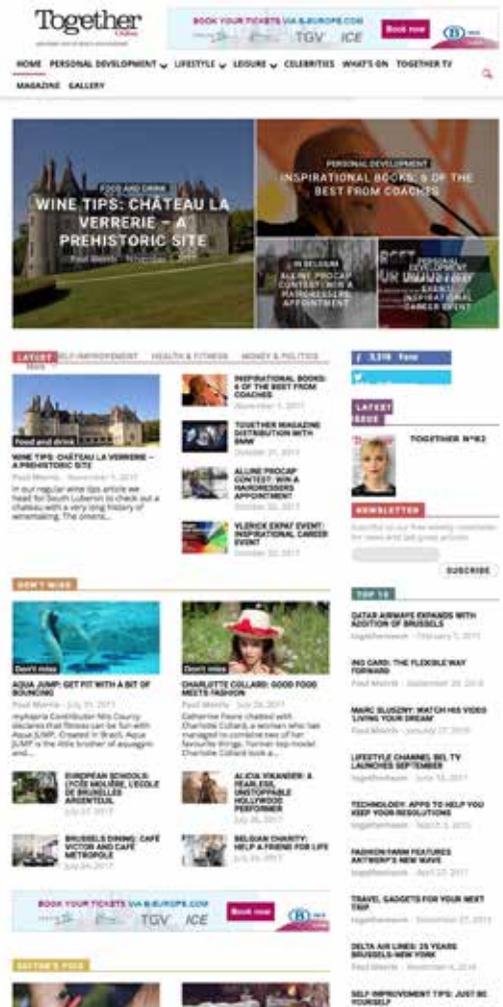
Motoring expert Pierre-Benoît Sepulchre gets behind the wheel of a simply luxurious motor car. Malicious tongues in motoring may say that this is the first true Bentley designed in the Volkswagen era. It is certainly the only model which sports the mythical 6.75 litre V8 engine. In any case, this Mulsanne encapsulates what the prestigious British manufacturer does best!

## Wine tips: Château la Verrerie - A prehistoric site

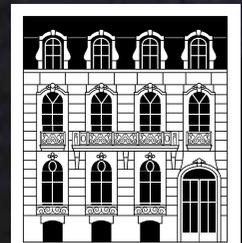
In our regular wine tips article we head for South Luberon to check out a chateau with a very long history of winemaking. The omens always seem to be good for some estates: this winery is located in Puget-sur-Durance, on the exact same site where prehistoric wine cellars, carved out of rock, and dating back more than 4,000 years, were uncovered. Before returning to wine-production, la Verrerie, as its name suggests, was a glass factory!

## Alicia Vikander: A fearless, unstoppable Hollywood performer

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



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# Starring in Belgium

## Royal Thunder

From Atlanta, Georgia, they have been described as producing "a whopping classic-rock-meets-psychedelica-meets-blues-meets-stoner sound". They couple great songsmithery with a characteristic, loud grooving sound on their third album *Wick*. Royal Thunder's (not so) secret weapon is frontlady/bassist Mlny Parsonz, whose "reinforced concrete voice box sounds like Janis Joplin on steroids!" **1 December**. Ancienne Belgique, AB Club. Tickets: €15 [www.abconcerts.be](http://www.abconcerts.be)



## Tjens Matic

Ostender Arno is a Belgian institution, singing in a mixture of English, French, Dutch and his Ostend dialect. With three rocking musicians by his side Tjens Matic play the heavier stuff by Tjens Couter and T.C.Matic. Once more he has added an amusing subtitle to the show: "An Old Belgian rocks in the Ancienne Belgique." Says it all. **17 January**. Ancienne Belgique, Ballroom: €32 [www.abconcerts.be](http://www.abconcerts.be)



## London Grammar

This English indie pop band from Nottingham consists of Hannah Reid, Dan Rothman and Dominic 'Dot' Major. Their debut album, *If You Wait*, was released in September 2013. Their second studio album, *Truth Is a Beautiful Thing*, was released in June 2017, peaking at number one on the UK Albums Chart. **12 December**. Lotto Arena, Antwerp. Tickets: €35-€47 [www.livenation.be](http://www.livenation.be)



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## CHARITY

# Movember: Be the difference



Movember explains why getting involved with men's health is so important

**M**en are facing a health crisis that isn't being talked about. They are dying too young, before their time. We're taking action and we need your help.

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### GROW A MOUSTACHE

Doing Movember means raising funds for men's health. And growing a Mo is your chance to do just that. Start clean shaven, grow throughout the month and get some serious funds behind the men who need it most.

### MOVE

Men and women alike can embrace the sweaty Mo this Movember by being active. It's what we like to call Move. Set a distance goal at the start of the month, and walk, run, cycle,



swim or row your way to achieving it. You can raise much-needed funds for men's health while you're at it.

Men die on average six years earlier than women. But you can be the difference, and help us change this startling stat. It's time to join the movement. Get involved with the only global charity focused solely on men's health, the Movember Foundation.

Thanks to the support of Mo Bros and Mo Sistas we've funded more than 1,200 projects saving and improving the lives of men all around the world since 2003. By 2030 we'll reduce the number of men dying prematurely by 25%.

### Our Vision

To have an everlasting impact on the face of men's health.

[be.movember.com](http://be.movember.com)

# PERSONAL DEVELOPMENT

The heavy-handed treatment of voters at the polls by the Guardia Civil drew sympathy



## You got the power!

**Kate Cracknell** explains how music makes you train better and relax more deeply

**M**usic has the power both to improve our results in the gym, and to help us combat anxiety and nerves.

The power of music on our mood is indisputable: just think about how quickly an upbeat song can lift your spirits and fill you with energy, even in your most tired moments; or conversely, how calm and relaxed you can feel just by listening to a gentle, soothing piece of music.

What you might not know is quite how much research has been done into precisely this topic, investigating music's influence not only on our mind and our mood, but also our physical response to the sounds we hear.

### Music to improve training

Let's start with performance, as numerous studies have highlighted the positive physiological impact of music in this respect – its ability to enhance your training results and encourage you to stick with your workout routine.

As long ago as 2005, a UK university professor called Dr. Costas Karageorghis led a study which established the ability of music to increase sporting performance by up to 20%. Specifically, the study found that listening to songs of the right tempo and content could act as a stimulant prior to exercise, as well as diverting the mind from sensations of fatigue during training.

Now a leading global figure in this field of science, Karageorghis has also found that music can reduce our perception of effort by as much as 10% – and even during very hard exercise, when the perception of effort is unavoidable, music has the power to make



you feel more positive, right up to the point of exhaustion.

Little wonder, then, that elite athletes have harnessed this to enhance their performance: world record marathon runner Paula Radcliffe was known to listen to *Stronger* by Kanye West before her races.

### Choosing the right music tempo

Unsurprisingly, Karageorghis' team found the relationship between heart rate and tempo to be key: fast tempos for high intensity exercise; slower music for recovery and stretching.

And he isn't the only one to latch on to this: did you know that Haile Gebrselassie, one of the greatest long distance runners in history, synched his stride to the song *Scatman* when



breaking the 10,000-metre world record?

But this doesn't only work for elite athletes. It applies to everyday exercisers and gym-goers too: we can all benefit from the instant pick-me-up effect of music when working out.

And the good news is that nowadays, a number of apps are available – such as RockMyRun, Spring and Pandora – that create playlists for you based on BPM (beats per minute – the tempo of the music), so you always have the perfect soundtrack for the sort of training you're doing.

In fact, Spring goes one step further, using GPS to track your performance to see which music track makes you work hardest, then curating a personalized playlist based on these findings.

So what BPM should you be aiming for? That depends, of course, on what sort of workout you're doing, but rough guidelines are as

follows – and of course, you should always choose music that you enjoy and that puts you in a positive frame of mind:

- Warm-up: 115–120 BPM – gentle music, but nothing too sleepy
- Strength training: 130–140 BPM – strong and steady so you maintain good technique
- Cardio training: 145–160 BPM if you're heading out for a run
- Cool-down: 120 BPM – relaxing but still positive, so you end your workout on a high note

**Music for relaxation**

Of course, if music can push you into peak performance, it can also help you relax.

There's a little less research into this area, but a news release from Stanford University in the US flagged up specific pieces of music which they found could enhance concentration or promote relaxation.

**“ WE CAN ALL  
BENEFIT FROM  
THE INSTANT  
PICK-ME-UP ”**



And there are plenty of elite sportspeople embracing the more chilled-out benefits of music. For example, former Commonwealth Games and Olympic gold medallist superheavyweight boxer Audley Harrison suffered badly from pre-competition anxiety; he would listen to soothing Japanese classical music to settle his nerves and ensure he entered the ring firing on all cylinders. Meanwhile, a number of professional soccer teams have special playlists to help them unwind after a match.

But it isn't only the sporting world that has understood the soothing power of music. Ambient music has been integral to spas for many years – and it's this that has attracted the attention of global musician Moby.

Moby may be best known for selling over 20 million albums worldwide, but he's also a wellness advocate and yoga practitioner. His view: that most ambient music doesn't really

allow people to switch off, “because the people who make it want you to pay attention to it”.

He therefore decided to create his own ambient music that was “just designed to sit in the background to provide an atmosphere of calm – really, really, really quiet music to listen to when I do yoga or sleep or meditate”. He ended up turning this into a four-hour-long chill-out album – *Long Ambients 1. Calm* – which was launched at the end of 2016 and given away for free.

Music, then, is absolutely central to our mood – and our performance. If you're feeling

a bit sleepy and need to get yourself into training mode, reach for an upbeat BPM-based playlist. If you get home from work feeling a bit stressed, download yourself some Moby. 🎧

**“ REALLY,  
REALLY, REALLY  
QUIET MUSIC TO  
LISTEN TO ”**



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# The myth of perfect eating

**Gemma Rose** calls time on the fantasy of clean food

“I spent all last week eating really badly, so this week I’m going to eat clean,” announced my friend, peering over my plate of a fairly clean lunch: avocado salad, hummus, tomatoes but with a bit of dirty food such as mozzarella and gnocchi to accompany it. This is what I think clean food is: food which is not processed, free-range and ethically sourced, but doesn’t include certain food groups like carbohydrates or refined sugars.



There have been a number of officially or unofficially designated clean food queens: such as the Hemsley sisters (*The Art of Eating Well*); Ella Mills (*Deliciously Ella*); Natasha

Corrett (*Honestly Healthy*); and of course, probably the pioneer in clean eating, Gwyneth Paltrow and her brand Goop. These celebrities intertwine healthy eating with wellness, and their

recipes require cutting out a lot of food or food groups such as refined sugar, simple carbohydrates, grains, gluten, and/or dairy. Thanks to their ingenuity, their businesses are booming.

But my definition could be wrong. Some gurus would say that clean means wholly plant-based and whole foods (I’m not sure what “whole foods” are), others would cut out the gluten, the dairy, the nuts, grains and the refined sugar. Others would just simply avoid ALL sugar (including fruit, honey, etc.), whilst some only eat alkaline foods (again, no idea what these foods are). It seems that the clean-food industry doesn’t really know itself which food is clean.

## “THESE CELEBRITIES INTERTWINE HEALTHY EATING WITH WELLNESS”

## PERSONAL DEVELOPMENT

Nutrition

The tide, however, has been turning against clean foodies. Most of these gurus are neither formally trained nutritionists nor chefs, yet they have made claims to health and wellbeing with very little supporting scientific evidence. This concern has been highlighted in *The Guardian*, *Vice* and in the BBC documentary *Clean Eating – The Dirty Truth*. Moreover, these proponents of clean food have been accused of being elitist and morally superior: who can afford coconut oil/sugar, hazelnut butter or chia seeds on a regular basis? And who has the time to spiralize courgettes or make cauliflower rice?

What seriously worries the medical community is the emergence of 'orthorexia nervosa'. It was first coined by Dr. Steven Bratman in 1997 as an obsession on righteous and pure eating.

What may start out as healthy eating eventually becomes toxic due to rigid eating and limiting food choices, causing health – ironically - to suffer.

I tried to eat clean once. About four years ago, I wanted to get rid of my

pudgy belly and although I would jog and walk regularly, it was still there. I was introduced to the book *Why We Get Fat: And What To Do About It* by science journalist Gary Taubes. He convinced me that sugar was making me fat and the best way to stop getting fat was to eliminate it as much as possible: by cutting out bread, potatoes, rice and sweets and filling up on protein and vegetables instead. I was rigorous and disciplined: my meals were high in protein and fat. If there was a potato chip or a chocolate on offer, I would avoid it. Within two months of the diet, I was comfortably down a size and by all accounts looking good. Someone even complimented me on my lack of fat.

I viewed my diet as a game, avoiding the “bad” foods where and whenever possible. There was obviously a downside. I became obsessed with it and I was depriving myself. My most vivid memory of this was on holiday in

Malaysia. Malaysian food is based around rice and noodles and I remember hardly touching any of it, feeling that they were sinful foods. When I look at photos of myself at that time, I looked gaunt. I did not enjoy that holiday.

Following a clean-food fad can, at worst, lead to orthorexia and, at best, lead to a moral judgment on food. As the Angry Chef, Anthony Warner, rightfully notes, there is no “good/clean” or “bad/dirty” food: food is just food. Nutritionists and the Angry Chef will tell you that the healthiest way to eat is to eat a variety of foods in moderation.

My obsession with cutting carbs ended when I met my husband. He loves bread and fruit, and he bakes. So my diet was inevitably doomed. A couple of months before our wedding, I thought about eliminating my pudgy

belly again by temporarily cutting back on carbs and sugary treats. I met up with a friend for lunch shortly after starting my regime. I bought something “healthy” – a chicken salad. It tasted like

rubber with cardboard, it was expensive, and I was hungry half an hour later. I soon realized how ridiculous my diet was and vowed to stop dieting and depriving.

On my wedding day, I looked like me - pudgy belly and all. And I couldn't have been happier.

### “ MY OBSESSION WITH CUTTING CARBS ENDED WHEN I MET MY HUSBAND ”



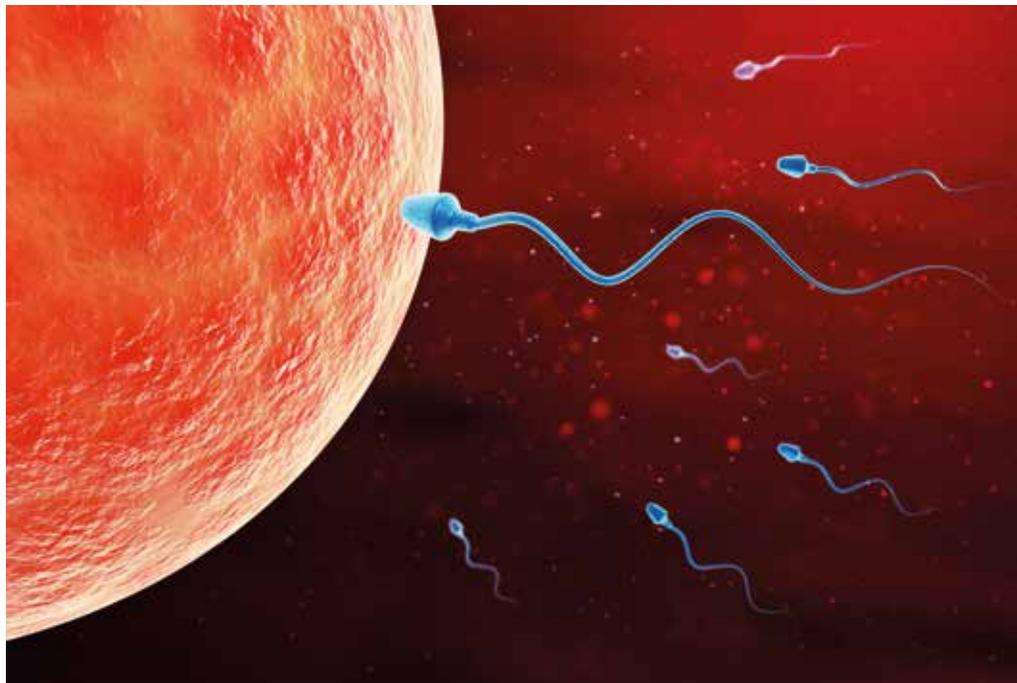
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# The sperm and the egg

Intuitive healer **Katarina Winslow** offers a reflection on our conception



**I** imagine zooming in on the fundamentals of life through a magnifying glass. Imagine zooming in on the essence of life and the true nature of our biological conditioning to better understand humanity.

Who are we as men and women? What is it that makes us different from each other? Is the soul of our true nature to be found in the conception of life, in the sperm and the egg? Is it possible to literally zoom in on the principle of the masculine and the feminine and by

doing so to move humanity to a higher ground?

I believe so. You do not have to be a biologist to know that the sperm needs to struggle, to speed up and to arrive first to maintain his own life, with the aim of creating a baby, a new human being. He does so, though, in both cooperation and competition with the other sperms to be able to reach his goal. While the egg does not have to do anything, apart from drawing the sperm in when he gets close

enough. Reaching his ultimate goal, the sperm tends to lose sight of his goal and wants to escape. The egg just patiently waits, quietly knowing that she has what it takes to nurture life. She is peace and immobility until she needs to act and capture the one sperm she chooses by gluing him to her.

Does this not seem very human? And close to the real-life scenario of relationships?

The chaos and imbalance we see in the world today originate from the mentality of the sperm to fight and compete his way up to the top



where there is nothing to be found. Is the real problem not his ability to struggle upwards but rather that without feminine guidance he becomes lost? When the egg does not align itself with the sperm's original plan, he goes astray, and self-destructs. Instead of fertilizing the egg and being part of the creative process of generating life, he dies. And if no sperm is guided, selected and 'glued in', then no life is created and everybody dies.

In the big picture then, our original purpose is

adrift, the sperm is lost, and the egg is failing to turn on the light? Maybe the drop in sperm production could be explained by him being lost?

The sperm's journey to the top has conditioned all of us, determining how we need to behave to survive in this world. But is it not also the egg's lack of drawing the sperm towards her nurture and care that has led us to where we are today?

We all have feminine and masculine energies inside of us. After all, we are the seed of a sperm and an egg - unified. We are increasingly aware of the need to nurture both sides of ourselves to find peace within. Intuitively, we know where evolutionary progress and peace are to be found in unifying the masculine and the feminine principles. How do we know? The simple answer is,

**“ SHE IS PEACE  
AND IMMOBILITY  
UNTIL SHE  
NEEDS TO ACT ”**

intuition knows, and it is according to life's plan. Ironically, just as women have developed their masculinity competing in the business world, men have found themselves developing their femininity through stillness and mindfulness.

