

Together

magazine

DEC 2017 / JAN 2018 #84

WATCHES

RADO
GMT Chrono

DESIGN

NOMAD HOMES
ATELIER DE LA CAMBRE

FASHION

Atelier NA
Dazibao jewellery


Luxury
ski chalets

PERSONAL DEVELOPMENT

Alternative medicine
Be Successful

Julia
Roberts

INTERVIEW



Coming to work
in a country with
200 days of rain
is your choice

**We will do everything
to guide you financially.**

Moving to Belgium? ING offers all the banking
and insurance services you need in your own language,
even before you arrive.

Call us at +32 2 464 66 64
or surf to ing.be/expat



Banking, financial and/or insurance offer subject to acceptance by ING Belgium (or, where appropriate, the relevant insurance company) and to mutual agreement. Terms and conditions (regulations, rates, key information documents for investors or savers and other supplementary information) available from any ING branch or on www.ing.be. ING Belgium SA/nv -Bank -avenue Marnix 24, B-1000 Brussels -Brussels RPM/RPR -VAT: BE 0403.200.393 -BIC: BBRUBEBB -IBAN: BE45 3109 1560 2789. Insurance broker registered with the FSMA under the number 12381A. Publisher: Inge Ampe -Cours Saint-Michel 60, B-1040 Brussels.



Experience your Spring on the mountaintop!

Ski the mornings and explore new sports in the
afternoon, thanks to our specially adjusted schedule.

More sports, more fun!

SIGNATURE

N°49

Put some Spring
in your ski

Club Med 
amazing you

Discover all our Winter Resorts on
www.clubmed.be or in our Club Med Agencies

JAGUAR F-PACE BUSINESS EDITION

A SUCCESSFUL BUSINESS MODEL



WINNER

WORLD CAR AWARDS

2017 WORLD CAR OF THE YEAR
2017 WORLD CAR DESIGN OF THE YEAR

CLIENT'S SAVING OF € 5.116

The Jaguar F-PACE was named "Car of the Year" in 2017 for its unique blend of sporty handling, comfort and efficiency (CO2 of 126 g/km). Now, from € 48.990, the Business Edition makes this performance SUV even more appealing – giving you a client's saving of € 5.116. With 3 years of warranty and maintenance included, this is a Jaguar that really means business.

Jaguar Brussels - www.jaguarbrussels.be

Jaguar Brussels East - Zaventem Leuvensesteenweg 432, 1930 Zaventem T. 02/669.01.40

Jaguar Brussels South - Waterloo Chaussée de Bruxelles 750, 1410 Waterloo T. 02/389.09.09

Jaguar Brussels West - Drogenbos Grote Baan 334, 1620 Drogenbos T. 02/333.09.50

THE ART OF PERFORMANCE

4,8-8,9 L/100 KM. CO2: 126-209 G/KM (FOLLOWING THE NEDC-NORM).

Jaguar Care: 3-year warranty, assistance and maintenance with unlimited mileage. Environmental information (RD 19/03/04): www.jaguar.be

Standard features include:

- Leather seats, heated in the front
- Sliding panoramic glass roof
- Park Distance Control (front and rear)
- Touch SD navigation system
- Electric tailgate
- Bi-Xenon headlights with LED daytime running lights
- Jaguar Care: 3-year warranty, including maintenance.

procap Alline

100%

of users observe **less hair loss***

Pure keratin

+ Vitamins **B1, B2, B3, B5, B6, B8, B9, B12**

+ Vitamins **C, E, β -carotene**

+ **Copper, iron, zinc**

2 capsules daily

30 capsules : € 19,⁹⁰

180 capsules : € 99,⁰⁰

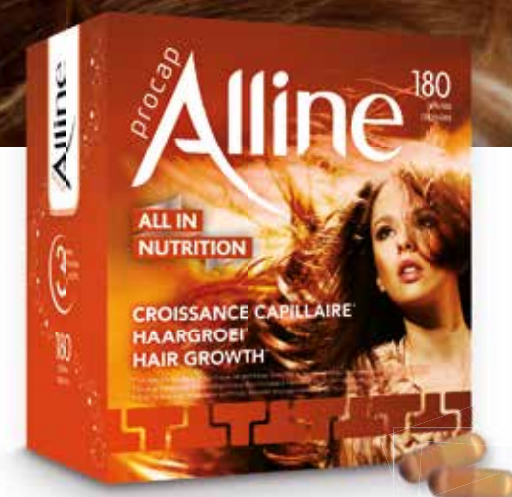
* Beer C. et al. (2014). A Clinical Trial to Investigate the Effect of Cynatine HNS on Hair and Nail Parameters. The Scientific World Journal, Volume 2014.

** Zinc contributes to normal protein synthesis and to the maintenance of normal hair.

“ The results of Alline Procap
are impressive :
my hair is stronger, more shiny
and more voluminous.

Anne, 37 years old

”



**WIN AN APPOINTMENT
WITH YOUR HAIRDRESSER,
WORTH 100 €**

Several appointments to win @ www.allineprocap.com
Till 31/12/2017



**Head to Europe's best Christmas markets
with SNCB Europe**



www.b-europe.com
One platform to all trains

**Why book
with SNCB Europe?**

- ✓ Largest international selection
- ✓ Lowest available rates
- ✓ Affordable cancellation insurance
- ✓ 24/7 customer service

Buy your international train tickets



www.b-europe.com



Mobile app



Contact Center SNCB Europe > 070 79 79 79 (0,30€/min)
Special Products > 070 79 79 70 (0,30€/min)
Groups > 070 79 79 81 (0,30€/min)



SNCB stations with international purchase



SNCB Europe approved travel agent

THALYS

EUROSTAR

TGV®

ICE

IC



LES ATELIERS DE LA CAMBRE

852 CHAUSSÉE DE WATERLOO - UCCLE
T. 02.375.76.46
WWW.DAVIDTS.COM





COMMIT NOW AND PAY NEXT YEAR

Why wait until January?

Reach your goals before everyone else...



COMMIT
TO LOSING
WEIGHT

COMMIT
TO BEING
RELAXED



COMMIT
TO BEING
HEALTHY

COMMIT
TO FEELING
GOOD



INFINITI | BRUSSELS

Q30 DRIVE POTENTIAL

Libérez votre potentiel et définissez vos propres conventions avec l'INFINITI Q30. Son style marqué, ses courbes dynamiques et son élégance toute en puissance font du compact premium un modèle unique. Comme vous.