I told my ex-husband about the idea of the egg and the sperm and their original plan, and his answer was, "Yes, but it is all your fault for not providing the homecoming." He had a good point, and I am willing to see that there are always two sides to the coin. The truth is, it is nobody's fault or everybody's fault.

Anyway, we cannot afford to waste time on whose fault it is. We just need to work together to reverse our errors. Just as men need to bring themselves back to the original plan, we as women need to provide the guidance of the homecoming with more clarity. Women need



to raise their voices of compassion and care so that men can get their compasses back on track.

With clarity we find solutions. Once we understand that when the sperm does not reach his intended goal he destroys himself, and we find an explanation for the chaos and destruction in the world. Then we can also understand that the remedy is for us women to light the lighthouse demonstrating the original idea, with nurture and care.

There is nothing wrong with the sperm in itself and its struggle but it has forgotten that its goal is to create life, not to destroy it. Understanding this brings clarity to humanity and its struggles. With our authentic and natural goal being lost we have created chaos and destruction instead of life. We have lost track of how life was intended to be.

These are chaotic, transformational times in human history, and we all need to dig deep to embrace the change we want to see - and that is coming. And maybe ask ourselves: "Is it really the 'brain' of the sperm that messed everything up? Or is it the ignorance of the 'heart' of the egg?" The feminine and the masculine holds half of humanity each, therefore we hold half of the solution each. There is no man without a mother. There is no

woman without a father.

In fact, the 'brain' of the sperm is life giving energies aimed at targeting the 'heart' of the egg. Brain and heart together, the more masculine characteristic of thinking is intended to merge with the more feminine characteristic of feeling to create life.

**“ THE SIMPLE ANSWER IS, INTUITION KNOWS ”**

Looking even closer, we see that both men and women need to adopt the same philosophy for our species to evolve and to not destroy ourselves. We need to embrace the same original idea, the original idea of life. Life knows life.

While the sperm swims along in his aim to create life, his target needs to be nurture and care. Otherwise, he misses the mark. We do it by nurturing our planet, nurturing each other, nurturing both the masculine and feminine energies that reside deep inside each one of us. The target has to be questioned. We already know why the sperm competes and shoots, that is part of the essence of life. The real question surely is: "What is he shooting at?"

We are all in this together. ❶



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# The sexiest job in the world

**Sarbani Sen** delves into the culture of cyber nomads



Isn't this what many of us want today? In a world of globalized brands, unified cosmopolitan style guides, hungry for life, striving for multipurpose lives where we can ally travelling, meeting new worlds, populations, cultures, bring back weird traditions, start new trends, scout, live and be lived. In short: give, take and share. Welcome to the world of cyber nomads.

## No time to lose

Over the last couple of years, there has been a full-on revival of nomadism. Cheap flights and cheap or free internet connections have helped the trend to develop. Worldwide we can go and sit in a cybercafé, work all day, get good food and even go surfing real waves at

the end of the day. Today work can be delivered with no more than a laptop and still be profitable. We are witnessing the birth of contributors whose only investments are new technologies (and often free apps for the Smartphone or free applications for the laptop).

They may not even have fixed homes, no office and no fixed social anchorage. Why live permanently in the same place when you have an e-mail address and a good internet connection? Why be shut up in an office when you can organize meetings or even videoconferences from Shanghai, Mexico or the south of France? So much software allows to communicate and see each other in a very stable manner (again for free!). Even with

multiple countries or workstations. This can also be seen as ecological, as we don't spend as much time, money and carbon on commuting every day.

## Multi and hyper

The average cyber nomad is either hyper or multi, or both. They need to be stimulated from various sources at the same time, such as art, communication, video, languages, odours and location. For them, nothing is more monotonous than the professional routine at the same desk, day after day, with the same people, speaking the same language. There are so many examples of them: writers, DJs, dancers, journalists, videasts, travellers, yoga teachers, healers, sociologists – they all work while travelling and enjoy several home-bases. For these multitaskers, this allows more time for personal projects, usually artistic and creative, revolutionary scientific findings or deep social relations in several corners of the world almost at the same time.

## Multicultural

When you travel often, you usually pick up and speak several languages. It's a plus of course because you can communicate with the outside world (the real world around you). But it can also be a burden and the root of some kind of nostalgia. I love to express myself, by reading and writing in English, French, Dutch, German, Portuguese, Spanish, Italian and Bengali – if I don't use these languages regularly I can find myself talking to myself, simply (I suppose) because my brain needs to exercise those parts too. So we really need to be in several virtual communities and really experience them all the same time or one after the other. It can lead to some strange kind of depression when we don't. Monoculturalism can become really unhealthy.

## Epicurean ideologists

Cyber nomads will not like to lose time with dull projects. They are lifestyle oriented – they know what's available out there and they'll go and get it. They are usually connected to trends in the four corners of the world, sucking

information from all sources, cross-fertilising them and building their own sociological analysis of this mega globalised and yet particular world. Funnily, they may be the protectors of cultural differences! It is quite paradoxical since they are able to build upon their worldwide expertise for globalized brands and yet pull in the particularities of each culture/society.

As they are very mobile, they don't have a problem in chasing the sun wherever it might be, or the festivals or the best yoga workshops with the best teachers – anywhere in the world. They like promoting new and exciting projects, which move the world in the right direction or bring more beauty, ease and joy to fellow humans. The New Age Cyber Nomads will carry their spirituality wherever they are: eat

healthy, exercise and think-speak-act in an aligned way with higher goals as often as possible.

## Mobile communicators

They love jobs based on mobiles phones or laptops. Typically jobs in PR, communications, journalism, brand managers, community

managers, coaching, event organizers and media related jobs. They enjoy having fun with their cameras, are joyful, fun to be with or quite serious about some issues. They make good reporters, journalists and create viral documentaries or VNRs or short clips. Basically, everything that allows them to use all their skills!

A dream task could be spokesperson for a worldwide brand and promote #businesswithathirdeye or #theworldismyoyster. Since they are passionate about social development, ecology and a new world of work, they are good at contributing on new projects using good sense while writing reports, bringing back information and sharing their opinion to the several virtual social groups they are part of or manage, such as Facebook, Instagram, Pinterest, Vimeo Youtube or any other social network that offers the opportunity to share with a larger group

**“ WE REALLY  
NEED TO BE IN  
SEVERAL  
VIRTUAL  
COMMUNITIES ”**



Photo © mischief lab eric lundeen



and discuss issues with and about the world.

**Giving back**

The new cyber nomads are quite social too, and usually like to invest time and/or money in local projects or develop some personal creative projects. They can be opinion leaders or promoters, and as such they can be used to promote projects at grassroots level or at a global level. Woofing is another option for the more progressive among them: live and work in exchange of food and shelter on biological farms around the world ([www.woof.com](http://www.woof.com)).

**Outgrow your brand**

Cyber nomads are the best companions to build a virtual community. They understand global needs, can communicate with the world and share information they are passionate about. This creates huge brand awareness and creates even more possibilities for product placement. If you are considering hiring a cyber nomad, these are the questions you need to ask yourself before: "What else is possible with my brand? Is it sustainable? Will it bring a change in the world?"

**Alternative new ethos**

They are part of larger communities with or without a name, live in a world of travel with friends all over the world, usually from mixed or

hybrid origins. If you feel you are one of us, rejoice, you're not alone! Come and enjoy the world of Burners or Festivals, this is where they usually hide.

These reunions focus on integrating a sustainability ethos with arts and culture. The key goal is to provide a transformational festival for people of different ethnic backgrounds, nationality and ages. It is a state of mind, inspired by the principles of oneness, peace, creativity, sustainability, transcendence, alternative culture, active participation, evolution and love – it is a space where people from all over the world can converge to experience an alternative reality.

**“ NEW AGE CYBER  
NOMADS WILL  
CARRY THEIR  
SPIRITUALITY  
WHEREVER THEY  
ARE ”**

**Some links**

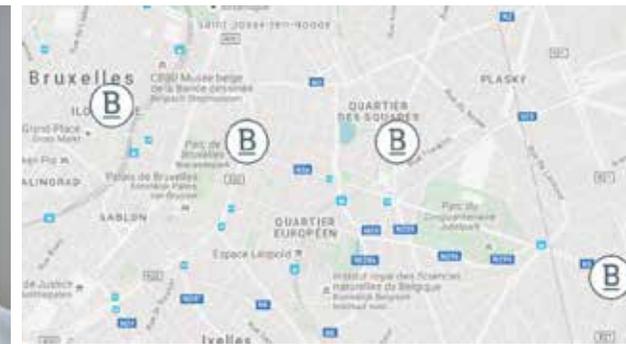
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# Tony Robbins: Unleash The Power Within

*Together* looks at a genuine phenomenon of the coaching circuit



**A**t *Together* we are big fans of the coaches who use their personal development skills to help us achieve our dreams, to help us that take that extra step to success. One of our favourites is a coach who is a force of nature, capable of blowing audiences away and leaving them wanting to come back again and again.

His website proclaims 'world authority on leadership psychology – and the #1 life and business strategist'. To find out just how he delivers this promise you have to go along and see him in the flesh.

He is the author of six internationally bestselling books, including most recently New York Times #1 bestsellers *UNSHAKEABLE: Your Financial Freedom Playbook* and *MONEY*:

*Master the Game*. Robbins has empowered more than 50 million people from 100 countries through his audio, video and live training programmes. He created the #1 personal and professional development program of all time, and more than 4 million people have attended his live seminars.

Tony Robbins is a founder or partner in more than thirty companies in various industries, ranging from technology (virtual reality) and sports (Major League Soccer) to events and hospitality, including the #1 rated resort & spa in the Fijian islands. These companies have combined annual sales of \$5 billion.

He has been honored by Accenture as one of the "Top 50 Business Intellectuals in the World," by Harvard Business Press as one of

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Most of us do not make a conscious decision about what we believe. Rather, our beliefs are based on generalizations we make about our past. And unfortunately, many of us are wired to hone in on the painful experiences and form pessimistic beliefs about what that means for our current state of affairs and the potential for our future.

How many times have you heard someone say "that's just my luck" when something bad happens? Or make grandiose statements, claiming that bad things "always" happen or that it would take a miracle for their misfortune to change?

No matter how much good transpires, we give the bad more attention, and, in turn, give the story of pain and struggle power. And we are uniquely skilled at finding more specific experiences to back those stories up. Because the more references we have to support our beliefs, the more valid they become for us.

Yet this personal narrative prevents us from reaching our true potential and transforming the quality of our lives. Because limiting beliefs affect how much action we take, which then affects the results we get, which, in turn, reinforces our limiting beliefs. It's a self-fulfilling prophecy in which we are our own worst enemy.

If you continue to tell yourself the same story, it will continue to be true. But when you change your story, you can change your life...  
[www.tonyrobbins.com](http://www.tonyrobbins.com) 

the "Top 200 Business Gurus," and by American Express as one of the "Top Six Business Leaders in the World" to coach its entrepreneurial clients. *Fortune Magazine's* cover article named him the "CEO Whisperer," and he has been named in the top 50 of Worth Magazine's 100 most powerful people in global finance for two consecutive years.

In his mission to continually have an impact on the lives of millions, Robbins has made headlines by partnering and lending his voice to disruptive companies in the financial services arena.

His work has touched the lives of top entertainers, such as Aerosmith, Green Day, Usher and Pitbull. Billionaire business leaders seek his advice as well; casino magnate Steve Wynn and Salesforce.com founder Marc Benioff are among those who call on him for coaching.

Robbins is an active philanthropist. Through his partnership with Feeding America, he has provided over 200 million meals to those in need in the last two years, and he is on track to provide a billion meals by 2025. He has also initiated programs in more than 1,500 schools, 700 prisons and 50,000 service organizations and shelters. He provides fresh water to 100,000 people a day in India to prevent waterborne diseases, which is the #1 killer of children in that country.

Getting up close and personal with Tony's philosophy is as simple as going on his website and registering for *Unleash The Power Within*.

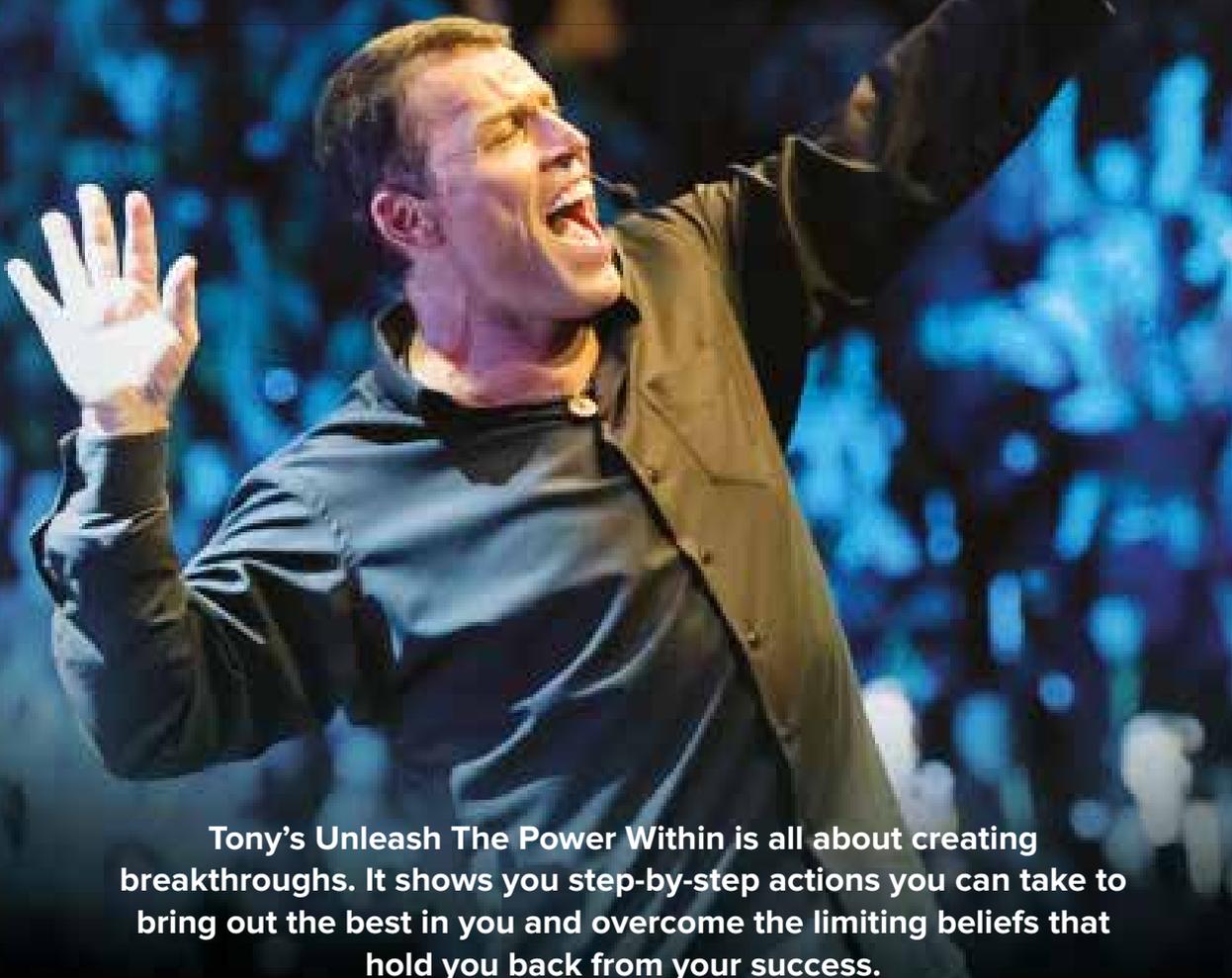
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**TONY ROBBINS**

As seen on **NETFLIX**

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"Tony Robbin's coaching has made a remarkable difference in my life both on and off the court. With Tony's help, I've set new standards for myself, and I've taken my tennis game - and my life - to a whole new level!"

**SERENA WILLIAMS**

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"We've been selected by Forbes as the most innovative company in the world for four consecutive years. Our revenues are now over \$5 billion annually. Without access to Tony and his teachings, Salesforce.com wouldn't exist today."

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# Born To Win: The Ultimate Seminar

Another of the 'be successful' books is by a writer who is a fan of passion

**H**ilary Hinton "Zig" Ziglar was an American author, salesman, and motivational speaker.

The Zig Ziglar Corporation was founded in 1977 by Ziglar, America's most influential and beloved encourager and believer that everyone could have, do and be more. He reached and influenced an estimated 250 million people with his 33 books, innumerable videos and recordings, and many live presentations to auditoriums filled with tens of thousands. His best selling book, *See You at the Top*, has sold over 1,707,000 copies and is a mainstay for anyone desiring personal success.

For more than 50 years, in a style that is unquestionably his own, Zig Ziglar used his quick wit, down-home charm, and abundance of energy to inspire excellence in people throughout the world. *In Born to Win*, Zig's nonstop passion inspires and informs as Zig speaks to you as if you're sitting front-row center in his sold-out seminar. *In Born to Win* you'll learn:

- To achieve balance by becoming a more complete person in seven key areas of your life
- How to develop and maintain a winner's attitude and use it to achieve significant personal growth
- How to build stronger professional and personal relationships using your own unique behavioral style
- How to become a better leader, parent, and employee by learning the art of effective communications
- And much more!

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attend Zig Ziglar's 25-year-running and perpetually sold-out *Born to Win* seminar. Now, you can experience the rewards of his legendary seminar in this time-saving, two-CD programme designed inspire a whole new generation of achievers.

Ziglar boldly states: "It's going to be the most fun and exciting trip you'll ever take. It's filled with more promise of reward than King Solomon's mines. In short, this journey to the top, which you are going to be taking, is a tremendously exciting trip."

Zig Ziglar died age 86 in 2012. A World War II veteran, Zig Ziglar became the top sales person in several organizations before striking out on his own as a motivational speaker and trainer. With a Southern charm and lessons grounded in Christianity, Ziglar wrote over two dozen books and amassed a following of millions who were encouraged by his lessons for success.

One of Zig Ziglar best known quotes is: "You can have everything in life you want, if you will just help enough other people get what they want."

[www.ziglar.com](http://www.ziglar.com)

# Elon Musk: Tesla, SpaceX, and the Quest for a Fantastic Future

In his book about Elon Musk, Ashlee Vance took on an entrepreneurial Holy Grail

**E**lon Musk is a South African-born Canadian American business magnate, investor, engineer, and inventor. He is the founder, CEO, and CTO of SpaceX, a co-founder, Series A investor, CEO, and product architect of Tesla Inc., co-chairman of OpenAI and founder and CEO of Neuralink. Musk is also a co-founder and former chairman of SolarCity, co-founder of Zip2, and founder of X.com, which merged with Confinity and took the name PayPal. As of October 2017, Musk has an estimated net worth of \$20.8 billion.



tumultuous stories of Musk's world-changing companies: PayPal, Tesla Motors, SpaceX and SolarCity, and to characterize a man who has renewed American industry and sparked new levels of innovation while making plenty of enemies along the way.

Vance uses Musk's story to explore one of the pressing questions of our time: can the nation of inventors and creators which led the modern world for a century still compete in an age of fierce global competition? He argues that Musk - one of the most unusual and striking figures in American business history - is a contemporary amalgam of legendary inventors and industrialists like Thomas Edison, Henry Ford, Howard Hughes, and Steve Jobs. More than any other entrepreneur today, Musk has dedicated his energies and his own vast fortune to inventing a future that is as rich and far-reaching as the visionaries of the golden age of science-fiction fantasy.

Check the book out on [amazon.com](https://www.amazon.com) 

Ashlee Vance's insight into Elon Musk is one of the best books of the year according to *The New York Times* and *International Bestseller* and was named one of the best books of the year by *The Wall Street Journal*, *NPR*, *Audible* and *Amazon*. So what has Vance got to say about Mr Musk that has not already been said?

In *Elon Musk: Tesla, SpaceX, and the Quest for a Fantastic Future*, veteran technology journalist Ashlee Vance provides the first inside look into the extraordinary life and times of Silicon Valley's most audacious entrepreneur. Written with exclusive access to Musk, his family and friends, the book traces the entrepreneur's journey from a rough upbringing in South Africa to the pinnacle of the global business world. Vance spent more than 30 hours in conversation with Musk and interviewed close to 300 people to tell the



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# The internet of thieves

**Dave Deruytter** takes a hard look at those pesky online bandits



**T**he Internet of Things (IoT) has been a buzzword for a few years. Connecting with your equipment via your smartphone and the internet has a lot of advantages. Still you need a secure internet connection for your Smart TV, fridge, washing machine, or central heating. If not, it is child-play for digital bandits to take over the equipment and maybe even virtually 'kidnap' it and ask you for a ransom to release it again.

Online payments are available everywhere today and their volumes are increasing very fast. But fraudsters

## PERSONAL DEVELOPMENT

Money

are very interested in your bank card data and passwords. Once the money is stolen, it is a lot of work to try to get it back. Agreed, sometimes insurance can cover at least a part of the cost, but money is trust and we do not want to be ill at ease over a payment online.

The biggest risk to data or money theft may lie in the day-to-day use of more common apps and websites, including email.

The likes of Google and Facebook know a lot about us. But one could expect that they have a name, a business to protect and will try to keep their systems, services and offers safe. On top of that it may be good sometimes that Google knows where you are when an unusual payment is requested from your credit card thousands of miles away. It is not so good to let the world know via Facebook that you are on holiday far away from home, leaving burglars with a potential target for a break in.

What about those apps we have on our devices that we rarely use but that still have access to the internet and to, at least some of, our data? That is where the real risk of data-theft may be. We should clean our devices regularly for

apps we do not use. Even more, we should be careful when offers for downloads of free apps are presented. Such offers have become so common place, also on news or information websites, that one click by coincidence may trigger the download. It is important to react immediately and cancel the download or, if that is no longer possible, to delete the app. Clicking on ads when reading free news is a similar risk. The more blunt, strange or 'too good to be true' the offer seems, the more you



are at risk of getting entangled in a system that wants your data, for you to install an app, or even worse that wants your money.

The number of data theft, money theft, and even identity theft cases are rising fast, as are the success rate and amount of money stolen. Thieves like big, public places without social control. No surprise that the internet is a great place for them to operate.

### Cybersecurity is key for all of us

If a person rings at our front door to ask for our data or money, we slam the door and do not

bother. When such things are asked online we are inclined to be more willing to say yes. Impersonators of our bank, or other trusted parties, that ask us for our confidential information are treated

with far too much respect. We should hang up immediately, close the website, or delete the email. We should not even try to find out if it is a bona fide request or not, because it definitely is not a normal request. Banks and the like will never ask us for our data because they have our data already. Thus it must be a fraud.

The big internet or digital players should fully embrace cybersecurity, because their business is dependent on it. Google and

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FOR DIGITAL  
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## PERSONAL DEVELOPMENT

Money

Facebook need to be trustworthy, as should your bank or credit card provider.

The individual digital user can do a great deal to protect his or her data and money too. Changing passwords regularly is one of them. Not clicking on strange offers, not reacting to spam emails, not downloading apps we do not use, not visiting suspect websites, all go a long way too.



The actions of employees at work, even when they check their personal emails or Facebook during their pauses, may put their company at risk. This is even more so if there are exchanges between their personal and professional accounts, and also when employees use smartphones, tablets or laptops both for personal and professional use. Even Wi-Fi stations are not safe from risks related to both personal and professional use. That is why companies use employee ID cards, VPNs, and so on, to protect their data and systems.

More and more internet fraudsters try to get into companies via the employees, because they are often a weaker link than the company's own cyber-defences. Email attachments from seemingly professional emails pose a great danger. By clicking on them spyware or straightforward viruses may be installed on the company hardware.

It is because we feel physically safe online that we are less prudent than in real life. We will have to change that attitude. In the digital world of today online risks are often more dangerous than physical ones. At home, we have an alarm system against intruders and keys to

lock the doors. Online we need the same if not more because the bandits may be anywhere on earth and even use robots or artificial intelligence to attack us. Physically, it would be strange to have a thief that comes from more than a few tens of miles away from your home, plus we no longer keep that much cash.

We should be more prudent online than when someone calls at the door. Humans are not yet wired that way, but the younger generation, who have exposure to the digital world from birth, may get it faster in their DNA than the digital migrants. Of course, digital is very useful and on the banking side a crook will copy your handwritten signature in less than half an hour, whereas breaking into your online banking transaction will cost them

far too much money, at least if you do not give them all the information needed to.

Stay cyber-safe, given that there are far more thieves from anywhere in the world online than regular burglars in your neighborhood. And the potential of theft is much greater online – not only money but also your identity – than to the valuables you keep in your home. ●

### “ ONLINE RISKS ARE OFTEN MORE DANGEROUS THAN PHYSICAL ONES ”

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**PERSONAL  
DEVELOPMENT**

Technology

# Spiralize that

Dedicated foodie **Colin Moors** takes a look at chef's little helpers



**A**n avid cook myself, I have probably fallen foul of those wily devils in advertising and bought gadgets I don't need more times than I care to remember. Last year, it was the spiralizer (and that really is so last year) and everyone thought it was great that you could make spaghetti out of a courgette. It's only when you come to eat courgette spaghetti that you're reminded that just because one can, doesn't mean one should. There's probably a limited functionality in making potato strands for wrapping meats in but as we've lived tens of

thousands of years without them, I think we'll be OK. It's hard to discern the genuinely useful from the well advertised, so hopefully the following paragraphs will help you separate the spiralizers from the Santoku.

**“ BECAUSE  
ONE CAN,  
DOESN'T MEAN  
ONE SHOULD ”**

If you've seen any cookery programme recently, you'll know that sous-vide is the way forward. It's a genuinely useful tool for forcing flavour into meat and vegetables and provides a handy method of cooking the food 'slow and low', locking in the flavours and juices and keeping things nice and tender. The only small, niggling drawback

with this particular piece of kitchen wizardry used to be the price. The reason it stayed in the domain of the Michelin-starred for so long is that the set-up would cost thousands of euros. Now that the price has come crashing down thanks to the economies of manufacturing scale, you could be the proud owner of all the items you'll need for around €500, all in.

The keen reader will note that I mentioned "all the items". For those unfamiliar with the sous-vide method, it involves sealing the food in a vacuum bag (from the French 'sous vide' for 'vacuum') and cooking it in a water bath at a set temperature. In the retail versions of the sous vide equipment, the words are used almost interchangeably to mean the bagging, the extraction of air, the water bath of the machine that circulates the water and keeps the temperature constant. Be aware that to do the whole process properly, you'll need all these items. This is a forewarning that if you see an advert for a 'sous vide' machine at €150 you'll need to check which part you'll be buying. The best buys at the moment are the thermostatically controlled water baths, which keep the water temperature constant and provide flow, so the food doesn't get in 'hot spots'. A reasonable one will set you back around €300, leaving you a couple of hundred to spend on buying the vacuum sealer and some bags.

One of the smartest innovations I've seen recently may seem like pretty old news. However, it's brand new and right up there on



the cutting edge of cooking tech. It's a practical and pretty stylish solar oven. The GoSun range (of about three currently) is still in the Kickstarter phase but the idea looks entirely practical. It means that with the largest version of the device, a meal for 8 people can be cooked at temperatures up to 290° C and with the smallest, hot drinks can be made when and where you please. The technology behind solar power has come on in leaps and bounds since the 1980s and now these portable units need no actual sun and can operate under clouds and in the cold with no problem at all. Better than all the technology

Photo © GoSun oven



and the obvious potential for campers and other outdoorsy types is the price. The smaller units are around €280 and the larger one around €800. I doubt they'll ever beat the good old-fashioned barbecue for sheer class but for a nerdy BBQ, you'll have gone to the right place. Because they're in Kickstarter, a lot of the less expensive options are sold out but I have the feeling they'll be making a lot more in the near future. Find out more at [www.gosunstove.com](http://www.gosunstove.com).

A little closer to home (presuming you're reading this in Brussels) is another product that was born through Kickstarter and aims squarely at the desire of every Belgian man or woman's heart - beer. Not that I expect the Pico Craft Brewing Appliance to ever win the hearts of said Belgians. This is what I would call the 'Nespresso of beer', in that you have a machine that you put water in and add what they call a 'Pico-pak'. The process begins and you can apparently brew five litres of beer in two hours. Yes, you read that correctly. It's hardly going to appeal to a nation raised on some of the finest brews known to humanity. The price may well call for a stiff drink, too. At around €800 per unit and €25 per brewing pack, you'd need to be hitting it hard to get a good return on your investment. There's an app to monitor your brew though

(there's always an app) so that will give you something to take your mind off the price.

Finally, a word about the knife, probably the single most important tool in the arsenal of every good cook. I know you're probably thinking "oh, what could he be going to tell us about knife technology?"

The answer is:

Nothing. Sure, there has been a lot of talk about the ceramic blades over the past ten years but I will use this last paragraph as a plea to carry on using the humble steel knife. I have my reasons and they are as follows:

- You can't wiggle a ceramic knife. That's right, they're made for cutting in a straight line only. It's no good getting stuck into a chicken thigh and trying to wiggle it out, as this will chip off bits of the blade. So, unless you like ceramics with your chicken...

- They don't feel right. They seem to weigh nothing and this is fundamentally wrong.

- You know when you are peeling garlic and you smash the clove with the flat of the blade? Well, you can't do that either with a ceramic blade. Unless you like picking bits of sharpened clay out of your hands.

My advice here would be very much against everything I hold dear: Buy a good metal blade and treat it with tender loving care. Around €150 will buy you a Henckels, a Wusthof or any number of artisan-crafted 8-inch things of joy and beauty. Just don't tell anyone I told you, OK? ●

## **“ YOU CAN'T DO THAT EITHER WITH A CERAMIC BLADE ”**

# A very European paella

**Catherine Feore** looks at the continuing fallout from a phantom referendum



**T**he decision of the Catalan government to go ahead with a referendum on independence on 1 October, judged 'illegal' by Spain's constitutional court, caused ructions across the region and had ramifications beyond Catalonia's and Spain's borders.

The heavy-handed treatment of voters at the polls by the Guardia Civil drew sympathy – even from those who weren't necessarily sympathetic to their cause. The scenes of violence were posted far and wide showing

once again how powerful a hashtag, social media and mobile phone imagery can be in magnifying a message.

Less than 45% of eligible voters went to the polls; unsurprisingly these voters were 90% in favour of independence. A further vote in the Catalan parliament was taken as a final imprimatur by the regional president, Carles Puigdemont, precipitating the suspension of full autonomy and the dissolution of the regional government by Spain's Prime Minister Mariano

Rajoy. Spain also filed charges against Puigdemont for sedition.

Over the weekend the Belgian Secretary of State for Migration and member of the Flemish nationalist party suggested that Puigdemont would be welcome to apply for asylum in Belgium. No one paid much attention.

As Catalans waited with bated breath to see if the former president would turn up for work this morning (30 October) rumours emerged that he and other ministers had fled to Brussels, first by

car to Marseille and then a flight to Brussels.

There are wider implications of this débâcle. Some European regions are throwing their support behind the secessionists, hoping that they too can follow a similar path. Other regions – who dream of having the level of devolution enjoyed by Spain's autonomous regions – are more cautious. There is concern that these developments will backfire, making central governments reluctant to grant more self-determination to their regions.



European leaders are standing shoulder to shoulder with Spain's central government and calling for dialogue. The European Commission, which has been accused of hypocrisy by some for its failure to condemn police violence, has been quick to point out that the government is respecting its constitution and therefore the 'rule of law'. It has also made it very clear – more so than in the run-up to the Scottish referendum – that those regions which leave an EU member state will have to apply to rejoin the European

Union. As this would require unanimity in the European Council, a new state could find itself blocked by the country they've just ceded from, or by those countries who fear similar rebellions.

### Utterly Brexity

Quite frankly, the whole Catalan business was a controversy that Europe didn't need. There are already quite enough problems; and before the Brexiteers get the bunting out and start popping

**“ UNSURPRISINGLY  
THESE VOTERS  
WERE 90% IN  
FAVOUR OF  
INDEPENDENCE ”**

open their English 'I can't believe it's not Champagne!' sparkling wine at the prospect of the EU fragmenting and falling apart, please note that Flanders, Catalonia, Scotland et al. are smart enough to know that they can only survive and thrive within the EU.

October was meant to be a critical point in Brexit negotiations, it was the hypothetical date for heads of government to collect in Brussels and agree that 'sufficient progress' has been made, so that the talks could move to phase two and the "grassy uplands" Boris Johnson has promised would be visible, if still somewhat far away.

This proved impossible. For those of us who have followed the negotiations unfolding, it has been like sitting in the passenger seat with a learner driver, looking through your fingers with a mixture of horror and disbelief while trying not to interfere too much as they stall, grind the gears and roughly steer their way around the local swimming pool car park. If you add a group of their teenage friends, sitting in the back, egging them on to put their foot to the floor and drive over a cliff edge, you get the picture.

May's Florence speech was meant to unlock the process, but the British team are still unclear about their financial commitments, are unwilling to move on significant elements on citizens' right and while accepting the EU's six principles on the Irish border have failed to come up with any plausible solution.

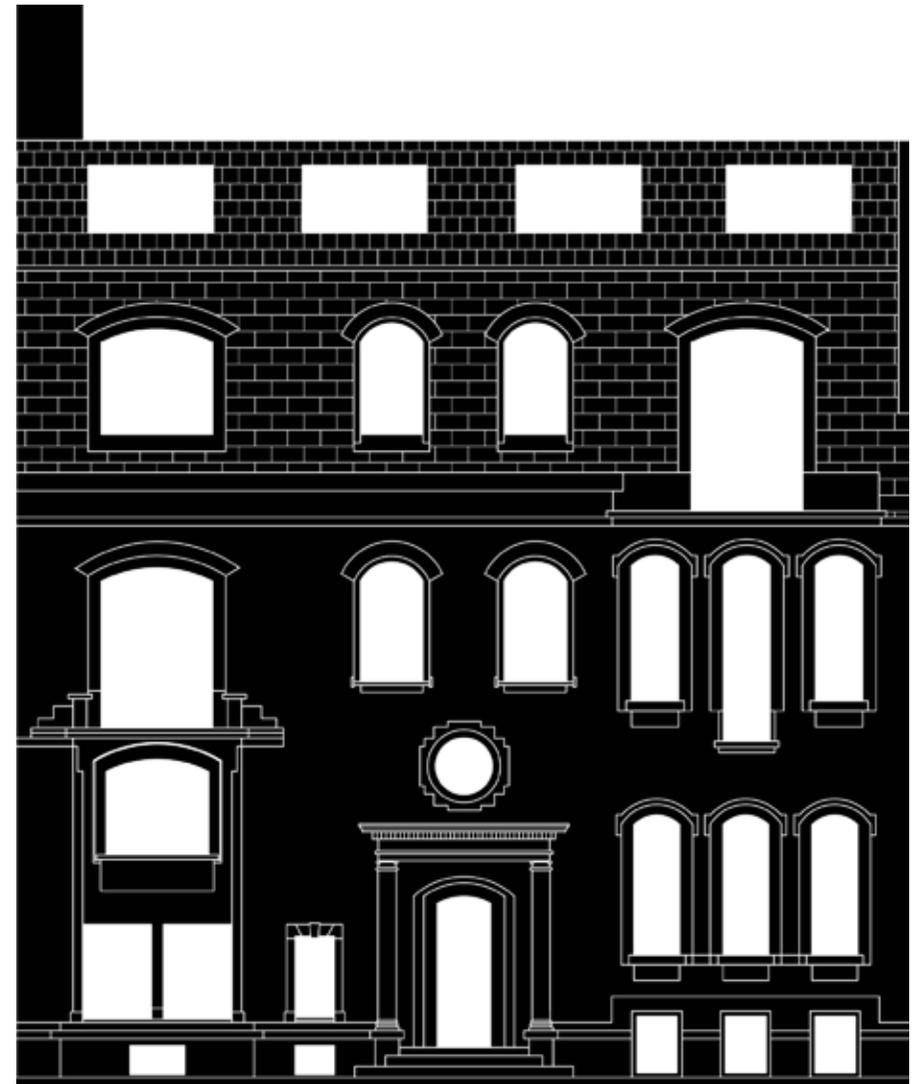
In the meantime, it is made abundantly clear that the government are deeply divided, openly contradicting and briefing against each other in the press. As of the end of October the UK government have not yet responded to the Commission's suggested dates for further urgent negotiation rounds before December's European Council. They have no clear idea about where they are going and are reluctant to acknowledge to the British public that it will not be possible to have their cake and eat it. 🇬🇧



**“ IT WILL NOT  
BE POSSIBLE  
TO HAVE  
THEIR CAKE  
AND EAT IT ”**



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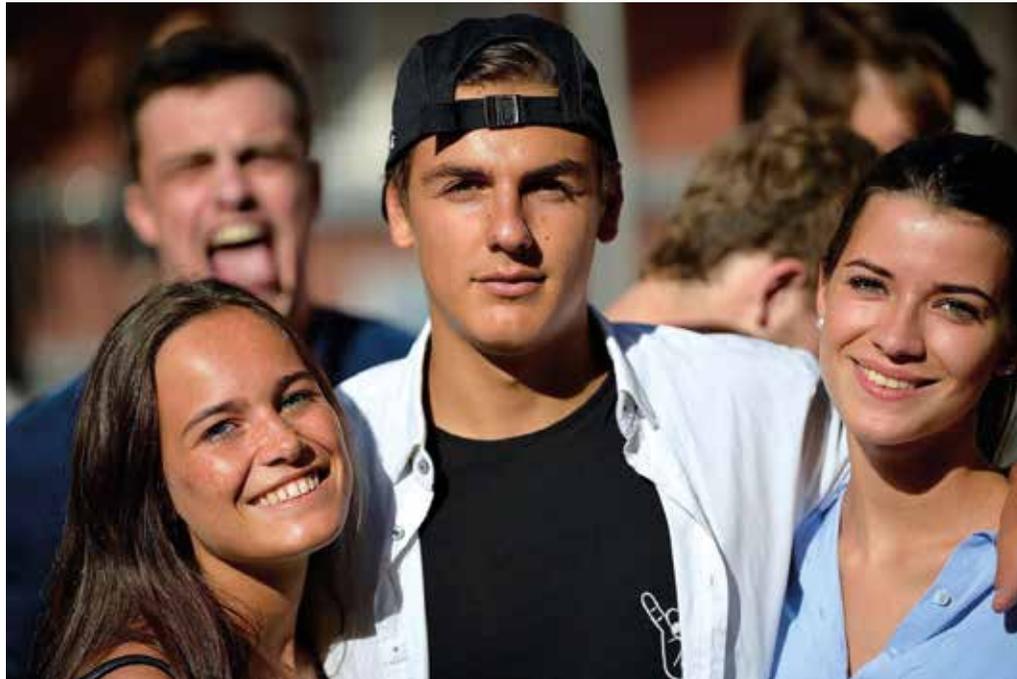
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# The School That Rocks

**Gemma Rose** catches up with David-Ian Bogaerts, founder of Bogaerts International School



**I**n 'Le Domaine de Latour de Freins' stands a Flemish-styled, neo-renaissance château, built in 1890. It stands majestically in the centre of a well-manicured lawn, surrounded by over 62,000 square metres of woodland. The château has hosted different residents, such as the elderly or the Ambassador of the former Czechoslovakia. Today, it accommodates three Bogaerts' schools: the Bogaerts International School, the Bogaerts Jury (which educates 15 to 18 year olds under the Belgian system in order to qualify for certain universities or higher level courses) and a business school for post graduates.