Visitez infiniti.be

à partir de **249€** /mois¹

Durée: 60 mois Taux annuel effectif global
2,99% et taux débiteur fixe 2,95%



INFINITI

EMPOWER THE DRIVE

Exemple représentatif. Offre promotionnelle* de prêt à tempérament avec dernière mensualité majorée valable du 01/04/2017 au 30/06/2017. TAEG 2,99% et taux débiteur fixe 2,95%. Prix au comptant pour un véhicule neuf INFINITI : 34.849€ TVAc, acompte: 5.262 €, montant du prêt: 29.587 €, 47 mensualités de 416,34 €, dernière mensualité majorée de 12.520€, montant total dû: 32.088 €. Sous réserve d'acceptation du dossier par Alpha Credit S.A. (Prêteur), rue Ravenstein 60/15, 1000 Bruxelles. RPM Bruxelles, TVA BE 0445.781.316, IBAN BE42 0015 4736 8854. Annonceur: INFINITI Europe Division of Nissan International SA, Zone d'Activités La Pièce 12, 1180 Rolle, Suisse. Votre revendeur INFINITI agit comme intermédiaire de crédit. Donnons priorité à la sécurité. Exemple illustratif pour Q30 1.5d 6MT: 24.105 € TVAc, acompte: 3.500 €, montant du prêt: 20.605 €, 47 mensualités de 249 €, dernière mensualité majorée de 10.235 €, montant total dû: 22.463 €. Informations environnementales (AR 19/03/04): infiniti.be

Attention, emprunter de l'argent coûte aussi de l'argent.

Consommations officielles pour INFINITI Q30 1.5d 6MT Premium Tech en l/100 km : mixte 4.2. Émissions de CO₂ : 109 g/km². ²Sur la base des résultats des tests en laboratoire conduits par le fabricant. Ces valeurs peuvent différer des résultats en conditions réelles de conduite (qui peuvent varier selon le type, les conditions de conduite et d'autres facteurs).

NEXT STOP, NEW YORK.

Daily nonstop flights from Brussels to New York JFK.
For further information visit DELTA.COM.



© 2017 Delta Air Lines, Inc.

KEEP CLIMBING
DELTA 

Editor's LETTER

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

ON THE COVER



Julia Roberts
stars in *Wonder*

ALL WE ARE SAYING...

'Tis the season to be jolly, for sure, for sure, but the festive days and hours for me have always been more about goodwill to all men and women. The streets are buzzing and there are colourful lights before our eyes in the market places and this is a time when we might smile more often at passing folks, be a touch more forceful with our handshakes or with our good evenings or good mornings or 'have a nice meals'.

And then of course the first day of the year approaches and thoughts turn inexorably towards what we didn't do very well last year, what we're going to change, what we're going to set right – the world for instance. Well, this year I would like to see a single world resolution – not in the UN where it all seems, despite best intentions, to fall on deaf ears – but rather, just... well, everywhere. And I know serious engagement is required from each and every one of us to stop some of things that are tipping over around the planet right now going over the edge.

All I'm saying is just give 2018 a chance and leave a light in the window... for everyone.

Paul Morris
Editor



 [togethermagazine](https://www.facebook.com/togethermagazine)

 [@together_Mag](https://twitter.com/together_Mag)



The new Continental GT. **Be Extraordinary.**

Elegant and exhilarating, this is the ultimate grand tourer.

For more information, visit [Brussels.BentleyMotors.com](https://brussels.bentleymotors.com) or contact Bentley Brussels, Grote Baan 399, Grand Route, 1620 Drogenbos, Belgium. Tel: +32 2 704 99 33. Bentley Pop-Up Store Antwerp, Uilenbaan 200 B, 2160 Wommelgem, Belgium. Tel: +32 3 224 19 01.

The name 'Bentley' and the 'B' in wings device are registered trademarks. ©2017 Bentley Motors Limited. Model shown: Continental GT.

BENTLEY BRUSSELS

The new Continental GT fuel consumption – EU Drive Cycle (l/100 km):
Urban 17.7; Extra Urban 8.9; Combined 12.2. CO₂ Emissions 278 g/km.

GIVE WAY TO SAFETY. Environmental information (R.D. 19/03/2004): [BentleyMotors.com](https://www.bentleymotors.com)

Contents

DEC 2017 / JAN 2018

19 Welcome letter
22 Contents & contributors
26 Together online
28 Starring in Belgium
30 Charity: Festive Season



Fitness
For your age



Science
AI

PERSONAL DEVELOPMENT

35 **Fitness:** For your age
40 **Self-help:** Mike & Becky's
45 **Self-help:** Angels
48 **Self-help:** Alternative medicine
54 **Be Successful:** The coaches
60 **Science:** AI
66 **Technology:** Christmas gadgets
71 **Politics:** 2018!
74 **Education:** Vlerick, BEPS



Luxury
Ski chalets



Design
Nomadic homes

LIFESTYLE

79 **Luxury:** Ski chalets
86 **Fashion shoot:** Christmas attitude
97 **Fashion:** Atelier NA
101 **Fashion:** Dazibao Jewellery
104 **Watches:** Rado, GMT
111 **Shopping**
123 **Beauty:** Time to shine
129 **Design:** Nomadic homes
133 **Design:** Atelier de la Cambre
137 **European Motor Show**



MY CHOICE

SEAMASTER AQUA TERRA
MASTER CHRONOMETER

Ω
OMEGA

Arrive at your meeting, before you know it.

TGV® Brussels-France
Tarif Pro: highly flexible



PUBLISHER

David Mc Gowan

david@togethermedia.eu

KEY ACCOUNT DIRECTOR

Renaud Philippart

renaud@togethermedia.eu

+32 (0) 494 64 67 93

ACCOUNT DIRECTOR

Caroline Dierckx

caroline@togethermedia.eu

+32 (0) 479 47 47 77

ACCOUNT MANAGER

Antoine Bouvier

antoine@togethermedia.eu

+32 (0) 472 37 21 51

MANAGEMENT ASSISTANT

Suzanne Ofner

suzanne@togethermedia.eu

EDITOR

Paul Morris

paul@togethermedia.eu

DESIGNER

Xavier Bostem

xavier@togethermedia.eu

CONTRIBUTORS

Gerry Callaghan; James Drew
David Deruytter; Philippe Geluck
Matthew Lunn; Nathalie Marchal
Bob Monard; Colin Moors
Natalie Morris; Paul Morris
Gemma Rose; Sarbani Sen
Delphine Stefens; Katarina Winslow

ART DIRECTOR

Nicholas Sirot

ONLINE EDITOR

Paul Morris

paul@togethermedia.eu

FOUNDER

Jérôme Stéfanski

Together Media

Boulevard St Michel, 47

B-1040 Brussels

+32 (0)2 400 00 24

info@togethermedia.eu

www.togethermag.eu

For advertising sales rates please consult
www.togethermag.eu

Nothing in this magazine may be reproduced in whole or in part without
the written permission of the publisher.
The publisher cannot be held responsible for the views and opinions
expressed in this magazine by contributors. Together is neither responsible
for nor endorses the content of published advertisements, nor can the
magazine be held responsible for any errors or inaccuracies in the same.



161

Travel

NY contrasts



185

What's on Belgium

LIFE OF LEISURE

153 Celebrity interview: Julia Roberts

161 Travel: NY contrasts

167 Travel: The Brando

175 Hotels: Steinberger Wiltcher's

178 Leisure: NEMO33

181 Dining: Wok Dynasty, Chez Leon

182 Wine: Popsss Belgian wine

185 What's on Belgium

191 What's on International

192 What's on cinema

194 Le Chat: Happy holidays

Be inspired on www.togethermag.eu

Fitness: 5 top tips for motivation and a healthy choice

In our latest fitness tips, Kate Cracknell shares five top tips that will help you stay motivated. You've told yourself you'll go to the gym this evening, but then one of your friends suggests catching up for a glass of wine or going out for dinner. Either that or you've simply had a long day at work – you're tired and all you want to do is collapse on the sofa. Somehow the determination you felt this morning disappears and your gym visit is bumped to 'tomorrow'. Sound familiar?

World economics: Ten years on from the big crash

Ten years ago, Lehman Brothers went bankrupt and the worst financial and economic crisis since the Wall Street crash of 1929 hit us all. Excessive lending to the private housing market in the US was a direct cause: sub-prime loans proved to be really sub-sub-sub-prime. The world economy went through a dark period for a few years. Greece almost went bankrupt and there were very serious issues with many banks. Countries such as Portugal, Ireland and Spain saw economic circumstances deteriorate fast...

Leisure: Visit a golf paradise in Catalunya

In our leisure page James Drew walks and talks us through golfing bliss at the PGA Catalunya Resort in Spain. Golf. Famously described by Mark Twain as "a good walk spoiled", there is still no doubting the fascination that it exerts over mere mortals, such as humble scribe James. Particularly, in fact, over humble scribe James. On learning that *Together* was going to be good enough to offer him a three-day trip to the PGA golf resort in Catalunya, he didn't so much as bite the offering hand off as wrench it and its arm from the socket.

Reese Witherspoon: Hollywood star laughing at herself

This is a very big year in the life of Reese Witherspoon. Her *Big Little Lies* TV mini-series turned out to be a massive popular and critical success and earned her and series co-star Nicole Kidman nominations for best actress. It was also a personal triumph on another level for Witherspoon – she spearheaded development of the series via her Pacific Standard production company, hired her Wild director Jean-Marc Vallée to direct and brought her good friend Nicole Kidman on board as both co-star and co-executive producer. ●



CELEBRATE WITH A TOUCH OF SAPPHIRE

Starring in Belgium

Brides of Lucifer

Brides of Lucifer was the sensation at Graspop Metal Meeting this year, where they closed the Marquee two nights in a row to an enormous crowd. The band consists of 13 singers led by pianist Steven Kolacny, guitarist Koen Buyse and keyboard player Ives Mergaerts. They blow everyone's socks off with powerful shows, a cast-iron reputation and a perfect harmony of voices. A not-to-be missed event for fans of the genre.

21 January 2018. Ancienne Belgique.

Tickets: **€30**

www.abconcerts.be



Iron & Wine

Iron & Wine has been Sam Beam's musical pseudonym for more than 10 years now. His sixth longplayer has now been released: *Beast Epic*, via Sub Pop Records, who also support Father John Misty and Mark Lanegan. Beam says: "The sound of *Beast Epic* harks back to previous work, by employing the old discipline of recording everything live and doing minimal overdubbing - I feel like it wears both its achievements and its imperfections on its sleeve." **29 January 2018.** Ancienne Belgique. Tickets: **€29**
www.abconcerts.be



Lord Huron

Lord Huron is the musical personality of Ben Schneider, a Michigan-born visual arts major currently residing in Los Angeles. Pop & Hiss, the *LA Times Music Blog*, described Mighty as "full of lush acoustic guitars and Midwestern-accented harmonies". Despite the fact that Schneider played all of the instruments on both EPs, he has gathered a band for live performances. *LA Weekly* said: "The totality of the experience was like being on hand for a combination drum circle, chamber performance and Calypso street party." **1 February.** TRIX Antwerp. Tickets: **€19**

www.trixonline.be



©Nathalie Gabay

YOUR EXCLUSIVE DREAMED TAILOR



DEGAND
Brussels

SYMBOL OF QUALITY
**BRUSSELS
EXCLUSIVE
LABELS**
Chambre de Métiers et de Commerce
Kamer van Handel en Nijverheid
SYMBOL OF QUALITY

MAISON DEGAND | Avenue Louise 415/419 - 1050 Brussels | www.degand.be



Charity begins at home

We look at just two of the many local charities who reach out to those in need – especially at this time of year

The Samaritans is a non-profit organization under Belgian law. The Samaritans asbl was created in 1994 by the late Claude Vander Elst. The main purpose of the organization is to provide assistance to the homeless and other needy people in Brussels through a weekly distribution of soup and sandwiches in the centre of town. They are one of the few organizations that provides food throughout the year.



for every participant. Every year, more than 350 people take part in this event, including many children. www.the-samaritans.org

The ASBL Les Petits Riens (Small Nothings) is a social enterprise whose mission is to support people in difficulty so that they gain autonomy in a sustainable manner. After more than 75 years of change and modernization, the association remains faithful to founder Father Froidure's idea. He was one of the spearheads of the

'social economy', and this was long before we had a name for the concept.

Their second-hand shops are present throughout the country and are open to all. Some stores specialize in clothes that combine style and a low price. In addition to their clothes, some stores offer all kinds of household items. They are an Ali Baba's cave, where you can hunt around to find the living room, toaster, bicycle or teaspoon of your dreams – many people go there for the sheer pleasure of bargain-hunting. By buying, you support the ASBL's social projects, and your purchase is also environmentally friendly: by giving a second life to an object, you put a brake on waste and overproduction. www.petitsriens.be

At the same time, they try to provide blankets and sleeping bags, especially to those sleeping on the streets. All of this is dependent on the donations that they receive. From May to October, they give soup, sandwiches, coffee and cakes and yoghurt when they receive them.

From November to April, the Samaritans are to be found in the corridor of the Botanique subway, under the direction of Operation Thermos (www.operationthermos.be), giving out soup, hot meals, water, coffee, plus cakes and yoghurts. Apart from this main activity, they organize every year, on the evening of 31 December, a festive New Year's Eve dinner, including a starter, a main dish and a dessert. The meal is accompanied by soft drinks. Finally, the event is concluded with a present

KNOKKE-HEIST OPEN FOR SUNDAY SHOPPERS



Every day in Knokke-Heist, the sun comes up in style. Sunday's no exception. Fabulous shopping follows beach hopping and an extra delicious waffle topping. Glorious meals seduce passers-by at night, others just go there to fly a kite. In Knokke-Heist, living is art, the people here are Young at Heart.

YOUNG AT HEART
#shoponsunday #myKH

MYKNOKKE-HEIST.BE

KNOKKE-HEIST

Giraffe Project

Founded in 2005 by Richard and Denise Baines, teachers in International schools and colleges in Belgium, the Giraffe Project is a UK registered charity providing educational opportunities for children and young people from extremely deprived areas of Nairobi. It works closely with three schools in and around the slums, and also provides support for teenagers to finish their studies in boarding schools outside. Graduates from secondary schools are sometimes offered places in vocational training colleges. All the schools are managed and run by local people.