I meet David-Ian Bogaerts, the director and founder of the international school. As I walk

along the driveway towards the entrance of the château, memories of school come flooding back: feeling terribly uncomfortable in my uniform (a bright red jumper, a dull skirt, a purse belt and a shirt with tie) on my first day; walking along sterile corridors into stale classrooms, or past the canteen that had a constant whiff of bleach; being afraid of my tall, thin and stern headmistress.

Peeking into a few classrooms and spending ample time at reception, Bogaerts' students probably experience school differently from me. The reception is light and homely, with pictures of smiley kids pulling light-hearted poses on the walls. The school uniform is a simple dark blazer with a white shirt, pairing it with casual jeans or skirts. Students in class

look comfortably studious whereas students going to class are in giggly moods. There is a delicious whiff from the dining hall.

Twenty minutes after our scheduled appointment, David-Ian Bogaerts greets me with a warm, if not apologetic smile. He was teaching his mathematics class and didn't have his phone with him. I remarked that it shows his dedication to his students. He is young, affable and apparently not scary.

The international school covers kindergarten up to year 12, preparing students for university. Its programmes are either Cambridge or International Baccalaureate accredited. The school is based on the philosophy of David-Ian's

father, Rodolphe, who founded the jury school in the 1970s. The philosophy is to teach students to be internationally minded, independent and enthusiastic about life and learning. This is illustrated in a number of ways: from having 'grand conversations' with students on ethics and the role of technology in society, to having a 'school of rock', where students ranging from none to some musical capability can play in a rock band.

The core principle of this philosophy – to think independently and critically – lies in Bogaerts' teaching method. Teachers will spend the first 20 minutes of an hour and 30 minute-classes instructing the students. After that, the teacher works alongside them so that no student falls behind and each student takes responsibility for their

learning. "Our motto is: more at school, less at home," says David-Ian. "In the Belgian system, the kids spend all day just listening, not participating, and then having to work a lot at home. We want our students to work in school, not after."

Teaching is focused more on the British or American school system, with a greater emphasis on public speaking, reading, writing and research. David-Ian thinks that these invaluable skills are very much lacking in the Belgian school system. In the Years 11 and 12, students have to take classes in the theory of knowledge and write an extended research essay on a topic of their choosing.

David-Ian recognises the impacts that technology and globalization have on the job market. "We teach our students that they need to remain open: jobs become obsolete, new jobs will appear that never existed." The school therefore aims to equip students with a number of skills that universities and employers are looking for: "good grades, languages, public speaking, multi-tasking and experience," he says. "The more skills you have, the more choices you have and the more jobs you can do." Students are taught in English but also learn French and Spanish. Chinese will be introduced next semester. Recognizing the importance of being digitally savvy, older students can take digital design classes, learning how to code and build websites. Community engagement is also emphasized, and depending on their programmes, students are either obliged or



**“ OUR MOTTO IS: MORE AT SCHOOL, LESS AT HOME ”**

strongly encouraged to serve the community or volunteer for a particular cause.

With many international or European schools to choose from in Brussels and beyond, Bogaerts International school is up against stiff competition. David-lan thinks the school's critical thinking philosophy sets them apart, as does its fees, which tend to be lower. "I read that Belgium has the third most expensive international schools in the world," he exclaims. "People are not capable of paying such high fees. I thought, 'I can do better than that.'" High fees evidently mean ultra-state-of-the-art facilities, a luxury that David-lan questions the utility of: "Do we need 'Disney World'? Our facilities are pretty nice but the quality of the teaching is more important."

The school, located in an *écrin de verdure*, is accessible for students living far and wide, with school buses serving Evere, Montgomery and Waterloo. It is a twenty-minute train ride from the Brussels Schuman and Luxembourg area, and trains go regularly to Moensberg or Linkebeek stations, which are only a short bus ride away from the school (the school provides a shuttle service from Linkebeek).

With a student population increase of 25% compared to last year, the Bogaerts International School seems to have chimed with both the expats and local population. David-lan hopes that the school also provides satisfaction to Belgian parents disappointed with Belgian schools.

David-lan runs a school, but he acknowledges that it is a business. A business, which he doesn't see as a mere job, but rather as an



enjoyment that has been part of the family for nearly 40 years. Having business acumen can only be an advantage when encouraging his students to try new things and make mistakes. The School That Rocks is an excellent example: "I say to the kids, 'just make a start, even if you make mistakes, just have fun. Don't worry about the theory just yet. If you like it, then you can start learning the theory,'" he says. He uses the same principle with the school: "If something's not working, I say to my staff, 'We don't do it, let's try something else.' We don't do something just to please a parent or for marketing purposes."

As I get ready to leave, David-lan shows me a video of some children, about 10 years old, playing in The School That Rocks's band. A little boy bangs the drum to a simple beat; a boy plays on the keyboard, helped along by software; a girl and a boy roar the song lyrics into the microphone. They are all complete beginners and yet feel right at home doing something new. "You see?" He asks, his face lighting up. "The kids just love it."  
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*The only surviving material was a light silver-grey, fire-resistant metal*



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Luxury

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## LIFESTYLE

Luxury

### Debbie Wingham: World's most expensive pair of high-heels

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The world's most expensive shoe combines everything that she is known for: fashion, diamonds and cake decorating techniques – but it's not edible, nor are they shoes meant to be worn to the client's next dinner party. Ultimately they are going to be built as an art installation in the client's home.



The world's most expensive shoes are valued at €15.1m. They are perfectly symmetrical and feature extremely rare large pink and blue diamonds. To top that off a further 4.3- carat flawless white diamonds and another 1,000 pointer diamonds framing the piped and quilted details which are techniques used in traditional cake artistry.

All diamonds are set in platinum and the zips are solid gold along with a plaque underneath the shoes. The shoes themselves were painstakingly hand made over hundreds of

man hours and stitched together using 18 carat gold thread - even the leather coating process was painted in 24 carat gold paint.

The flowers were made from leather and moulded into Arabian Jasmin's and incrustated with diamonds as well. Then a rose gold accent was added to the shoes to give it a slight contrast.

And last but not least the inside of the shoes is woven in real gold embellished inlay so that the shoes look almost as luxurious inside as out. The shoe was commissioned by a family who wanted a unique piece of diamond art for a loved one's birthday gift. Some people inherit grandma's brooch, others a portfolio of jewels!

Wingham is known to be a one woman power house and is known for pushing the envelope on what is considered normal and traditional. Her inspiration on this project came from a pair of shoes she had ordered for her daughter, from an emerging American artist Chris Campbell of the company Shoe Bakery.

Wingham reached out to the Shoe Bakery artist and convinced him to collaborate - a true meeting of minds! 🧠



## NEW EMBERT Hautes Fourrures

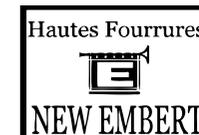


**NEW EMBERT** was founded in 1954.

Over the years, this high-end house of fur fashion has specialized in the creation of unique, tailor-made pieces, marrying materials and following even the wildest of trends. With her son Lionel Fuchs, Madame Lejeune demonstrates that fur always makes it possible to enhance women and that is why it is not a forgotten luxury for new generations. High-end fur, very fashionable creations, but with respect and love for tradition.

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# AP Poils

Photographer: Maria Dawlat - Art Director: Nicholas Sirot  
Hair and make up: Sabine Peeters for Redken and Mac  
Model: Anais @ bemodelmanagement - [www.bemodels.be](http://www.bemodels.be)

Special thanks to : Maison New Embert Hautes Fourrures - +32 2 640 54 24 - [www.newembert.com](http://www.newembert.com)



Coat: Tommy Hilfiger Denim  
Body: Zara  
Class: H&M



Coat: Diesel



Coat: Twinset  
Shoes: Zara



Jacket: Guess  
Body: Love Stories  
Panty: Calzedonia



Coat: Marciano  
Top: Weekday



Woolen dress: Diesel  
Boots: & Other Stories  
Coat: Maison New Embert





Perfecto: Diesel



Coat: Zadig&Voltaire  
Belt: River Island for Zalando  
Boots: Zara

# Tollet : Evolve without losing your soul

**Nathalie Marchal** follows the history of a jewellery firm that has turned challenges into success

**T**ollet Watch and Jewellery House is all about a family story and the values that shaped it for each generation. In fact, it all started with one man's dream.

Jules Tollet was the man with the dream, a wise tradesman with a true visionary entrepreneur temperament. For him it was all about making watchmaking accessible in an era - we are in 1902 - when it was reserved only for an elite. How did he do it? By opening a shop in Leuven and, especially, by daring to embark on a hire purchase system where buyers could pay in installments.

## Fame on the rails

In doing so, Jules never lacked daring: it even led him to Switzerland, where he had pocket watches made for Belgian Railway staff. To this day, collectors are looking for these time-keepers signed 'Roscoff J.Tollet Patent', which were engraved with a locomotive. Taking up



Photo © Didier Tollet, Jean-Paul Pfister photography



the baton, Jules' son, Arthur, jumped on the bandwagon in 1954. And even though he preferred to install himself in the offices in the heart of Brussels at 36 rue des Fripiers, he continued the paternal technique of design and made exclusive Tollet watches for men and women, gold-plated and equipped with an alarm clock in Swiss workshops.

## Go to source

The 1970s witnessed the beginnings of a trend that continues today: that of the phenomenon of brands. It was a twist in the market that the company negotiated very successfully. The evidence was clear if you looked in their windows - they were the first to promote the Must de Cartier silver-gilt timepieces, while on the other hand surfing the new wave of quartz with Seiko. Adapting to the passing of time has always been the mantra of the Tollet family.

## Enter the gemologist

In 1975, Didier Tollet - the current managing director - entered the profession. A gemologist, he was 21 years old at the time, and he is every bit as visionary as his grandfather. In the process, he decided to pioneer the first international watchmaking and jewellery fairs. The idea? Offer the creations of new designers, but also the best prices. Two discerning women help him make the right choices: his sisters Carole and Muriel joined the team.



**“ TOLLET HAS ALWAYS MAINTAINED ITS IDENTITY AS A MULTI-BRAND COMPANY ”**



## On the jewellery front

The firm possesses an uncanny sense of adapting and proves it constantly, especially when taking on the jewellery market. For example, in a context where the prices of precious and fine coloured stones have gone through the roof, particularly in recent years, it has developed a network woven as closely as

possible to sapphires, rubies, emeralds and amethysts, to mention just a few - notably by heading for Thailand and Bangkok, world-renowned centres for the cutting of coloured gems.

Didier Tollet heads east twice a year to negotiate stones at the best conditions in person. While he is in Thailand he visits the Chanthaburi mining market to acquire exceptional jewels. Didier says: "You have to be on the inside track if you want to go where the tourists don't have access." And he warned that in his expert opinion "95% of the stones that are offered on the street are false".

And finally, to better control the delicate balance between budget and quality, he also goes to the Hong Kong Fair, the hub for pearls from around the globe. There he selects exclusively Akoya pearls from Japan - he is particularly impressed by their curves.

## Originals or classic carats

And on the creative side? Without question, we are talking here about a classical



Photo © Jean-Paul Pfister

orientation. The house jewels are designed to be timeless, with a refinement that reinforces the sense of timelessness. On the other hand, the 'casting' of the jewellery collections targets the originality of the design, evoking the seduction of trends and of colours. It is this bias that has helped them to discover specific styles, such as the solar and generous Italian jewellers, the iconic jewellery by Fred or ultra-trendy diamonds from the Parisian designer Valérie Messika, a renowned brand whose first ambassador in Belgium was... Tollet. All this adds up to jewellery that is 100% up-to-date - season after season.

**A strategic priority**

To be multi-brand? Yes, this is in the label's DNA. From 1975 to 2014, its expansion met a need for proximity, with the opening of stores in City 2, the Woluwé Shopping Center, Waterloo and 40 rue des Fripiers. It was a development that was undoubtedly linked to the regular arrival of new brands in their jewellery cases – it has come to form an enviable list: Jaeger-LeCoultre, Cartier, Piaget, Tag Heuer, Breitling, Bell & Ross, Omega and Longines... and Messika, Piaget, Chaumet, Chopard, Dinh Van and Bigli Jewellery.

The challenge was to offer customers, in a melting pot of brands cohabiting in harmony, the opportunity to try, compare and buy thoughtfully and without wasting time.

"Each new opening also aimed to increase our purchasing power," explains Didier Tollet. "Since then, we've been assured of better prices and the ability to pass the savings on to our customers." An uplifting proof that when a well-thought-out dream and a coherent strategy come together, the result is in perfect tune with expectations.

**A little plus**

In keeping with upcoming festive season Tollet offers you the opportunity to come and have your favourite ring cleaned and polished for free until 31 December... [www.tollet.com](http://www.tollet.com)



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# Shopping



## Cuberdon Leopold: An ancestral delicacy

Since its creation more than 150 years ago, the famous, small and sweet purple cone, the 'cuberdon', has established itself as an ancestral delicacy of the Kingdom of Belgium; but there are still many secrets surrounding its origins and its jealously guarded artisanal recipe.

Its Flemish origins seem to be confirmed by the fact that in Dutch 'kuper' means 'cone', but nothing is ever simple because the Flemings, contrary to their Walloon neighbours, do not use the word 'cuberdon' to describe the sweet, but rather 'neuzeke', which means 'small nose'. But a work published by Duculot editions in 2000 suggested that the word owes its origin to the French language, according to etymologists.

However, if the gourmets of Wallonia and Flanders dispute the origins of the word 'cuberdon', they are unanimous on one point: its flavour is unique and inimitable.

The genuine cuberdon has a delicate crusted outer layer that subtly bursts in the mouth and releases refined, sweet syrup. A cuberdon must be enjoyed within eight weeks of its confection, in order for it to retain its unique melting texture and flavour.