The charity has grown steadily since its inception in 2005. The Trustees are committed to grow the charity in keeping with its stated objects, with the help of a staff of expert volunteers, and to ensure that at least 95% of all funds raised reach the projects in Kenya. In the case of sponsorships, 100% is committed to the schooling and wellbeing of each individual students sponsored.

The children we serve are exceptionally poor. Their homes of mud, rough timber and corrugated iron sheeting are usually without electricity, running water or sanitation. Rubbish piles up in the streets and sewage runs down alleyways. Disease spreads easily in the vastly overcrowded neighbourhoods. Parents desperate to give their children a future look for schooling, but government places are inadequate and school fees out of reach for families who sometimes can't afford to eat.

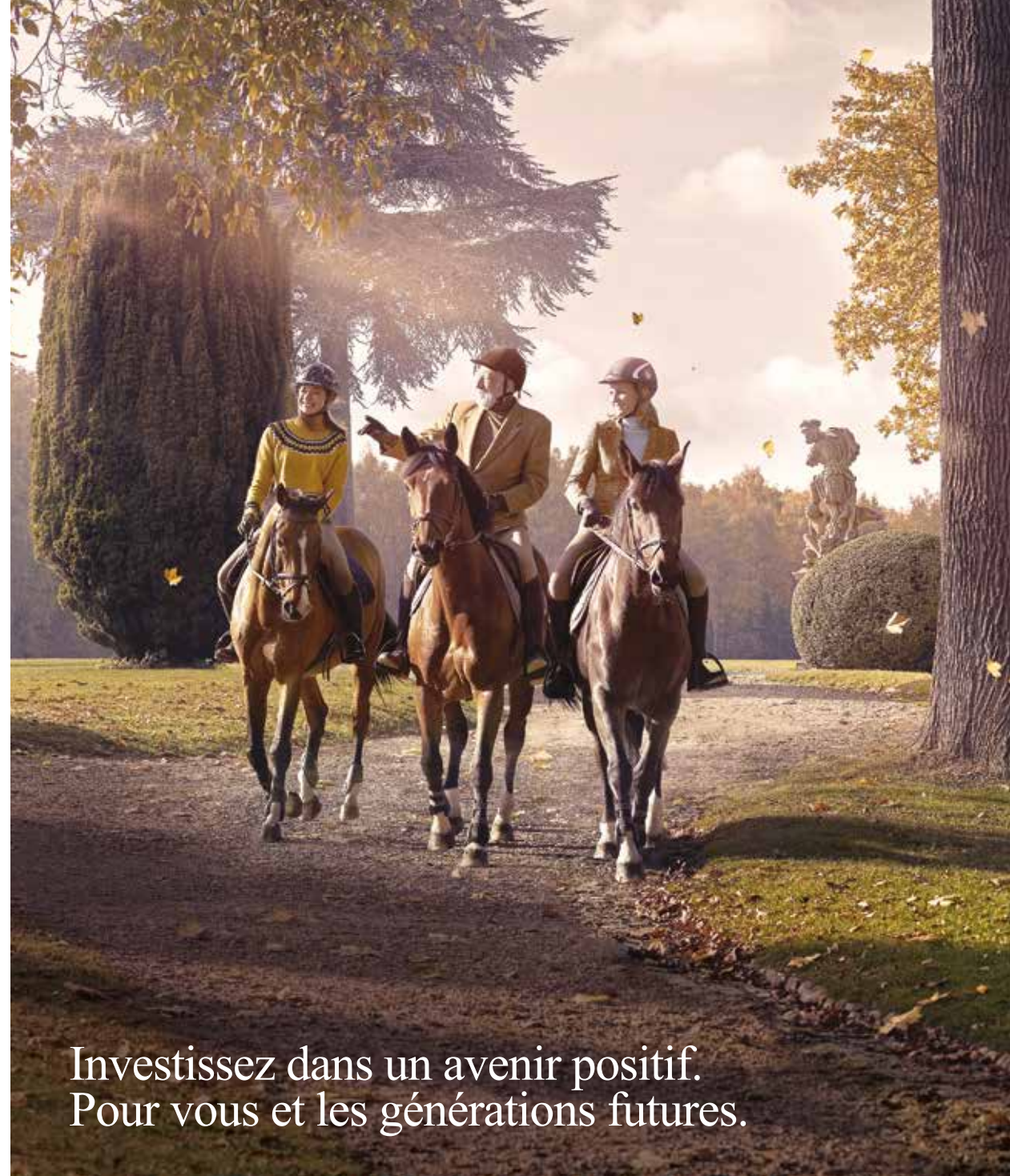
The heart of the charity is the programme of individual sponsorship, and currently over 400 children benefit from this scheme. Sponsors pay school fees, which include meals and supplies. They can write to the children they sponsor and send small gifts. They receive regular letters, reports and photographs. Some sponsors develop a strong bond with the child

they sponsor.

Development work is undertaken in partnership with the three schools in the slums. Green Pastures Primary School has benefitted from an additional building, secure walls, water storage tanks, a library and computer lab. At Tumaini Primary School the charity has provided computers, books and improved structures, and a purpose-built school for 400 children is currently under construction.

Four years of secondary school follow eight years of primary, but only for the lucky minority of Kenyans. We aim to give all our students this chance, and about 100 teenagers are currently supported in the boarding schools. The charity is also working with the local team to establish a secondary school with a difference. It already offers traditional schooling, but we are also planning vocational programmes for the less academic students. Current enrolment is 150, with the first students taking their national leaving exams in November 2010.

In an effort to build bridges and raise awareness we encourage school groups to form partnerships with the schools in Kenya, and so far, three schools in the UK and Belgium participate in the scheme. Each year in July we take teams to work in the schools in Kenya: students aged 16 or over can apply to join a team.
www.giraffeproject.org