For the coming festive season Cuberdon Leopold have produced shortbread that is entirely hand-made, from weighing to folding in the dough until packaging. (Price for 15: **€8.50**)

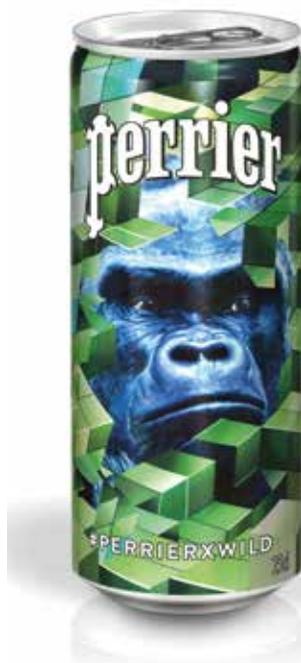
[www.cuberdonsleopold.com](http://www.cuberdonsleopold.com)

## LIFESTYLE

Shopping

### **PERRIER®**

This year, in collaboration with the artist Juan Travieso, PERRIER® unveils a very wild limited edition to embody nature in the heart of the modern urban jungle. The result is a series of slender bottles and cans - the slim cans - with an animal-like character and a resolutely lifestyle capsule collection to add a wild and exuberant touch to our urban life. Exclusively at Delhaize.  
[www.perrier.com](http://www.perrier.com)



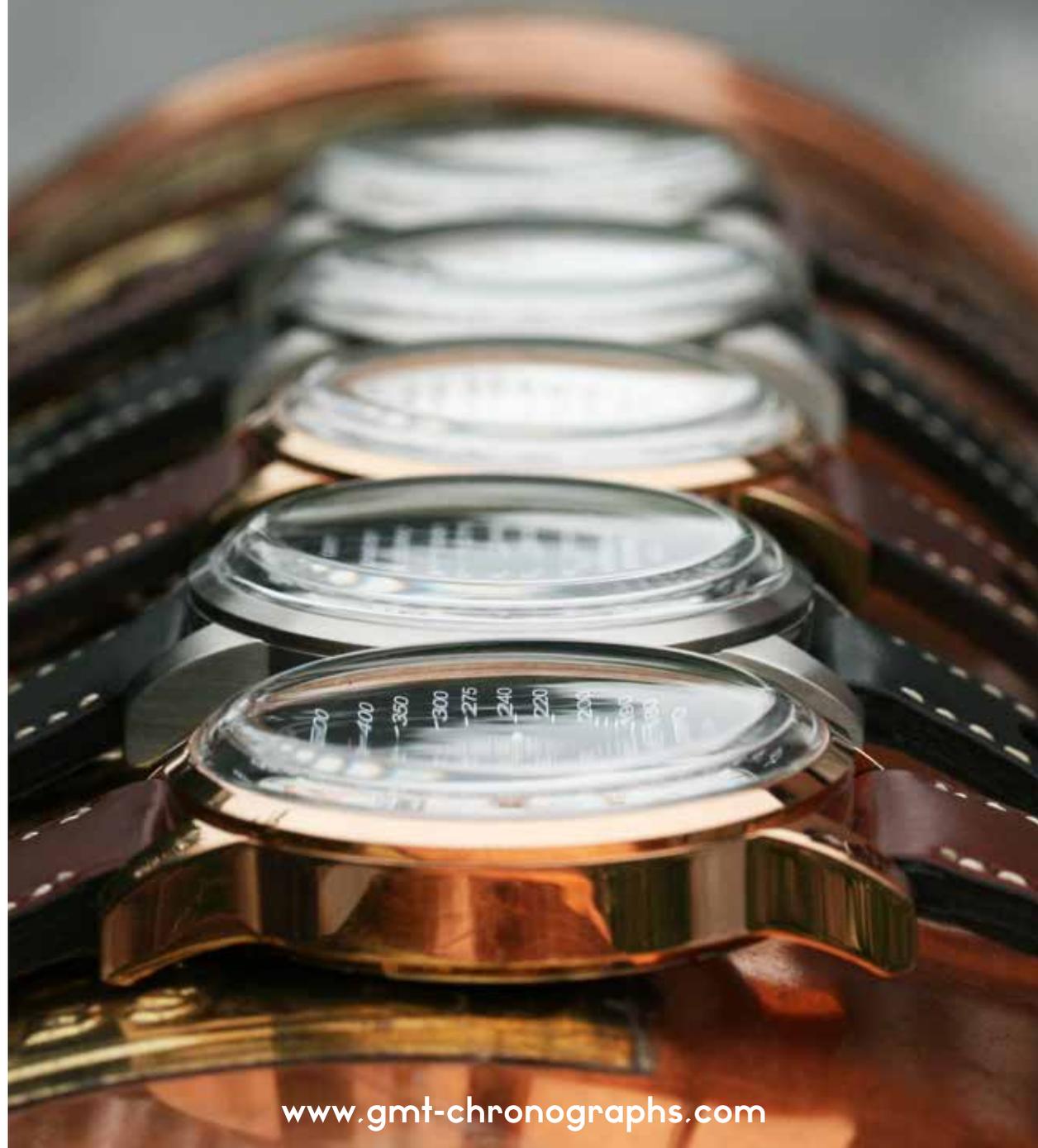
### **Louis Delhaize**

The concept of proximity is more than ever lodged in the DNA of the brand Louis Delhaize, whose positioning can be summarized by 'think local, act local'. In a global context that is increasingly affected by difficult in mobility, the Delfood consumer interface is constantly adapting to the new consumer trends that mark the world of retail. Inspired by the concept of 'straight shopping', Louis Delhaize is now closer than ever to its customers. The emphasis is on the quality of the welcome, the freshness and the convenience.  
[www.louisdelhaize.com](http://www.louisdelhaize.com)



### **Bru and Spa**

Spadel – producers of Bru and Spa - has been voted 'The Company of the Year®' 2017. The beverage producer succeeds Daoust, last year's winner. This is the 22nd edition of a competition organized by EY in collaboration with *L'Echo* and BNP Paribas Fortis. Spadel is a European family group specialized in the production of natural mineral waters, spring waters and naturally refreshing drinks. The group markets six brands in total and has a strong regional position in France and the United Kingdom.  
[www.spadel.com](http://www.spadel.com)



[www.gmt-chronographs.com](http://www.gmt-chronographs.com)



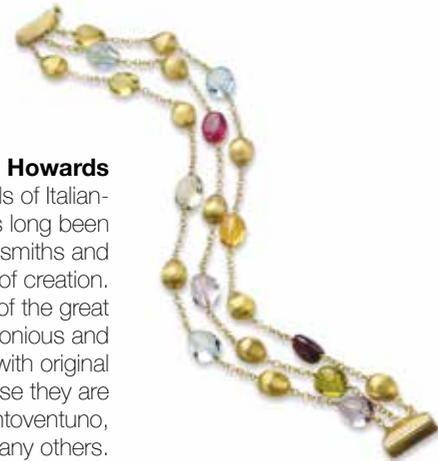
**Hoet Couture**

The collection **Hoet Couture** is conspicuously inconspicuous and inconspicuously conspicuous. No visible logo; its brand is written inside the temple arm and inside the case. The unique 3D laser-printed Hoet Couture glasses in titanium are made to order. Quality and comfort as always are the basic precepts. The Hoet Couture frames are rust-proof and anti-allergic, light, yet durable and well-fitting. For the best possible comfort these eyeglasses are available in various lens and bridge sizes and are equipped with adjustable temples. Each pair of spectacles can be personalized with your name engraved in the temple.  
[www.hoet-optiek.be](http://www.hoet-optiek.be)



**Dunhill ICON Racing**

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[www.dunhill.com/be](http://www.dunhill.com/be)



**Howards**

Howards is the ambassador in Brussels of Italian-style in jewellery and accessories. Italy has long been recognized as a great country of goldsmiths and jewellery, where craftsmen are masters of creation. The daring, creativity and originality of the great jewellery houses are highlighted in a harmonious and welcoming setting which will seduce you with original jewels, sometimes exceptional because they are unique, by Mattioli, Marco Bicego, Centoventuno, Casato, Moragione and many others.  
[www.howardsbrussels.com](http://www.howardsbrussels.com)

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## LIFESTYLE

Shopping

### Cartier

Cartier's perfumer Mathilde Laurent asks herself: "What makes a heart pound? What entices a man to declare his love?" Pepper, of course, which spices up the perfume Déclaration d'un Soir. How can she reveal a woman's feline side? By bringing out the animality of a flower, a gardenia carpeted with chypre and velvety nuances... L'Envol de Cartier Eau de Toilette for Men, her latest creation for the Maison, follows in the wake of the Eau de Parfum. With this new incarnation she advocates finding one's wings anew with the dawning of every day. Let the spirits soar, sending the soul high above the clouds.

**La Panthère Eau de Parfum** 30ml: **€65.50**, 50ml: **€93**, €75ml: **€117**  
**L'Envol Eau de Toilette** 50ml: **€70**, 80ml: **€93**  
[www.cartier.com](http://www.cartier.com)



### The Rado True Phospho

Rado has teamed up with another major force in the design world – and to glowing effect. Together with Swiss design studio Big-Game, Rado has created the True Phospho: a limited edition timepiece featuring Big-Game's signature design approach as applied to one of Rado's most popular watch families. Housed in a 40mm matt black high-tech ceramic case with matching bracelet, the Rado True Phospho embraces minimalism, but with playful and unexpected elements. The black brass dial is perforated, allowing the Swiss automatic movement below to shine through.  
[www.rado.com](http://www.rado.com)

### FREYWILLE

At FREYWILLE the creation of a collection begins with inspiration, passion and a feeling for motifs that result in an idea.

HELENA pendant with ball chain  
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# It's the final countdown

Our beauty expert **Delphine Stefens** offers daily doses of treats

**O**r it will be soon enough and if you want to make sure you get (and keep) it together this holiday season, you may want to secure your daily dose of treats this month – advent calendars are already all the rage and flying off the shelves fast.

**Rituals'** deluxe edition transforms into a 3D tree with goodies that will lift your spirits, **€79.50**



**Clinique** offers its bestsellers in a handy travel size. Exclusively at Ici Paris XL, **€71.35**



## MELTING POT

HAIR & BODY

Situé à la lisière du quartier Louise et au cœur de Saint-Gilles, l'un des quartiers les plus en vogue de Bruxelles, le centre de beauté Melting pot hair&body, comme son nom l'indique, propose une multitude de services et un vrai mélange de cultures. Dans l'air du temps, melting pot regroupe tout ce dont les femmes ont besoin pour se faire belle: de la coiffure et du relooking aux massages du corps en passant par l'épilation et les soins du visage. Cette multitude d'options se décline sur deux étages dans un cadre moderne, design et élégant. À la lumière du caractère cosmopolite de Bruxelles, on y trouve des professionnels de la beauté venant de tous horizons, de toutes les origines, à l'écoute et prêts à répondre aux besoins les plus spécifiques d'une clientèle tout aussi variée. Depuis bientôt 3 ans Melting pot offre, au paysage bruxellois le centre de beauté qu'il mérite: un endroit où le service est une priorité, où l'on trouve la dernière technologie en terme de beauté, les dernières tendances en terme de coiffure, mais aussi et surtout un endroit rassembleur où le plaisir de rencontrer l'autre est palpable, et où la bonne humeur prime et le café est délicieux.

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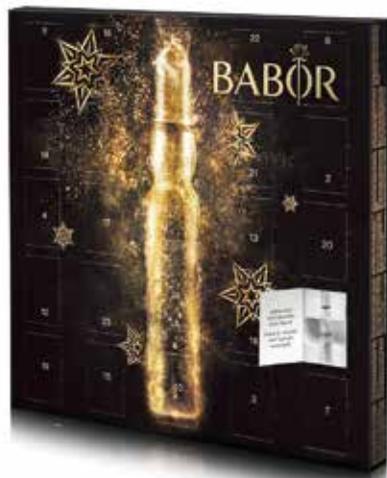
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# LIFESTYLE

Beauty

**Babor** focuses on its trademark ampoules to help you build up the strength of your skin for a radiant holiday glow, **€70**



**Nuxe** pampers you from head to toe in a – how could it be otherwise – prodigious way, **€63**



**Jo Malone** indulges your senses with colognes and more surprises including a scented candle, **€360**. At Senteurs d'Ailleurs in Brussels.



**Yves Rocher** joins the trend with a mix of skincare, make-up and perfume, **€39.90**

**Kiehl's** features four regular products and fancy samples of game changing skincare, **€135**



**L'Occitane** takes you to its homey Provence by way of Tokyo with the illustrations of Kanako, the Japanese illustrator based in Paris, **€49**



Design

# The aluminium case: A design classic

This month we look at a German company celebrating eight decades of an icon

In the 1930s, RIMOWA's factory burst into flames. The only surviving material was a light silver-grey, fire-resistant metal. In 1937, the company revolutionized the world of travel when it started the production of lightweight luggage made of aluminium. The original aluminium suitcase has been a work in progress since 1937. Throughout the years, case sizes, interiors, corners, handles and wheels have been continuously improved and adjusted. The aluminium case has stood the test of time - better still, it has since risen to become a quintessential product worldwide.

By 1950, the introduction of a new line of aluminium cases with an unmistakable grooved structure put the RIMOWA design on the map and made it the epitome of exclusive travel culture. Another innovation followed in 1976 with the development of the first waterproof camera cases, which protected delicate equipment from water and humidity. In 2017, a new generation of the Topas groove design was launched.

To mark the 80th anniversary of the RIMOWA aluminium suitcase, close friends of the brand are presenting their own aluminium luggage and inviting us into the world of their personal travels. Fashion designer Karl Lagerfeld displays a personal photograph of his suitcase. Other personalities include award-winning director David Fincher, editor in chief Carine Roitfeld, designer Virgil Abloh, entrepreneur Martha Stewart and iconic chef Massimo Bottura - each of them with their own story.

In order to give the cases a stage, pictures were taken by German photographer Frank



Photo © Carine Roitfeld Carine Roitfeld



Photo © Massimo Bottura Massimo Bottura

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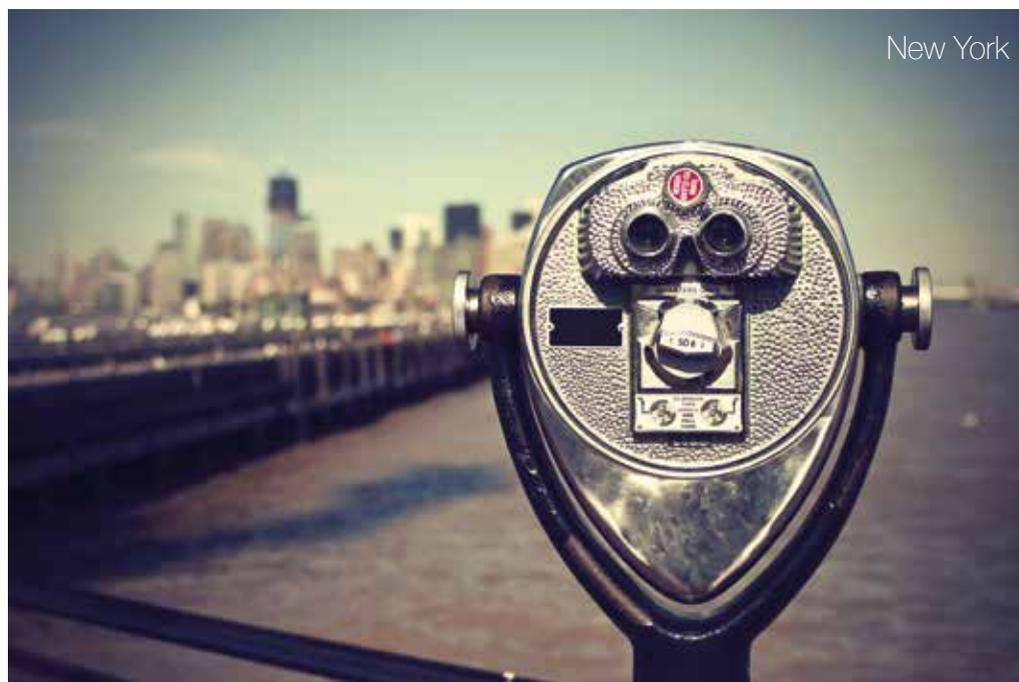
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Photo © Quentin Jones Quentin Jones

# The worlds most elegant cities

Zalando set out to find cities that are graceful and stylish in appearance or manner



**Z**alando has revealed the top 80 most elegant cities, ranked by influential fashion and architecture experts, and seven other relevant factors. The highlights of the survey suggest that:

- Paris is the world's most elegant city – it was awarded maximum points by fashion and architecture experts.

- London scored second place overall, and ranked first for fashion schools and desirability.

- Italian cities ranked strongly, with four cities placing within the top 10.

The online fashion store Zalando conducted a study that evaluated and ranked the world's most elegant cities. For a city to score highly, essential factors include a thriving fashion scene, culturally and historically significant architecture, high tourism desirability and affordable access as markers of an elegant lifestyle.

"Elegance is not just about appearance but



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Travel



Paris



Vienna



Barcelona



Bordeaux



Milan

also manner,” says Kasia Luczak, Trendscouting Manager at Zalando. “It evokes a sort of simplicity as well as restrained beauty. Probably the most famous Parisian, Coco Chanel, once said that “elegance is refusal”. This is also where style differs from fashion – in the conscious choice between abundance and modesty.

In order to understand which cities best embody elegance, a list of 400 destinations renowned for their fashion scene, and their cultural and historical significance were originally included in the research. Along with Zalando’s own fashion experts, more than 5,000 fashion and architecture experts were also consulted for their views, resulting in a final shortlist of 80 cities. The results of the research are based on the definition of elegance as “graceful and stylish in appearance or manner”. To achieve this, the study was divided in three sections. The first section pertains to the elegance in the infrastructure and architecture of a city, including the desirability of the city by visitors. The second section looks at fashion factors

associated with elegance. The final section ranks how affordable it is to live an elegant lifestyle in the city, based on PPP (Purchasing Power Parity). The ranking is based on these three scores added together.

Overall, the top ten most elegant cities are revealed below. The subcategories have been combined into three main categories for ease of viewing, but the full results of each of the nine criteria can be viewed on the results page: [www.zalando.co.uk/worlds-most-elegant-cities](http://www.zalando.co.uk/worlds-most-elegant-cities).



Florence

1. Paris, France
2. London UK
3. Vienna, Austria
4. Venice, Italy
5. Florence, Italy
6. Barcelona, Spain
7. New York, USA
8. Bordeaux, France
9. Milan, Italy
10. Rome, Italy

For the **Fashion Schools** Score, **London** ranked first followed by Paris and New York.

For the **Fashion Capital** Score, **Paris** ranked first followed by New York and London.

For the **Fashion Journalist Perception** Score, **Paris** ranked first followed by Milan and New York.

For the **Desirability by Visitors** Score, **London** ranked first followed by Singapore and Paris

For the **Point of Entry** Score, **Barcelona**

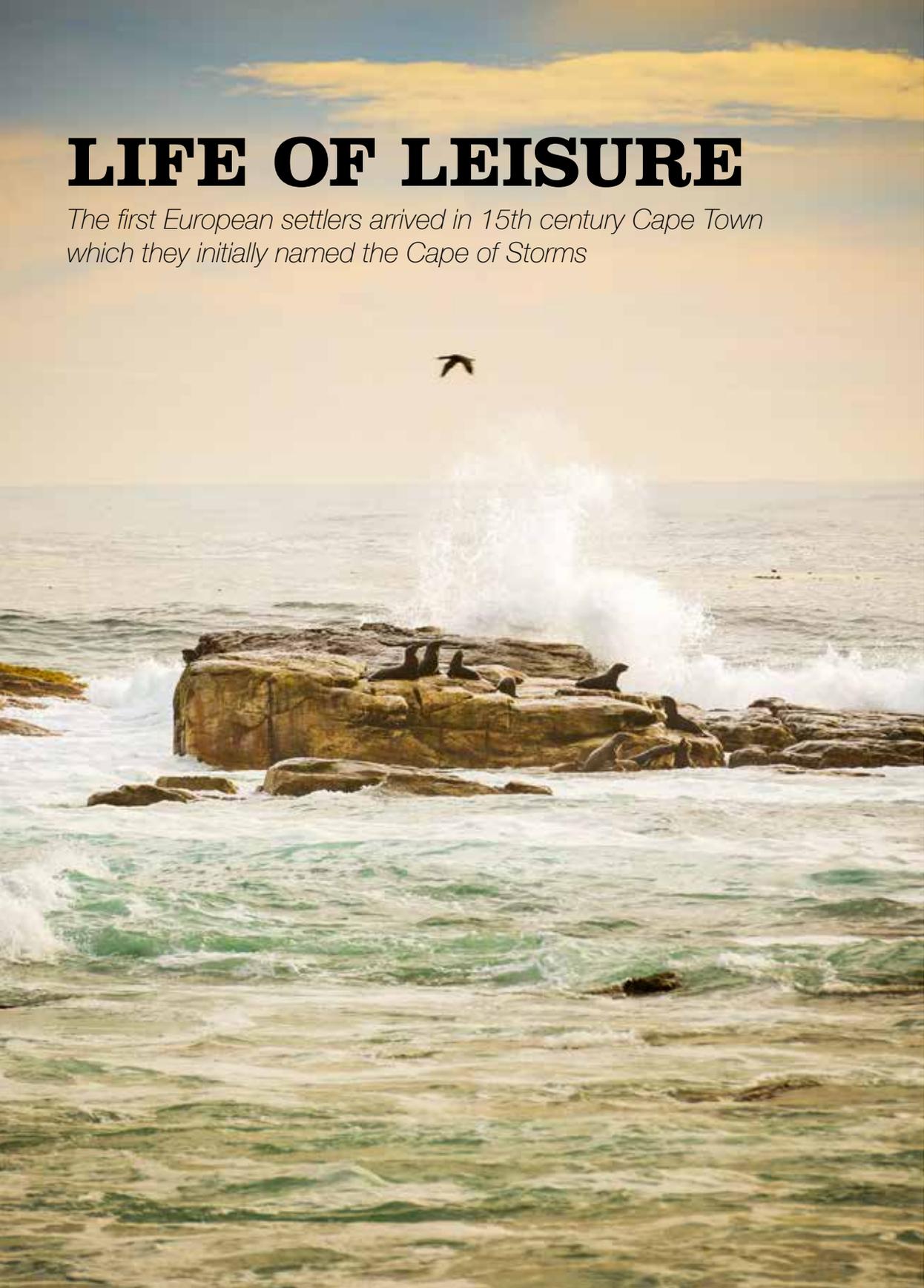
ranked first followed by Auckland and Melbourne.