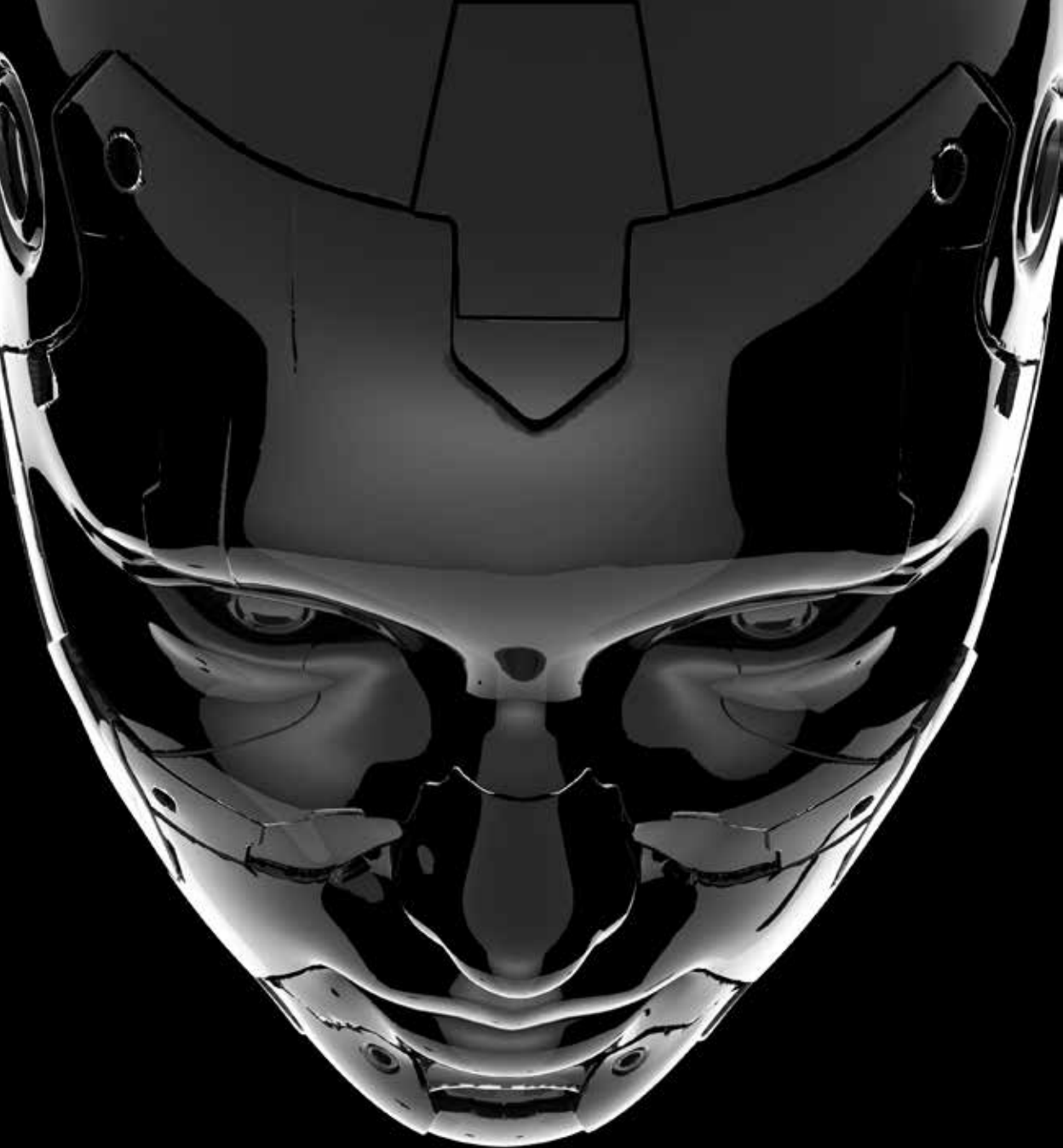


Investissez dans un avenir positif.
Pour vous et les générations futures.

Pulaetco Dewaay Private Bankers et la Banque Triodos proposent depuis quinze ans une gestion de patrimoine unique et durable. Cette double expertise vous assure une rentabilité de vos actifs financiers et un impact positif pour les générations futures. Découvrez notre expertise sur www.impactpositif.be

Pulaetco Dewaay Private Bankers. Innovation through tradition.


PULAETCO DEWAAY
PRIVATE BANKERS
In partnership with
Banque Triodos



PERSONAL DEVELOPMENT

Can AI have a soul? Can it be religious?

PERSONAL DEVELOPMENT

Fitness

Are you fit (enough) for your age?

Matthew Lunn, group wellbeing manager for Aspria, looks at how we should perform through the decades



How does your fitness rank against that of others your age – and are you doing enough exercise to boost your odds of living a long and healthy life?

Could an extremely fit 60-year-old outperform a less conditioned 30-year-old in a sporting challenge? The answer: conceivably yes. There will always be exceptions to break any rule.

However, in general we accept that what we can expect of our bodies will naturally decline

as we age. This is in part down to genetics, in part down to environmental factors, and in part down to how well we've looked after ourselves up to that point – our exercise habits, eating habits, alcohol consumption, stress levels, amount of sleep and so on.

All that said, given the huge impact physical activity has on our long-term mental and physical health, it's important that we don't simply shrug our shoulders and resign ourselves to a dramatic decline in our fitness levels as soon as we pass a certain age.



For a very
special moment



Open 7/7
Secure parking
E-car station
< 1h from Brussels

Rue Naxhelet, 1
4520 Wanze
T. 085.82.64.08
reception@naxhelet.be

www.naxhelet.be

HOTEL

Our 4-star eco friendly hotel with 35 elegant rooms & suites, with a modern look and refined comfort, from where you can enjoy an uninterrupted view of the surrounding nature.

RESTAURANT - BRASSERIE

A chic restaurant and a brasserie are serving refined and inventive menu with a decided preference for fresh regional products and seasonal vegetables from our organic garden.

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.

Indeed, whether you're 20 or 70 years old, the recommendation remains that you should aim to be active every day.

But just how fit should we be at any given age if we want to maximize our chances of good health – and how do we measure this?

Measuring your own fitness levels

Most of us will have some idea of how fit we are. But knowing the specifics can help us set realistic fitness goals, monitor our progress and maintain our motivation. Once we know our starting point, we can plan where we want to go. Below are some simple assessments we can all do.

Aerobic fitness can be tested during/after activity or at rest.

At rest, you simply check your pulse either on your wrist or neck: for most adults, a healthy resting heart rate is 60 to 100 beats per minute (BPM).

There are several options for assessing your fitness while active. For example, you can stop to check your heart rate (pulse) periodically during an aerobic workout, or just after a brisk walk if you don't exercise regularly. You should be aiming for 50–75% of the maximum heart rate for your age, which translates to 93–138 BPM for those aged 35+, 88–131 BPM aged 45+, 83–123 BPM aged 55+ and 78–116 aged 65+. If you're falling short of this, you need to gradually increase the intensity of your exercise.

Alternatively, go on a 1.5-mile run and see how long it takes you. As an example, a woman aged 45–54 should be aiming for 14 minutes and a man of the same age 12 minutes – these results would denote good levels of fitness.

Strength and flexibility are also key measures, and there are a number of tests to

PERSONAL DEVELOPMENT

Fitness

assess these. Strength can be measured using sit-up and press-up tests, for example, while the 'sit and reach' test measures the flexibility of the back of your legs, hips and lower back.

Your Aspria team can advise you on all of these tests, helping you understand your current fitness levels and identify where you could make improvements – but as an example, if you're a woman aged 45–54 and can do 14 press-ups without stopping for a rest, or 25 sit-ups, this would be a good result. Men of the same age should be aiming for 16 press-ups or 35 sit-ups.

Can you do these exercises?

If the above sounds beyond you at the moment – as we say, these results would denote good fitness levels – then the list below outlines the *minimum* you should be able to do.

In your 20s:

- Run 5km in 30 minutes
- Perform 20 burpees in a row
- Hold a full plank for one minute each side

In your 30s:

- Run a mile in less than 9 minutes
- Hold a plank for 45 seconds
- Deadlift more than 50% of your bodyweight

In your 40s:

- Sprint for 60 seconds without stopping
- Perform 10 press-ups without stopping
- Touch your toes comfortably while keeping your legs straight

In your 50s:

- Run at a moderate pace for 60 seconds without stopping
- Perform five burpees without stopping
- Lower yourself into a cross-legged sitting position on the floor (without using your hands) and then return to standing

In your 60s:

- Regularly take more than 10,000 steps in a

“ IT'S IMPORTANT
THAT WE DON'T
SIMPLY SHRUG
OUR SHOULDERS ”



day

- Perform 12 bodyweight squats without stopping
- Touch your fingertips with one hand over your shoulder and the other behind your back

reviews based around your current fitness levels, will help ensure you progress safely towards improved health. Please ask a personal trainer or wellbeing advisor for further information next time you're in the club.

In your 70s:

- Walk a mile in less than 16 minutes
- Comfortably climb a flight of stairs with 10 steps in under 30 seconds
- Rise to stand from a chair without using hands or arms and repeat 12+ times in 30 seconds

**“ KNOWING THE
SPECIFICS CAN
HELP US SET
REALISTIC
FITNESS GOALS ”**

About the author

Matthew Lunn is group wellbeing manager for Aspria, based in London and responsible for the wellbeing teams across all eight Aspria clubs.
mlunn@aspria.com

But we're all individuals

However, it's important to recognize that everyone is different, and you certainly shouldn't force yourself into these exercises if you aren't ready for them.

Having a tailored programme, with regular



SCHWEPPE'S PREMIUM MIXER

Tonic Hibiscus

With its subtle floral and fruity taste and its light pink tone reminiscent of the hibiscus flower, our new tonic is the perfect addition to a floral and fruity Gin Tonic. It also goes perfectly with Vodka premium and Tequila.

Discover our range of Premium mixers and tips for creating your perfect mix at www.schweppes.be.



Taste our know-how wisely

Mike & Becky: Real, honest chocolate

Gemma Rose meets chocolate makers with a difference, making a difference

Before I eat a piece of Mike & Becky's chocolate, they instruct me on how best to do so: "Find a calm moment. Relax. Our chocolate should not be consumed in a rush." Whilst I'm carefully chewing, they advise me to close my eyes and "enjoy the full flavour experience". The chocolate is 50% dark milk, 100% organic, and made from cacao beans grown in the Virunga National Park in the Democratic Republic of Congo. I note the strong aftertaste. That's good, assures Mike & Becky's instructions, written on eco-print packaging; it means that it's real, honest chocolate.

The chocolate tastes, well, *different*. Having munched on Cadbury's chocolate and Côte d'Or for most of my life, it takes a while to re-orient my taste buds and fully savour Mike & Becky's. The quality is evident: it's smooth, light and there are no greasy traces. I lay the blame of my ungrateful taste buds at the door of the mass chocolate producers: I am so used to sugary chocolate that I am slow to appreciate the real stuff.

"There used to be hundreds of artisan chocolate makers, but today there are very few, due to the industrialization of chocolate production," says Björn Becker, a.k.a. Becky, noting that many of the most popular chocolatiers buy their chocolate from multinationals such as the Barry Callebaut Group. Barry Callebaut is considered one of the largest suppliers of chocolate in the world. In Belgium, it sells chocolate to Guylian, Leonidas and Neuhaus, who then mould the chocolate into their signature designs.

The tide, however, is slowly turning away from

Photo © Laetizia_Bazzoni



such industrial-scale production, likely due to the levels of sugar and oil content. In the United States, Frederic Loraschi, French pastry chef and former instructor at Barry Callebaut's chocolate academy, notes on Confectionerynews.com that consumers are getting tired of mass production and are more susceptible to smaller businesses. These businesses are not only more local, they also tend to be more environmentally friendly and socially conscious. What seems to best describe the ethos of artisanal chocolate makers is the 'bean-to-bar' movement, which Mike & Becky are a part of.

The bean-to-bar movement started at the turn of the century in the US and it has finally reached Belgium. At the movement's most ideal state, chocolate makers do everything themselves: from visiting the plantations, shipping the beans over and roasting and processing the chocolate. Mike & Becky buy their cocoa beans from single plantations in Belize, the Congo, the Dominican Republic, India and Peru. They trade mostly directly with the plantation, meaning that they buy straight from the plantation or cooperative; they pay above market value for the beans; and they do not work with plantations that employ children.

Whenever possible, Mike & Becky use organic cacao beans, sugar, cacao butter and milk powder to make their chocolate. Their chocolate does not contain vanilla, palm oil or soy lecithin, ingredients that they describe on their website as "nonsense", used by big companies to "mask bad beans, cut costs or speed up the process".

The bean-to-bar movement also consists of a supportive community of like-minded chocolate makers. The community helped Mike & Becky get on their feet: recommending good plantations to trade with and giving advice and encouragement when the going got tough. It was surprising to hear of such an open community, considering that they are all competitors. Not necessarily so, says Julia Mikerova, a.k.a. Mike: "There are infinite ways to work with cacao and the end result can be so different. Chocolate making is as much a science as it is an art, so there's no point in



“ CONSUMERS ARE GETTING TIRED OF MASS PRODUCTION ”

being secretive about it."

Julia and Björn are just as open, sharing their philosophy with customers and inviting them to see how their chocolate is made. They also sell other bean-to-bar chocolate. The 'Salty-licious' bars from the Grenada Chocolate Company particularly catch my eye, encased in orange packaging and a hand-painted sea-view on its cover. I am intrigued that an exotic island is producing its own chocolate. "This company ships its chocolate by sailboat to Amsterdam, and then it makes its way here by bike," beams Björn in awe. "Every chocolate maker has its own story," adds Julia, "we understand their stories, and the effort and the appreciation they put into it. We want to share this with our customers."

The name 'Mike & Becky' is a clever play on the surnames of Julia and Björn, who are also wife and husband. As well as making chocolate, Mike & Becky serve hot chocolate and cakes. Their café-cum-chocolate factory is



on Avenue Brugmann in Uccle, conveniently situated at the crossroads of tram and bus routes. Their hot chocolate is warm and soothing, not too sweet or milky, and the chocolate leaves its signature aftertaste.

Hot chocolate is what triggered the idea behind Mike & Becky. Whilst visiting Prague in March 2015, the couple stumbled upon Chococafe, a hot chocolate café. There were lots of variety of hot chocolate to choose from and the quality just blew them away. The couple had no chocolate-making background but they fell in love with the idea of making hot chocolate almost instantly, and thought they could do something similar in Brussels, especially as a good hot chocolate is a surprising rarity.