For the **Architecture** Score, **Paris** ranked first followed by Florence and Venice.

For the **Cleanliness** Score, **Wellington** ranked first followed by Stuttgart and Reykjavik.

For the **Architecture Journalist** Score, **Paris** ranked first followed by Florence and Venice.

For the **Accessibility** Score, **Cape Town** ranked first followed by Marseille and Sevilla.



# LIFE OF LEISURE

*The first European settlers arrived in 15th century Cape Town which they initially named the Cape of Storms*

## Gerard Butler: Saving the world.. again

*Together* chatted with a Scottish movie star whose latest film could well come true



**I**t was only a few days after he was involved in a scary collision while riding his motorcycle in LA when I spoke to the ever-chipper Gerard Butler. Promoting his latest disaster epic, *Geostorm*, he was quietly reflecting on his nine lives after several brushes with death while working on a number of movies over the years.



cameras. And coincidentally, he referenced that his luck might one day run out.

Thankfully the star suffered only a few minor cuts and fractures but always the hard man, the 47-year-old Scot was on the red carpet, laughing with reporters and mugging for the

"I've had a couple of near misses,' he muses, "so I consider myself a generally grateful person for life."



In *Geostorm*, he plays - in his own words "against type" - a scientist who discovers a satellite in space which can control the weather after the planet suffers the cataclysmic effects of global warming. When the satellite falls into the wrong hands, Earth is suddenly on its knees, praying for a saviour. And only one man can save mankind. Guess who?

Set only two years in the future, it's a telling prophecy of what may become a reality considering the extreme weather patterns seen around the world this year.

And in typical fun yet concise mode, Butler explains why the fictional aspects of the movie could have very positive and very negative effects for the world.

The star chats about his concerns for the future and his own efforts to keep the planet green. And while looking back on his career, waxes lyrical about Adele, a cancer scare and explains if he wasn't an actor, he'd be fat.

**Together: Saving the world again?**

Gerard Butler: It's all in a day's work for me. What's new? (laughs). Well I was trying to destroy it in *Gods of Egypt* so I like to keep it interesting, swinging from one to the other.

**“ IT’S A GOOSE  
BUMP MOMENT.  
IT’S SCARY ”**

*Geostorm* is a mind-boggling movie, largely because one wonders what would happen if this weather controlling satellite actually existed?

Probably with how things are, the tensions





between certain factions, would probably be an absolutely terrible, catastrophic idea. But I can see the upside too, if we could control the weather and the elements, could reverse the tragic trend of global warming and restore and undo some of the damage mankind has inflicted on the world.

Our movie tinkers with the idea of the globally beneficial system that falls into the wrong hands. I like seeing it in blockbuster fiction where we can have a lot of fun with it. I don't want to know the reality. Keep them on very

separate sides (laughs).

And I love a script where I play a scientist. I mean, me? (laughs). I get to be a scientist who's also a renegade with a renegade attitude but bless Dean Devlin for thinking of me. Because I don't think anyone in Hollywood has ever thought, 'we need someone to play this scientist, Gerry Butler is our man.'

**But you were once training to be a lawyer...**

I'm definitely no one's fool, that's for sure. But I'm definitely not scientist smart. Even some of



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Well here's the thing, the timeline was altered, because it was supposed to be later down the line, purely because of the drastic weather patterns around the world. Climate change is having an effect sooner than anyone predicted. Look at that barrage of deadly hurricanes smashing into the Caribbean, one after the other. The fires in Santa Rosa, in California, the droughts, the heat waves, the fires, the floods. That's not normal - it feels a little like Armageddon in the last few months and it's time we wake up to that. So setting *Geostorm* two years in the future, it's not so out of touch with reality. It's a goose bump moment. It's scary.

But the movie gives me hope that mankind, that the powers of the world could come together to reverse global warming. That's the other goose bump moment. Might that happen if the worse happened? I like that question. Will we have to answer sooner than we think? Imagine the whole world could put aside their differences to come together and face this global catastrophe and potentially solve it. Because, I have no doubt they are working on something like this, like the machinery we see in this movie.

**Are you environmentally sound? What do you do to help the planet?**

I try to be, I make a really conscientious effort to reduce my individual impact on the planet and that's really what it boils down to, each and every person making that effort to do their bit.

those words, what a mouthful!

**How do you sell this movie because it's not squarely a disaster flick?**

It's everything to everyone, an action movie, a sci-fi movie. It's a very strong cautionary tale but it's also told with humour which you wouldn't naturally expect but that's the genius of Dean Devlin.

**It's set two years from now, quite a frightening prospect...**



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Plastic, I try to reduce as much as I can, the packaging that comes with my food, with anything I buy, it takes effort because it's wrapped around everything. And my carbon foot print, that I try to reduce, just with switching off lights, with bulking down on the energy I'm using. Its little efforts like that make all the difference, will make all the difference.

**When you see zero gravity in the script, that must have be cool!**

I thought I would actually get my time in the weightless machines, proper zero gravity that they use but you can only use them for an hour, two at a time, because they cost a fortune. The studios not made of money (laughs).

We went back to basics, with the whole pulley system which was a real test of acting, trying to look awestruck and weightless but all the while you're being yanked and pulled around and a guy's pushing your head into the right position because you're suspended there awkwardly. I tell you, it's the magic of the movies (laughs). It's a workout. It's a crazy intense workout. Your stomach muscles are literally shaking, your neck is twisted and you're holding it up in this weird angle. It was six

weeks of that. And I bloody loved it.

**You did?**

Six weeks flying around on wires. C'mon, that's living the dream! It's the greatest fun ever.

**Yeah but in that awkward painful position, that's got to hurt.**

*After Olympus? After breaking my neck?*

**You broke your neck in Olympus?**

And I didn't know I did it. I know, it sounds crazy but it was only when I went to the doctor with an issue with my voice - I couldn't really sing

which had me worried. Not like that, I'm not quite in the Adele stakes (laughs). But he looks down my throat and he says: "You know there's something sticking out of your throat." So I just thought, shit... it's a tumour. This is bad.

But it turned out to be two bones, sticking out from my thyroid. Which are still sticking out into my throat.

**I'm in pain thinking about it. Can you feel them?**





No, not at all. And you can't really do anything for it. You can't have surgery. So yeah...

**Has the singing tone recovered? Will we be seeing you give Adele a run for billions?**

Well funny you should say that - I'm actually guesting on her new album (laughs). No, no, I'll leave that to the professionals.

**Well you were the Phantom of the Opera.**

That was really an accidental fluke more than anything. I winged it as much as I could. I would like to do another movie musical. I've always loved the Music Man. Always loved it so that would be one I'd like to do in the future.

**This is another action role for you - you always say you're done with that...**

I keep saying I'm done. I feel like I am. I just did a movie where I put on 27 pounds of muscle - 27 pounds of muscle! That is not easy. And

it's not getting any easier. I feel like I've been saying I'm done for years now and something keeps bringing me back. Although in fairness, I firmly believe, I know if I wasn't an actor, I'd be fat (laughs). But I feel like I want to use my mind more, I want to do more drama. I want to step away from the gym.

**“ I JUST DID A  
MOVIE  
WHERE I PUT  
ON 27 POUNDS  
OF MUSCLE ”**

**So more scientists please?**

More scientists, more academics, more professors. More cerebrals types (laughs).

**I saw an article in the Daily Mail not too long ago where they were trying to bodyshame you while you were at the beach. How does that make you feel?**

They did. I didn't see it (laughs). The rogues.

**Does that kind of trolling hurt?**

Couldn't care less. I couldn't care less what is written about me, what people say about me. I mean, water off a duck's back. Bigger fish to fry (laughs).

Cartier  
LA PANTHÈRE



# Cape of Good Hope: Radisson Blu

**Jamie Nisbet** runs the rule over *Together's* trip of the most famous cape in the world



The first European settlers arrived in 15th century Cape Town which they initially named the Cape of Storms (Cabo das Tormentas) but then went on to aptly name it the Cape of Good Hope. Throughout the centuries, many traders stopped here on their way to India for rest, pleasure and business amongst other things. You could say that this region of South Africa for several centuries was a hub of trading and marketing as well as being a central point for an array of different cultures and ethnicities.

Fast forward to its most recent history and you see that Cape Town has endured radical and racial tensions of a hostile nature. Apartheid was a set of laws implemented in 1948 that banned any relation between black and white people. It became unlawful for a black person to be with a white person. In other words, mixed race families were considered to be a crime. This choice, though, did not go unopposed. A few people stood up against

this system, amongst them Nelson Mandela who, because of his political standing, was imprisoned for 27 years on Robben Island. This island found just off the coast of Cape Town is a deeply historic world heritage site and the perfect place to brush up on your South African history.

Since apartheid's end Cape Town has been working hard to welcome a collection of different cultures - the coastal city now has one of the highest rates of equality in Southern Africa.

Let your mind wander to the mountainous regions and deep blue ocean views of the Cape of Good Hope, wander through the hustle and bustle of city life in Cape Town centre? The Radisson Blu hotels are the places to be.

The first Radisson Blu is found on the corner of Riebeeck and Long Street. This 214-room

“ IT IS HOME TO A FREE-ROAMING COLONY OF AFRICAN PENGUINS ”



resort is within walking distance of great tourist attractions as well as being a mere kilometre away from the Cape Town International Convention Center. Located in the central business district, this particular Radisson Blu boasts award-winning architecture, stunning inner decor mirroring the attributes of the local landscape as well as maintaining a façade of art deco style and a staff that works with a 'Yes I Can!' attitude which translates to amazing hospitality and a stay to remember.

The Radisson Blu hotel and residence opened its doors on 1 April 2017. It is one of the 300 hotels across 69 countries that the Radisson Blu name is proud to showcase, and it is also the brand's 10th hotel in South Africa.

Within the walls of the Radisson Blu, you will find all the amenities of a luxurious, calm and serene hotel. It offers access to a gym and underground parking. The Ghibli Pool bar and terrace offers rooftop views with a light snack

and a drink, perfect for the tired traveller attempting to avoid busy city life. The Sea Street bar and lounge on the other hand is a completely different story, ideal for the curious and energetic traveller who wants a taste of the local night life. Since Cape Town is destined to become one of the world's leading conference and exhibition capitals, the Radisson Blu has equipped its latest hotel with a state-of-the-art exclusive business lounge and a wide range of luxurious conference and meeting rooms. And for the gastronomically inclined, the Stratus room offers a dining experience of an outstanding quality. The newly-appointed chef Duncan Pontac will be running the show. He is a Cape Town native and has been intrigued by cooking since the young age of six. He is a graduate of the Culinary Arts School as well as being a well travelled man. He says: "Creating with food is my life's passion and a journey of continuous discovery and growth."

The Stratus room will most likely offer a taste of



the local cuisine with a mix of seasonal food from the world over. Finally, the general manager of this Radisson, Desmond O'Connor, says each hotel is tailor-made to fit and encompass its respective region of the world. Radisson Blu hotels are like suits, made to fit its occupant and to follow fashion. Each hotel is catered to its respective region as best as possible. O'Connor has been in the hospitality business since 1990 and he has rarely stopped to take a break since. He is a people's man and is passionate about making every guest's stay a memorable one. His job is to assure that the service received is synonymous with the Radisson Blu name. And that is a value withheld amongst every Radisson Blu world wide.

If city life is not for you and you'd prefer staying somewhere more peaceful and calm, the Radisson Blu Waterfront hotel is the perfect accommodation for you. This splendid hotel's name came from its amazing location on the waterfront in Cape Town's city centre. Even the pool is a window pane away from the sea. All 177 rooms are equipped with sophisticated furnishing and stunning nautical decor. Upon seeing the lobby and hallways of the hotel, you can note a very strong but sleek cruise ship appearance. If asked for, your room could have either a view on to the Atlantic ocean or a balcony. Weary travellers can unwind and de-stress within the walls of the luxurious Amani Spa, and the package deals are perfect for corporate retreats or bridal parties.

Tobago's Bar and Terrace on the other hand is the place for party-going guests - the awe-inspiring ocean view is enough to make anyone feel warm and fuzzy inside. As well as boasting a wide selection of amenities and breathtaking views, the hotel offers a complimentary shuttle bus to and from the Victoria & Alfred Waterfront, an incredible shopping, dining and entertainment experience. The hotel has a view of Robben Island and is a hop, skip, and a jump away from Table Mountain National Park. All in all, this hotel is a lovely luxurious and hospitable caring environment in which to put your feet up for a week or two.

And obviously, if you ever feel a desire to leave the hotel to visit Cape Town itself, there is a huge amount of choice. From the District Six museum and Robben Island for the history fans to the Devil's Peak and the Lion's Head for the more active and outdoor type of person - Cape Town has something for everyone. For fans of culture and diversity, Bo-Kaap showcases how 19th century Muslims brought lifestyle changes to the coastal city. For the artistically inclined, Cape Town is home to South Africa's national art gallery which boasts paintings from African and European artists. The attractions are innumerable within this outstanding country's borders. One of the best places to visit is Boulders Beach, a must for anyone with a taste for the curious - it is home to a free-roaming colony of African penguins. [www.radisson.com](http://www.radisson.com)



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# Fairmont Zimbali Resort

*Together's* South African trip took us into Zulu territory



**T**he Fairmont Zimbali Resort is located within the KwaZulu-Natal province in South Africa. The name comes from its mixed heritage; 'KwaZulu' originates, believe it or not, from the Zulu phrase meaning 'Place of the Zulu' and 'Natal' comes from the name given to the region by European settlers. This province is the only one in South Africa that is named after its dominant ethnic group - the Zulus.

This majestic northern coastal resort, situated in the Zimbali estate, has a plethora of choice for the dignified guest. With a view over the Indian Ocean, this beachfront hotel is the ideal place to kick back for a week or two. All 154

rooms are decorated and designed with local nature as inspiration; in every room there is a strong undertone of earth, wood and stone. The entire resort is a true testament to KwaZulu-Natal's beautiful aesthetic.

The resort offers a wide array of amenities for its guests. There is something for everyone. The Fairmont has eight dining and entertainment venues designed to suit all tastes. From the deliciously elegant local cuisine presented in a three-course-meal format to the casual pizza by the pool side, there is no chance of being unsatisfied. And if that's not enough, the resort offers a cake order service; order what you want and it will



be made within the shortest amount of time possible. The Fairmont also offers such services as a fully equipped fitness centre and the Willow Stream Spa. This spa is perfect for the stressed and tired traveller. With its eight treatment rooms and fully trained specialist staff, you will feel refreshed and invigorated after every visit. Also on offer are five outdoor swimming pools - so there's always room for a relaxing swim.

Another quality that the Fairmont resort can showcase proudly is its proximity to one of South Africa's greatest golf courses. Guests enjoy special discounts for the 18-hole course which is open all year round. The Fairmont offers state of the art conference facilities including two elegant boardrooms and a 2,583 ft<sup>2</sup> ballroom as well as a selection of social and corporate function rooms. Coupled with the amazing golf course this really is the perfect pair for any corporate retreat.

**“ A WONDERFUL  
AQUARIUM  
HOUSING AN ARRAY  
OF STUNNING  
MARINE WILDLIFE ”**



The hotel is within five minutes of Ballito, a very popular holiday city, within 20 minutes of Umhlanga and within 30 minutes of Durban, home to a wonderful aquarium housing an array of stunning marine wildlife. Also on hand for anyone willing to leave the hotel for a day is Ukhahlamba-Drakensburg Park, declared a world heritage site by UNESCO, the park pays homage to its Afrikaans and Zulu ancestry. This is the ideal place for avid hikers and backpackers to visit a bit of South Africa's history as well as its

**“ THERE IS A  
STRONG  
UNDERTONE OF  
EARTH, WOOD  
AND STONE ”**

ZimbaliResor

nature. It is also possible to relive the Day of the Dead Moon with a guide on Zulu battlegrounds. The Day of the Dead Moon is the name, given by the Zulu people, of the battle that happened in 1879 during a rare solar eclipse.

All in all, the Fairmont Zimbali Resort is a beautiful, well-crafted, stunningly designed hotel. Equipped to welcome all guests.  
[www.fairmont.com/](http://www.fairmont.com/)

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# Orcières Merlette 1850 and Champsaur and Valgaudemar

The only way to really get away is to head into the Alps

Photo © G.Baron



**S**ituated at an altitude of 1850 metres on the top of the Champsaur valley, Orcières Merlette 1850 is the perfect marriage of all that is important for a resort - a rare union between the sunny Southern Alps and the snowy Écrins mountains, winter sports and summer activities, excellent infrastructure in resort and large natural spaces...

The resort is 'alpine' through to its roots with the 3,000m plus summits surrounding it, but Orcières is also Latin in climate and character, giving you a taste of Provence, blessed by the sun, a generous spirit, an art of living rich in tastes, smells and discoveries... and a special welcome for families!

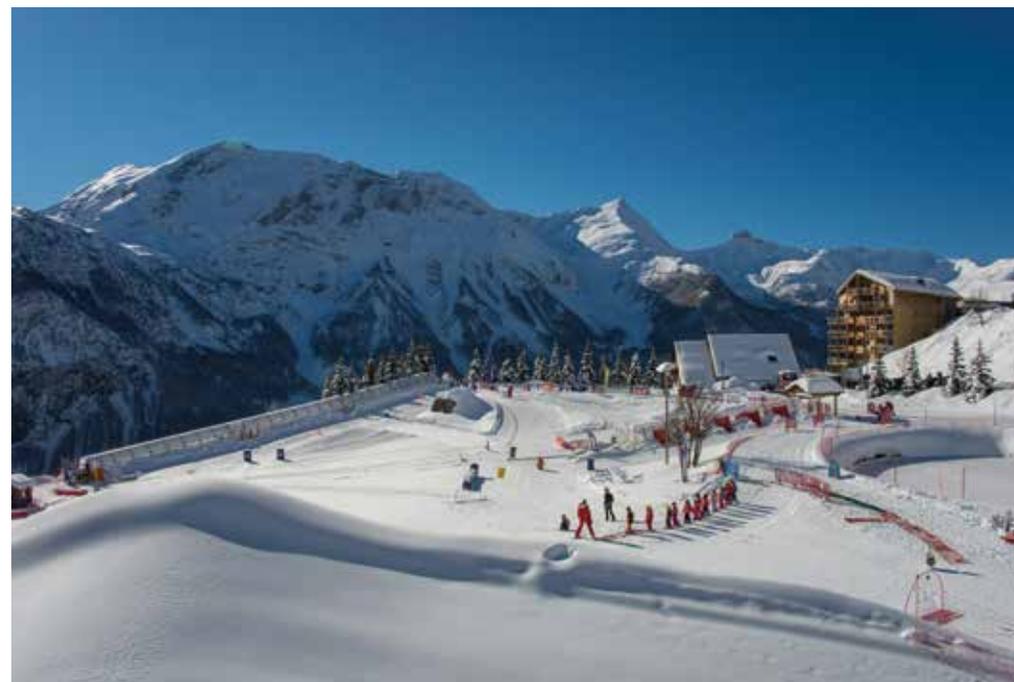
In both winter and summer Orcières

Merlette 1850 is an unrivaled base in the Southern Alps. There are, of course, all the activities you would expect: skiing, cross country skiing, snow shoeing, walking, mountain biking....

But more than that, at the heart of the resort itself, there are some exceptional and unique facilities:

- 3 Télémix ski lifts (chair lift and cable car mix)
- The Sports & leisure centre
- The Children's centre
- The Recreation and leisure park

There are a variety of friendly, family run hotels, self catering chalets, bed and breakfasts, two 'villages vacances' (large residences with entertainment and catering included) and a



huge choice of self catering apartments.

The booking central of Orcières simplifies your holiday by offering all-inclusive holidays and a wide choice of quality apartments, cottages, hotels... with the ability to book your passes, ski lessons, activities.

There is always something to do in Orcières during the winter season. The events are numerous and for all: sports competitions like the Ski Games or Little Champions Trophy, hockey, entertainment for the whole family, festivals, festive evenings...

Without forgetting the traditional torchlight and lanterns held by the ski schools or the many events, often free, offered by the tourist office.

Children, parents, grandparents: nobody is forgotten!

[www.orcieres.com](http://www.orcieres.com)

## Champsaur and Valgaudemar

Champsaur and Valgaudemar are situated in the Hautes Alpes on the edge of the Ecrins National Park, 100km south of Grenoble and 200km north of Marseille.

The Champsaur valley is a beautiful patchwork quilt of fields and hedgerows spread over gently rolling hillsides, and Valgaudemar, a deep and dramatic Alpine valley, is often compared to a Himalayan landscape.

A gentle mountain environment accessible to everyone, and for the initiated, a true high



mountain experience.

to special rules.

With six ski resorts, four cross-country skiing areas and a lot of funny and unusual activities

to try out in the snow... the choice is yours: the high altitude resort, Orcières Merlette 1850, or the five village resorts: Ancelle, Chaillol, Laye, St Léger-les-Mélèzes and Serre Eyraud, snowshoeing, ski touring, ski joëring, husky dog sledding, ice climbing.

Écrins National Park (French: Parc national des Écrins) is one of the ten French national parks (created in 1973). It is located in the south-eastern part of France (Hautes-Alpes department). The Park is divided into sectors. The Champsaur and Valgaudemar valleys are two of these sectors. The core zone is a protected and unspoiled area which is subject

**“ ORCIERES IS ALSO LATIN IN CLIMATE AND CHARACTER, GIVING YOU A TASTE OF PROVENCE ”**

- Écrins is the largest of France's national parks with 918 km2.

- The highest point is the 'Barre des Écrins' mountain (4,102m high).
- More than 150 peaks over 3 000 m high.
- Flora: more than 1800 plant species.
- Fauna: 75 mammals (among which the chamois, ibex, marmot) 230 birds (eagles, vultures...), 13 reptiles, 10 amphibians and 20 fish identified.
- 700 km of maintained paths.

There is a wide range of accommodation and cultural opportunities abound. And the restaurants and markets offer the best of local produce.  
[www.champsaur-valgaudemar.com/en](http://www.champsaur-valgaudemar.com/en)



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In most European countries, you are automatically enlisted to the social security. In Belgium, you must choose a health insurance company (mutualité/ ziekenfonds). They are your intermediary between your medical needs and the reimbursements you are legally entitled to. Moreover, your health insurance company offers a whole range of health related advantages such as reimbursements for optical, prevention, vacation, etc.

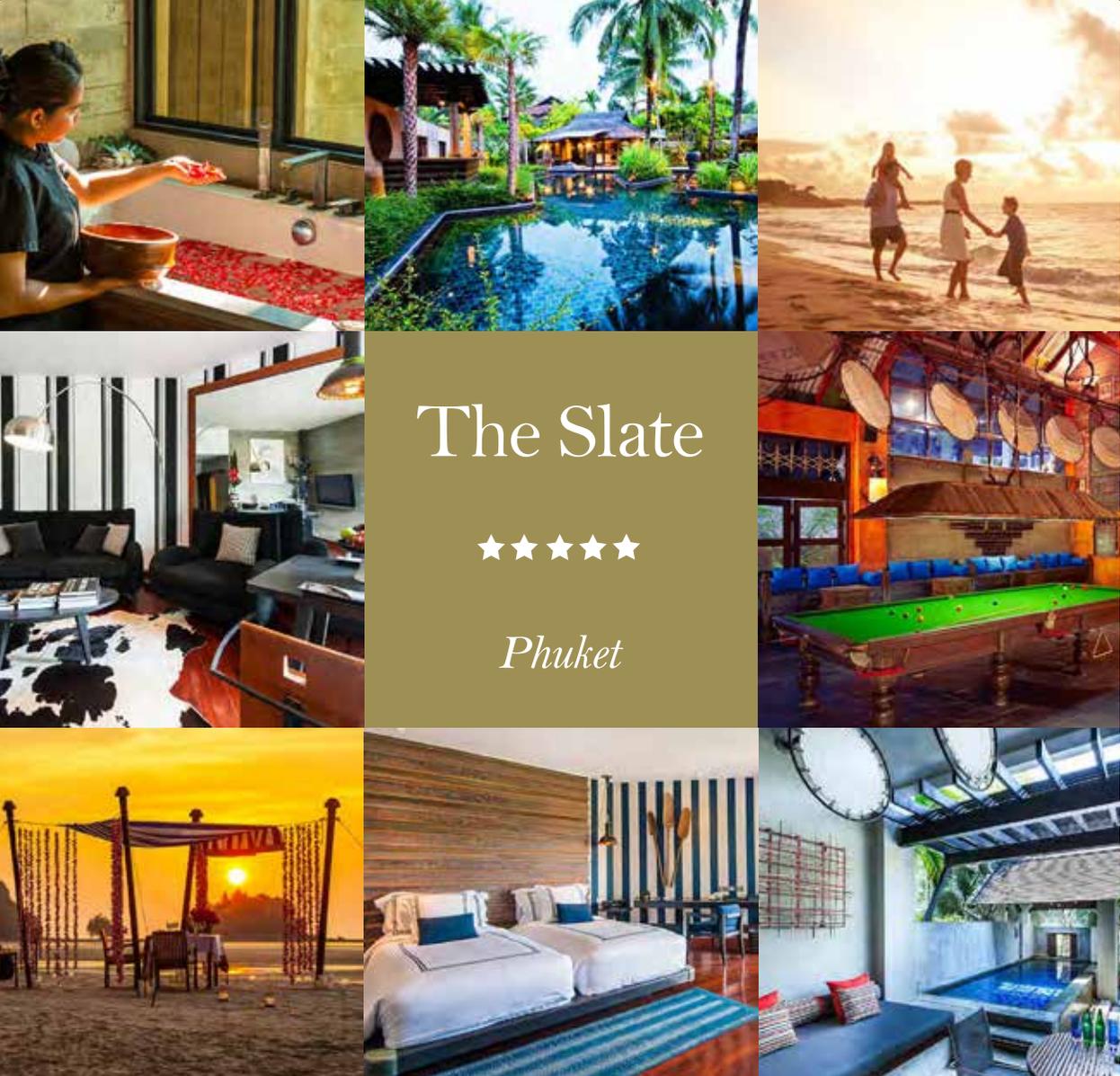
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The hotel has 177 rooms and suites including seven villas with private pool, eight restaurants and bars, two tennis courts, private beach, diving center, spa, art gallery, boutique, cooking school, kids-club, and several conference rooms.

Kids-club, family rooms, sports activities, crafts, babysitting service, kids-spa... The Slate is a real paradise for families.

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# Courchevel: A sense of luxury

**Caroline Dierckx** discovered a ski resort that has absolutely everything



Photo © Courchevel Tourisme

**I**t was a very pleasant surprise to discover a resort that has a great reputation. I have wanted to go to Courchevel for a long time. Finally, there I was at the heart of a mythical resort!

What caught my eye when I arrived was the beauty of the resort, with its magnificent chalets integrated into a beautifully perfect snow-covered mountain landscape. A small centre houses the tourist office and there is a pretty shopping mall. Of course, luxury shops run the length of the main street, but at no

point did I succumb to any ostentatious luxury abuse! On the contrary. There is a charming little square with some bars and restaurants at the crossroads of slopes that rise to 1,850m.

I arrived in the early evening, checked in to the Hotel Bellecôte, and then I was soon off for an aperitif. An excellent Pretzel and a glass of wine later I was ready for dinner at the famous gourmet restaurant Les Airelles\*\*. Comfortably seated at the table I was ready to savour Pierre Gagnaire's wonderful cuisine. A memorable souvenir for my taste buds! Fine cuisine, tasty



Photo © DavidAndrie

and surprising due to its different textures. An exceptional and magical moment, while relaxing in an establishment that attracts a lot of celebrities.

On the second day the sun shone brightly – a perfect opportunity to discover Courchevel's ski area in the company of a monitor. The resort is located in the 3 Valleys, the largest ski area in the world. The snow is guaranteed from December to late April because 80% of the area is above 1,800 meters. It's a domain that looks like no other. The variety of the tracks is a real pleasure as you sometimes find yourself on wide trails with lost horizons, other times in the forest. The view at Col de la Loze – at 2,305m – is simply breathtaking. We watched some brave people engaging in a bit of paragliding...

Another surprise that is unique to Courchevel is the art on the summit that boasts wonderful monumental sculptures. Some of the finest artists exhibit there, such as Richard Orlinski, Julien Marinetti and Romero Britto – every winter! Families and experienced skiers will be very happy on this large estate. Moreover,



Photo © Jacques\_Gavard



Photo © AlexisCornu

Courchevel reconfirms its avant-garde side since on 20 December 2017 it will host the first Ladies Parallel Slalom in the history of the FIS World Cup.

Make time for fun – it's also part of the trip. Don't miss Courchevel Adventure. On the agenda are lots of laughter and thrills! Several kinds of toboggans were waiting for us to hit the track. We laughed like crazy people and we also learned to ride a snowmobile, which is cool and very safe.

Another way to relax is the Spa, which is a huge hit with visitors. Several magnificent hotels offer exclusive treatments as well as beautiful wellness areas. It was a privilege to visit them. For my part, I had the chance to discover a great novelty of Courchevel: the Aquamotion centre. From an architectural point of view, the building literally melts into the landscape. It has several different areas such as Aqualudique, Aquawellness and a care centre that uses the

excellent range of Pure Altitude products. A small parenthesis accessible to all.

You can't possibly leave Courchevel without savouring some of the resort's excellent food! Did you know that the resort has eight 'starred' restaurants? The 1947\*\*\*, Chef Yannick Alléno, Chabichou\*\*, Pierre Gagnaire at Les Airelles\*\*, L'Azimut\*... I had the chance to taste the

subtle blend of Japanese and French cuisine at Koori, the restaurant at Hotel L'Apogée \*\*\*\*\*. Pure joy arrives on the plate during dinner and you'll love the cosy incense-scented atmosphere. Before heading to dinner, I recommend the hotel bar,

where live music and a wonderful cocktail will whet your appetite.

A sense of luxury is after all about spending a wonderful holiday in the mountains with family or friends – Courchevel certainly kept up its end of the bargain.

[www.courchevel.com](http://www.courchevel.com)

**“ THE BUILDING  
LITERALLY  
MELTS INTO THE  
LANDSCAPE ”**



Orcières  
MERLETTE 1850

LE TUBE DE L'HIVER !



Illustration: Guillaume Le Douarin / Photo: Stéphane Pichard - Photos - J'ai bien aimé - Illustration: MOCO/STUDIO

LIFE OF  
LEISURE

Travel

# Arc 1950: Two new distinctions

Arc 1950 Le Village prepares for the festivities

ARC 1950 © Andy Parant (5): Andy Parant



**A**rc 1950 Le Village has just picked up two more distinctions: the Certificate of Excellence from the famous TripAdvisor and the 5\* classification as a tourist residence.

Nestled in the heart of a grandiose environment, the Village offers its guests a range of subtly integrated services and a ski-in/ski-out experience. Accommodation-wise, the residences Pierre & Vacances Premium welcomes you in total comfort.

Arc 1950 Le Village is the most exclusive gateway to the fabulous Paradiski ski area, an almost limitless playground offering 260 pistes and no less than 425km of skiable terrain. And there is also a fabulous shopping experience facing Mont Blanc, après-ski in pubs and bars with concerts and many restaurants that are easily accessible from the residence. The car stays in the underground car park for the entire stay.



LES ARCS 1950 Woody ride session: © prestige photos

Some dates worth making a note of:  
From 16-23 December: **The European Arcs Film Festival**  
From 6-13 January 6th: **A Russian Christmas**  
From 29 January to 4 February: **French Freeride World Qualifier**  
16 March: **The Star Trail**, an 11km nighttime trail (with 710m altitude difference) from Arc 1800 to Arc 1950 Le Village.

Early Booking is a good idea for all reservations before 7 November 2017.

Christmas week - 30 %  
The week 7 to 14 April 2018 (Belgian week excluding French holidays) - 20 %  
[www.arc1950.com](http://www.arc1950.com)

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# Thon Hotels: Christmas in Brussels

A choice of places to lay your head and some very interesting deals for the festive period

**L**ocated in the historic centre of Brussels, the sprawling Winter Wonders Christmas market is the perfect occasion for your weekend getaway. Discover the magical Christmas tree on the world famous Grand Place and the festive Christmas parade. Stroll along the endless number of chalets offering delicious treats and gift ideas.

Combine this festive atmosphere with a good night's sleep at one of Thon's hotels – they offer an excellent range dotted around the city, including Stanhope Hotel, the first 5-star hotel in Brussels, Thon Hotel EU in the European district, Thon Hotel Bristol Stephanie in the very smart Louise neighbourhood and Thon Hotel Brussels City Centre, which, as its name suggests, is right in the centre of it all close to shopping and the Winter Wonderland attractions. Make it an occasion to remember with a night (or two or more) in Brussels and let Thon look after your every need.

They have come up with tempting special offers for one-night winter stays. For example the 5-star Stanhope Hotel has rooms from €159 for double occupancy, plus free upgrade to Club Room, Winter Wonders booklet, breakfast buffet for two, two welcome drinks at the library bar, free access to the fitness and sauna, free Wi-Fi and (perhaps best of all) late check-out until 3:00pm.

For reservations and rates check the website. There are lots of extras thrown in – it is the festive season after all.  
[www.thonhotels.com/offers/christmas-in-brussels](http://www.thonhotels.com/offers/christmas-in-brussels)  
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## RESTAURANT - BRASSERIE

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## GOLF

A 18-holes modern golf, a 9-holes pitch and putt and 3 more holes specially designed for our Naxhelet Golf Academy.

## WELLNESS

An indoor swimming pool and a wellness area dedicated to rest and relaxation, where our professional beauticians will pamper you with quality care using natural products.

## SEMINARS

3 modular conference rooms equipped with cutting edge technology for your professional meetings.

# Gault & Millau 'POP' Project



Photo © DAM SUM

'POP' is an abbreviation for 'Popular Restaurants' and consists of a selection of accessible and modern addresses where experience and concept occupy a central place, often because of the special attention they give to a quality product or a specific preparation. These are places where you delight in delicious food in an original setting with, as Gault & Millau main criterion, quality. Just think of quality gourmet burgers, trendy Italian restaurants, cocktail or wine bars that offer a selection of appetizers, gourmet tapas, and more.

## The selection 'POP'

The evaluation of POP restaurants is different from other traditional Gault & Millau restaurants. These addresses are visited by a special team of 'POP' inspectors. In particular, they base their judgment on the following criteria:  
- The setting of the restaurant - is it nice and/or is there a trendy atmosphere?

- Is special attention paid to the experience and/or interpretation of the concept?
- Is the restaurant accessible to all (without special dress code or other obligation)?
- Is the restaurant good value for money?
- Is it possible to eat relatively quickly?

But a restaurant 'POP' can also be included in the main guidebook if it gets from our inspectors a score of 12 or higher, as is the case for more gourmet restaurants. In the guide, these addresses are indicated by a small 'POP' icon. It is then the 'TOP POP', places that not only appeal because of their concept, but also offer a high gastronomic level.

The complete selection of 'POP' dining venue can be found on the site [gaultmillau.be](http://gaultmillau.be), and you can start discovering more on the 'POP' website. [be.gaultmillau.com/collections/pop](http://be.gaultmillau.com/collections/pop)

## TOUT N'EST QUE PLAISIR !



Sandwich, wrap, panini.  
On peut manger vite fait sur le pouce  
tout en s'en léchant les doigts.