Even though the chocolate idea was relatively unfamiliar, the couple had been thinking about their future for a couple of years beforehand. They were both in office jobs (Julia still has hers) and they seriously considered whether they wanted to keep the status quo until retirement. Thus began the inquiry into other options: "It was a process, not a 'eureka!' moment," remarks Julia. Although on the face of it, it may seem that their leap from the office to chocolate workspace is large, their backgrounds tell a different story. Julia is an artist, she trained as a ballerina in Moscow; Bjorn studied fair trade and development policy. Creativity and ethics, born out of their backgrounds, are the core elements of their

business.

The couple agree that being partners has made running a business much easier, since they are able to confide in one another and sound off ideas. There were doubts along the way, whether they come from the couple themselves or their peers. Even so, the most important thing is to keep it together, recommends Julia: "You need to have your own inner centre to fall back on. You need to believe in yourself."

I have been diligently savouring Mike & Becky's chocolate throughout this writing process. Perhaps it's my taste buds that have finally re-oriented, or perhaps after inhaling Mike & Becky's passion and dedication, I fully appreciate their hard work and principles. Whatever it is, this chocolate is delicious. Mike & Becky are true to their word: it tastes real, it tastes honest.
mikeandbecky.be

Have you left your day job for your dream job? If so, we'd like to hear from you! Contact Together magazine (paul@togethermedia.eu) with your story and it could be featured in the magazine! ❶

AN EXCLUSIVE AND ELEGANT FESTIVE SEASON



VISIT OUR
E-SHOP
FOR MORE
INSPIRATION!




DISCOVER UNDER ONE ROOF :

- A vast choice of products exclusive to Rob.
- Inspiration to celebrate in style, from the first to the last course, paired with the perfect wines.
- The insider tips of our experts at each of our counters.

Put in your orders now to be all set for the holidays:
we'll take care of everything!

E-SHOP : WWW.ROB-BRUSSELS.BE

ROB THE GOURMETS' MARKET
28 boulevard de la Woluwe - 1150 Woluwe-Saint-Pierre
Tél : 02 771 20 60

All gourmets
follow Rob on   



UNLOCK
YOUR POTENTIAL



ST. JOHN'S
INTERNATIONAL SCHOOL



International Baccalaureate Diploma Programme results

Of the St. John's Grade 12 students registered for the 2017 full IB Diploma Programme, 95,1% successfully completed the exams, while obtaining an average score of 34.8. For reference, the average international pass rate is 79,3% and the global average score is 30. Our top scorer obtained 44 points, which counts in the top 1% of all candidates worldwide.

In total, 22% of our students scored 40 points or higher (compared to a world average of 9%). Of our candidates, 32% pursued a bilingual diploma with a 100% success rate.

Despite not being academically selective, St. John's is known for its consistently high IB scores. Our aim is to continue to allow our students the opportunity to do the full diploma, if they are willing to work hard to achieve it.

Every time a bell rings...

Intuitive healer **Katarina Winslow**
asks: What happened to love?



Christmas is approaching with its twinkling lights and fairy tales. The time has come to remind us of the essence of the holiday season and why this celebration is so dear to us. Could it have to do with the fact that Jesus knew he was love personified? Despite the crucifixion, he knew he was love, and against all odds, he chose to remember who he was. He resurrected.

Relying on the core values of his teaching, I believe, is the answer to finding peace in

yourself, and ultimately to create a peaceful world. Even though I am a spiritual person and do not belong to any religion, Christmas is after all a beautiful occasion to remember who we are. Let us all be love while the bells are ringing out for our Christmas dinners and the fireworks are reaching for the sky as they herald a happy new year.

This short story, inspired by my own life, could hopefully be a reminder of love.

Self help

Once, in a restaurant in the south of Sweden, a foreign man was alone at a table. His shoulders were weighing him down, gravitating towards the ground. Glancing towards his table, a young woman could intuitively feel his pain but instead of being afraid of his unusual appearance, of his otherness, her heart expanded. It expanded in proportion to his distress. Compelled by her own innocence and slightly tipsy, she felt the urge to transcend the Swedish norm of not talking to strangers. She was drawn to him – she was on a mission, guided by her wish to ease his pain. She saw past his unfamiliar appearance, and she saw his heart and the heart of his past.

As she walked over to his table, the best gift she could imagine offering him was to read the lines in his palm. She knew that by reading his palm she would be able to reach him. The head line and the life line were drawn with a sharp separation. He had the sign of a special man, an out-of-the-ordinary man. Of course, we are all special, but this man was independent of his roots, he was a free thinker. She looked deep into his eyes and said: "You are special." She only repeated what the angels wanted her to tell him.

"How can you say such a thing? You don't know me. I've done horrible things in my life. I've escaped from the war in Iraq, I've killed people..." His voice was troubled, almost defeated.

His whole being was saying: "Leave me alone. I don't even deserve to exist, much less being loved."

When his words did not repel the young woman, he shook his hand with a brusque gesture to reject any compassion that could possibly come his way. He felt dirtied by the deeds he had committed and there was no way he could turn back the clock.

But the woman was wise - she could see the big picture. With a wide-open heart and a conscious mind, she answered: "It's not you. You were stuck in circumstances beyond your power. You couldn't do anything but obey. You need to forgive yourself. God does not judge. The only thing asked of you now is to leave your past behind you. So that you can love yourself and do good."

The angels were right; she managed to pierce his veil of self-condemnation. Something broke wide open inside of him. He could feel his own heart for the first time in many years and he started to cry. All while the woman lovingly accepted him and his pain. Between the sobbing, the man whispered: "Who are you? Are you an angel?"

Cracking his heart even more open, he pronounced: "You are My angel."

She smiled, "I am just telling you what God would say. You are innocent. And the best you can do now for humanity is to forgive yourself so that you can be the good person that you are. That we all are."

Most of us are aware that we are on a quest to love ourselves more, both as victims and as abusers. Numerous techniques are available to forgive the people who wounded us. And those who have worked on themselves know they do not forgive for the sake of the people who wounded them. They forgive because they want to love themselves more.

To heal our wounds is of course a process and can take time. But with a deep desire to want to love ourselves more, we manage with patience, compassion and the purging of old emotions - to rise like the phoenix, to no longer succumb to life but to shape it.

As a victim it is hard to forgive, in spite of the fact that you know you need to do it for



yourself. How hard can it then be to forgive yourself when you are on the other side of the fence? When you are not the innocent victim? When you are the one who has done the wrongdoing? When you are responsible? This is where love is needed even more. This is where love becomes invincible and unbeatable. Just as this man was reached by love, and humbled by love, he became a different kind of hero. A hero that could help shape a better future for our planet. Every person that can love themselves more is a source of healing for humanity. To love yourself in the true sense of loving, to let go of judgment and embrace forgiveness. To let go of domination and embrace caring. To let go of greed and embrace generosity. To let go of building borders and embrace vulnerability. To let go of anger and embrace compassion. To let go of sorrow so that you can find peace.