Un poulet I.N.  
bon pour votre santé  
et pour la planète.

Baquettes et viennoiseries cuites  
sur place. Pain livré chaque matin.  
Obsession fraîcheur.



Salades, spécialités grecques  
et sushis. La légèreté aussi doit  
avoir du goût.



Le monde entier atterrit  
dans nos frigos : Thaïlande, Chine,  
Japon, Grèce, Italie et  
Belgique (tout de même !).



Des desserts à vous couper le souffle  
élaborés par nos artisans...  
Macarons, tartes, cheesecakes, crumbles...  
De quoi assouvir les envies  
gourmandes de chacun.



Venir aux heures  
qui vous conviennent  
et déguster sur place  
si vous le souhaitez.



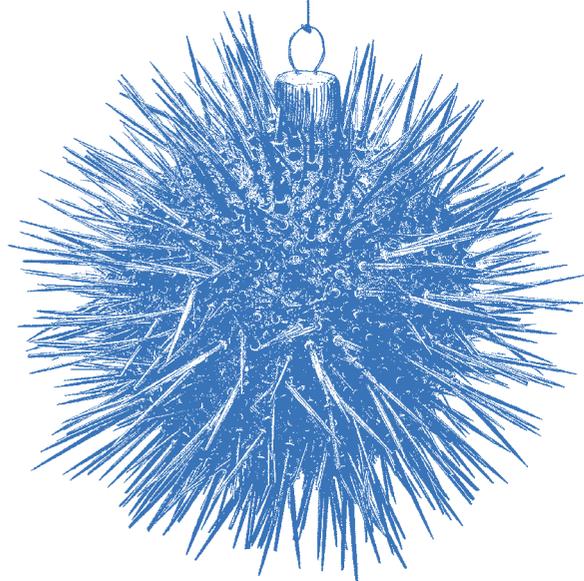
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# Dali's The Wines of Gala

This month we take an eccentric but serious look at a Dalíesque grouping of fine wines

**H**ot on the heels (or lobster claws) of the best-selling Salvador Dalí phenomenon, *Les dîners de Gala*, TASCHEN presents the artist's equally surreal and sensual viticulture follow-up: *The Wines of Gala*. A Dalinian take on pleasures of the grape and a coveted collectible, the book sets out to organize wines "according to the sensations they create in our very depths". Through eclectic metrics like production method, weight, and colour, the book presents wines of the world in such innovative, Dalíesque groupings as "Wines of Frivolity," "Wines of the Impossible," and "Wines of Light."

Bursting with imagery, the book features more than 140 illustrations by Dalí. Many of these are appropriated artworks, including various classical nudes, all of them reconstructed with suitably Surrealist, provocative touches, like Jean-François Millet's *The Angelus*, one of Dalí's favourite points of reference over the decades. Dalí also included what is now considered one of the



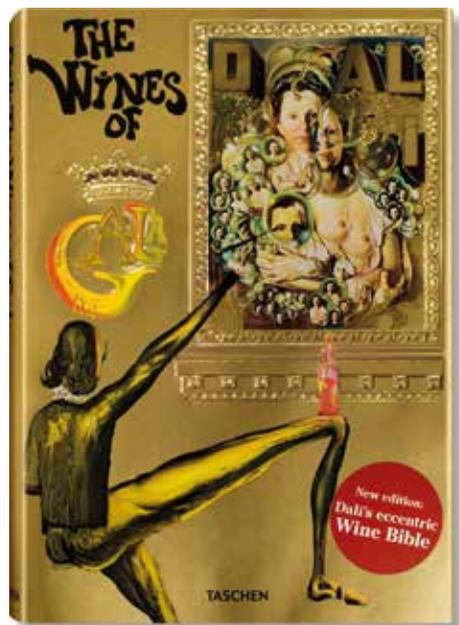
greatest works from his late "Nuclear Mystic" phase, *The Sacrament of the Last Supper*



(1955), which sets the iconic biblical scene in a translucent dodecahedron-shaped space before a Catalonian coastal landscape. Dalí was by this stage a devout Catholic, simultaneously captivated by science, optical illusion, and the atomic age.

The first section is dedicated to "Ten Divine Dalí Wines," an overview of 10 important wine-growing regions, while the second develops Dalí's revolutionary ordering of wine by emotional experience, instead of by geography or variety. Rather than any prescriptive classification, it's a flamboyant, free-flowing manifesto in favour of taste and feeling, as much a multisensory treat as a full-bodied document of Dalí's late-stage oeuvre, in which the artist both reflected on formative influences and refined his own cultural legacy.

"The modern wine bible we never knew we needed." — punchdrink.com  
*Dalí. The Wines of Gala*  
 Hardcover, 21.2 x 30.2 cm, 296 pages,  
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 THE SENSATIONS  
 THEY CREATE IN  
 OUR VERY  
 DEPTHS “**



Quatre générations au service de la tradition



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

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

Jean Callens

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

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

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What's on

# What's on Belgium

## Musée L

The new University of Louvain museum, the Musée L, opens its doors to the public on 18 November, in a unique building that is the university's architectural beacon in Louvain-la-Neuve, designed by the Belgian architect André Jacqmain. After two-and-a-half years of renovation, the University of Louvain (UCL) is opening Belgium's first large-scale university museum, with 3,830 m<sup>2</sup> accessible to the public. Its uniqueness? 'Dialogues' between



the university's unique artistic and scientific collections, and three workshops where visitors can explore, touch and handle exhibited works. The museum's spaces serve one desire: to be an 'open house' that welcomes and appeals to all potential visitors.

Beginning in the 13th century, universities in effect became the first institutions to acquire objects and form collections called 'museums'. Open from **Tuesday 18 November**. [www.museel.be/en](http://www.museel.be/en)



## EUROPALIA: Indonesia

Every two years, EUROPALIA invites adventurous art lovers to discover the history and culture of a different country. It is Indonesia's turn to be in the spotlight. Well beyond the clichés of paradisiacal beaches and majestic temples, this country is now in full economical and artistic bloom. As during the previous editions, BOZAR will welcome the festival's two main exhibitions. Discover in *Ancestors* the splendour of ancient ancestor rituals through archaeological and ethnographical treasures, through contemporary creations and archive material. *Power and other things* offers a unique overview of the last three centuries of the Indonesian history, as seen through the eyes of Indonesian and European artists. Add to this a rich mix of traditional and contemporary Indonesian music, dance, literature and cinema, and you will discover this fascinating country in an original and nuanced way. **Until 14 January 2018**. BOZAR. [www.bozar.be](http://www.bozar.be)

What's on



**Continent**

With *Continent*, LMS Gallery inaugurates its new space in the heart of Brussels, inviting us and calling on us to embark on an adventure to the continents of our planet, and to virtual continents, the continents of other worlds light-years away from our Earth.

The totem of the worlds: Hervé Diosa has always travelled the continents, to find out how images are created, elsewhere. The continents are his sources. The totem of the worlds, a sculpture in bronze, is his comical vision of our universe.

Cartography of the exodus: For Clément Denis, the world is an exodus of faces in movement. The multiplication of these heads recomposes the mixture of the populations. He says: "Painting is for me a passage between life before and life afterwards, between life here and life elsewhere."

Africa is not a country: For Ola-Dele Kuku, being together, the source of all mutation, is the motor of humanity. By writing in neon 'Africa is not a country', he lays claim to the natural frontiers which surpass the cultural frontiers. Africa is not a country, it is the continent of origins.

Dream continents: For Joanie Lemercier, the continents are virtual. He plays with our vision: the landscapes are there, mountains,

volcanoes, forests and complex graphical figures.

Meta-cities: With Miguel Chevalier, we live perpetual variations, infinite connections and a growing proximity between cities and individuals, "bonding with nature by taking my inspiration from the vital life processes of growth and transformation".

Space Project: Vincent Fournier's expedition is very real, the opposite of an imaginary voyage, launched into the conquest of space, onto continents outside our planet.

The footprint of the Earth: Yann Artus-Bertrand gravitates around all the Continents, giving us back the art of the Earth.

The eyes of the world: The Ghanaian Kwame Akoto, alias Almighty God, presents a spiritual vision of the continents, "the eyes of God are everywhere and He sees good and evil".

Politics of the continents: Vivam Sundaram's eyes are prisms, exploring our world and bring it into his canvases. Here he presents Two Towers...

**17 November - 22 December 2017**

LMS Gallery, Brussels.  
[www.lmsgallery.be](http://www.lmsgallery.be)



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What's on

# Oceania: Travels through the immensity

Bear witness to the transience and fragility of an ecosystem

**O**ceania, an infinite continent suspended between the immensity of the sky and the sea, is still linked, in our imagination, to the great voyages of discovery and to the unknown.

Over 60,000 years ago, the first colonists arrived from Africa and began to inhabit Papua and Australia. Between the 3rd millennium BCE and 1,000 CE new seafarers from south-east Asia settled in central and eastern parts of the Pacific. Not until the 18th century did Europeans, James Cook foremost among them, begin to explore this vast area systematically. Thanks to Henri Lavachery's 1934 expedition to Easter Island, aboard the ship *Mercator*, Belgium made its own contribution to scientific knowledge of these mysterious lands.



Maps, ship models and archival documents, as well as the reconstruction of a walkway from the *Mercator*, invite the visitor to cross the great ocean in the footsteps of these explorers from the past. In addition to evoking these various journeys, the exhibition will showcase the rich collections of the Cinquantenaire Museum, the MIM and the Royal Museum of Central Africa. More than 250 objects, from Papua, New-Caledonia, Micronesia, Fiji, Cook Islands, Tonga, Samoa, Tahiti, the Marquesas Islands, New Zealand,

Hawaii, and Easter Island, reveal the richness and originality of the creations of the inhabitants of Oceania.

### Special guest: Jean-Paul Forest

Through the work of the Tahitian artist Jean Paul Forest, the final room of the Oceania exhibition reveals a continent rooted in contemporaneity, far removed from the age-old folk clichés to which Oceania is too often reduced. Jean Paul Forest has lived and

worked in Polynesia for many years. The Tahitian valley of Papeno'o provides his energy and his inspiration, as well as the river-polished pebbles which form the basis of his creations. On the borders of land art and of minimalism, his works – stones broken and stitched together, twisted pebbles, works installed in the landscape – bear witness to the

transience and the fragility of an ecosystem perpetually at risk.

### Exhibition is kid-friendly!

There are special circuits for children and a play area with games too.

Until 28 April 2018. **The Cinquantenaire Museum (RMAH). Tickets: €15**  
[www.mrah.be](http://www.mrah.be)

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What's on



**Opera: Dialogues des Carmélites**

"We are not afraid: we imagine we are afraid. Fear is a delusion sent by the devil." In his screenplay *Dialogues des Carmélites*, later adapted for the stage, Georges Bernanos tells the tragic story of the nuns of a Carmelite convent who, during the Terror following the French Revolution, live in hope and fear under

the constant threat of the guillotine. Francis Poulenc's mystical opera is an outlier in his oeuvre: its dramatic main theme and traditional tonal language show the influence of Musorgsky, Monteverdi, Debussy and Verdi. Alain Altinoglu's musical interpretation and Olivier Py's pared-down, ascetic directing, acclaimed in Paris in 2013, make of this work a profound reflection on death,

fear, and the will to live. "We do not die each for ourselves, but one for the other, or even one in place of the other, who knows?" Sung in French with subtitles in Dutch and French. **8 – 23 December.** La Monnaie. Ticket from **€10 to €149**

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



**La Monnaie: Dvorák Requiem**

"Do not wonder that I am so religious. An artist who is not could not produce anything like this. I like praying there at the window when I look out on the green and at the sky. I study with the birds, flowers, God, and myself." Religious music makes up a relatively small part of Dvorák's oeuvre, but its quality should not be underestimated. Dvorák composed his great Requiem for a quartet of soloists, chorus, and

orchestra in 1890, at the beginning of his important late creative period. Although he remains far from the theatricality of a Verdi or Berlioz, in this work he frequently achieved a similar intensity and drama, while towards the end it is dominated by quiet melancholy.

Hartmut Haenchen, the ultimate specialist in the great Romantic repertoire, brings out the full richness of this rarely performed work better than anyone. Antonín Dvorák – Requiem for Soli, Chorus and Orchestra, op. 89 (1890).

**From 17 November.** BOZAR. Ticket prices from **€10 to €59**

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

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What's on

# What's on international

## KAOS: Albert Watson

Albert Watson (born 1942) is a Scottish photographer well known for his fashion, celebrity and art photography, and whose work is featured in galleries and museums worldwide. He has shot over 100 covers of *Vogue* around the world and 40 covers of *Rolling Stone* magazine since the mid-1970s. *Photo District News* named Watson one of the 20 most influential photographers of all time, along with Richard Avedon and Irving Penn, among others. Watson has won numerous honors, including a Lucie Award, a Grammy Award, the Hasselblad Masters Award and three ANDY Awards. He was awarded The Royal Photographic Society's Centenary Medal and Honorary Fellowship (HonFRPS) in recognition of a sustained, significant contribution to the art of photography in 2010.

Photo © Christopher Michel



**“ I’M ALWAYS TRYING TO MAKE EVERY SHOT MONUMENTAL ”**

TASCHEN Gallery is pleased to announce the opening of *KAOS*, an exhibition of photographs by Albert Watson coinciding with the release of a mammoth, faux-fur covered, signed and

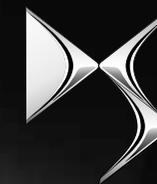
limited TASCHEN Collector's Edition book of the same name.

*KAOS* presents a compendium of Watson's visionary prints from the past 40 years, showcasing the breadth, influence, and techniques of “the photographer's photographer”. 33 prints will be on view, from iconic portraits of Alfred Hitchcock, Christy Turlington, and Tupac Shakur, to his celebrated fine art still-lives and surrealistic large-scale

landscapes. The exhibition will mark his largest solo show mounted in Los Angeles since the mid-'90s.

Simultaneously, the gallery will also present a selection of photographic works

from Galerie Bene Taschen (Cologne), a tribute to the extraordinary career of the legendary New York street photographer Arlene Gottfried, who died on August 8 this year age 66, as well as works from Gregory Bojorquez, Jamel Shabazz, Jeff Mermelstein, and Joseph Rodriguez. TASCHEN Gallery 8070 Beverly Blvd., Los Angeles. 📍



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# Lyon: The Festival of Lights

**Gilles Flouret**, Project Manager of the Festival of Lights in Lyon, talks passionately about the festival

**H**aving longed for the opportunity to present Lyon as the city of lights, it finally became possible on 8 December 1999. The festival of lights as we know today, now lasts four days and is internationally well-known.

## When did the Festival of Lights commence in Lyon?

The Festival of Lights originated in the inauguration of the statue of the Virgin Mary on Fourvière hill scheduled for 8 September 1852. However, the event was postponed due to the bad weather. To celebrate this inauguration, the local inhabitants took to the streets with illuminations of all sorts, usually candles and lanterns. This tradition has remained an annual festival known as the 8th of December where the people of Lyon place votive candles on their window sills. Having longed for the opportunity to present Lyon as the City of Lights. The Festival of Lights as we know today has now become more contemporary with modern lighting becoming the norm along with creative themes of music and theatre allegories.

## What can you see during the Festival of Lights?

The whole city is lit up, this is an exceptional moment! There are four types of projects: luminous objects usually placed around public squares or around monuments, cathedrals and other areas. It also highlights spectacular



buildings with projections of sound & light. Usually, there are allegorical themes which are projected onto local monuments teeming with 3D lighting effects and movement.

## Why visit Lyon during the Festival of Lights?

The Festival of Lights is an extraordinary moment in Lyon! You can explore the history and its heritage in a unique way. It's a delight to see moving objects and light effects light up on walls of some of the most beautiful buildings in Lyon. The event is truly magical to see 3D fantasy themes which include locals and tourists alike carrying lamps and other illuminations walking down the streets, it is quite inspiring! You will discover the joys of Lyon and enjoy a four-day event packed with mystery and charm.

[www.fetedeslumieres.lyon.fr](http://www.fetedeslumieres.lyon.fr)

## Cinema: All the latest movies playing in Belgium

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



### Beauty and the Dogs

During a student party, Mariam (Mariam Al Ferjani), a young Tunisian woman, meets the mysterious Youssef and leaves with him. A long night will begin, during which she'll have to fight for her rights and her dignity. But how can justice be found against her tormentors? A powerful, searching film from directors and writers Khaled Walid Barsaoui and Kaouther Ben Hania that was apparently filmed in nine uninterrupted takes.

100 mins.

### Borg vs McEnroe

And this one is being touted as the greatest tennis movie ever - not really sure what competition it's up against, but the match it features, the first Wimbledon final confrontation between Bjorn Borg and John McEnroe, way back in 1980, is absolutely the greatest tennis match ever played. Shia LeBouf plays Mac, Sverrir Gudnason is Borg (with Leo Borg, the real-life son of Bjorn, playing him aged 9-13), and Stellan Skarsgård as Borg's coach - and there are only great things being said about the film.

100 mins.

### Jigsaw

So, we return to the Saw franchise for episode eight - in all fairness, the very first Saw holds the rare accolade of being a horror film of which I did not second guess the ending - and it was pretty good as well. Well, this one picks the story up a decade after the alleged death of the eponymous 'hero' - and your guess is as good as mine as to where it will all end up.

92 mins.

### Geostorm

Set in the near future, when climate-controlling satellites malfunction and release small disaster-starting pods all over the world, *Geostorm* sees Jake Lawson (Gerard Butler) and his other fellow astronauts head into space to prevent the satellites from programming the small pods into creating a storm of epic proportions. Big, bold and probably very, very loud.

109 mins.



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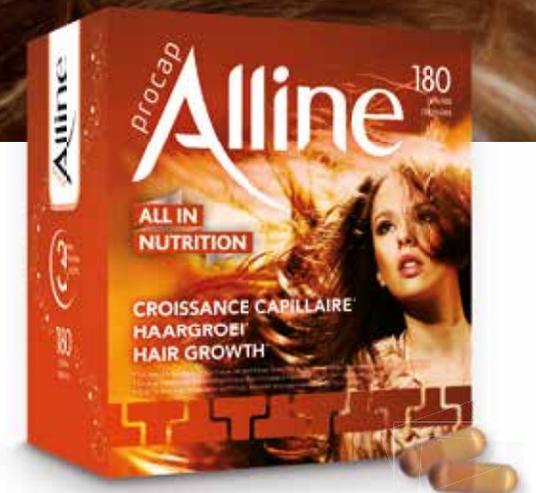
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