To be the one who has committed acts of violence and still be able to let love win, is the next challenge that we need to address to turn humanity back on track. Let us find the missing link to our evolution. Let us transcend the darkness of these winter times and be an angel to the ones who dare be true heroes of our time.

“ LET GO OF SORROW SO THAT YOU CAN FIND PEACE ”

Let us all be angels for one another this Christmas.

Let us celebrate our humanity together. ❶

Let's talk about health, baby!

Self-help writer **Sarbani Sen** looks at complementary and alternative medicine

Nowadays with globalization, we have access to all kinds of medical practice and philosophies when coming to healing the body (or keeping it healthy). Increased side effects, lack of curative treatment for several chronic diseases and the high cost of new drugs are some of the reasons for renewed public interest in complementary and alternative medicine. Even big

pharmaceutical companies have renewed their strategies in favour of natural product drug development and discovery. Let us go through the basic principles of the main schools available in Belgium today.

Ayurveda

Ayurveda, the traditional Indian medicine (TIM) boasts the most ancient - yet contemporary - traditions, with a sound philosophical, experiential and experimental basis. The focus is on the patient rather than disease, and it aims to promote health and enhance the quality of life. Ayurveda considers that the universe is made up of combinations of five elements: *akasha* (ether), *vayu* (air), *teja* (fire),



aap (water) and *prithvi* (earth). The five elements can be seen to exist in the material universe at all scales of life and in both organic and inorganic things. The human biological system is coded into three forces, which govern all life processes: *kapha*, *pitta* and *vata*, known as the three *doshas*. The *tridosha* regulates every physiological and psychological process in the living organism. The interplay between them determines the qualities and conditions of the individual. A harmonious state of the three *doshas* creates balance and health - an imbalance manifests as a sign of disease.

Allopathy

The term allopathy (meaning 'other than the

GET YOUR MBA AT VLERICK BUSINESS SCHOOL

Looking for the springboard into the next stage of your career? We have different types of MBA programme to suit your ambitions and your lifestyle.

- **FULL-TIME MBA**

Immerse yourself on our thriving Brussels campus for a year.

- **EXECUTIVE MBA**

Keep your day job and study in short, intensive bursts - at weekends and in your own time.

- **ONLINE MBA**

Study online from anywhere in the world and at your own pace.

Wherever in the world you are. Whatever your lifestyle - and however big your ambitions, Vlerick Business School has an MBA for you.

START OUT ON YOUR NEW PATH AND FIND OUT MORE TODAY!

WWW.VLERICK.COM/MBA



Executive MBA
Rankings 2017





98% of families who visit BSB choose our school

“The Primary School’s Integrated Learning Themes are a bespoke, inquiry-based curriculum that focuses on learning across subjects. Learning is fun and my daughter is very happy at BSB!”



Mrs Nkosi from South Africa, who chose BSB for her daughter Zanokuhle (Year 1)

**Your
favourite
school**

To find out why, visit
www.britishschool.be

PERSONAL DEVELOPMENT

Health

disease’) is intended to point out how physicians with conventional training employ therapeutic approaches that treat symptoms but not so much the disharmony produced by the underlying disease.

Initially used as a slur against medical doctors, the term refers to the practice of healing through opposites. Allopathy’s rational methodology arose as a reaction to irrational European reliance on incantations and superstition that could be considered pre-rational spiritual sentiments. It is an overreaction to unscientific medicine and pseudo-spirituality. As such, the Western approach is based upon three steps: hypothesis, experimentation and observation, and theory or conclusion. Although other forms of medicine have curative properties, in an emergency, allopathy has quicker effects on the system.

Chinese medicine

Traditional Chinese medicine (TCM) considers that the human being is at the centre of the universe, acting as an antenna between celestial and earthly elements. Water, earth, metal, wood and fire are the five elements of the material world. The world is a single unit and its movement gives rise to yin and yang, the two main antithetic aspects. The meaning yin and yang is ‘opposites’, such as the positive and the negative. The four bodily humours (qi, blood, moisture and essence) and internal organ systems (*zang fu*) play an important role in balancing the yin and yang in the human body. Proper formation, maintenance and circulation of these energies are essential for health. When the two energies fall out of harmony, disease develops. Drugs or herbs are used to correct this yin–yang imbalance in the human body.

Acupuncture, Shiatsu, Bars and Kinesiology are based on the Chinese belief that the body is fuelled by the meridians that feed the different organs in the body - by circulating

fluidly and harmoniously they will keep the cells alive. No medicine is needed in this kind of treatment based essentially on stimulating vital points on the body, as extremities of the body, the feet, hand and head, as well as certain strategic points on the body, contain all the nervous endings of all vital organs, muscles and even belief systems.

Homeopathy and Alchemy

For Alchemists, the universe is created by a single source. Everything comes from this unique source, which has a unique raw material. This first creative energy densifies and diversifies in a progressive way, giving the entirety of existence - life as matter. One of the tasks of the alchemist is the purification of the elements on which he works (plants, minerals) to extract the primordial energy and help them perfect their evolution.

Homeopathy was invented by Hahnemann, an alchemist himself. It is a system of complementary medicine in which ailments are treated by minute doses of natural substances

“ THE LEAST AMOUNT OF MEDICINE NECESSARY TO EVOKE A HEALING RESPONSE ”

that in larger amounts would produce symptoms of the ailment. In simple words, it means that any substance, which can produce symptoms in a healthy person, can cure similar symptoms in a person who is sick. A second principle of homeopathy is that you should give the least amount of medicine necessary to evoke a healing response. This is called the ‘minimum dose’. We all know that normal medicines can cause side effects, leading to much suffering or even death. To prevent side effects, Hahnemann

began successive dilution with agitation of his medicines, to find the point at which they would be therapeutic, but not toxic.

Aromatherapy

Aromatherapy draws upon the healing powers of the leaves, flowers, stems, bark, seeds, roots, or peels of plants. It also encompasses a practice known as aromatic medicine, which centres on the belief that scent can strongly



affect the mind. When you inhale a scent, that aroma travels directly to the hypothalamus, which is an organ in the brain responsible for regulating a variety of bodily functions such as growth, sleep, emotional responses, and more. This message flows through the body's limbic system and into an area of the hippocampus, which is the part of the brain that's responsible for memory. This process is called neuro-associative conditioning, which is your body's ability to link a healing response to smells. It also explains why smells often have the power to trigger a specific memory.

Holistic medicine

Holistic medicine is a form of healing that considers the whole person - body, mind, spirit and emotions - in the quest for optimal health and wellness. According to the holistic medicine philosophy, one can achieve optimal health by gaining proper balance in life. The belief is that the whole person is made up of interdependent parts and if one part is not working properly, all the other parts will be affected.

A holistic doctor may use all forms of health care, from conventional medication to alternative therapies, to treat a patient. For example, when a person suffering from migraine headaches pays a visit to a holistic doctor, instead of walking out solely with medications, the doctor will look at all the potential factors that may be causing the

person's headaches, such as other health problems, diet and sleep habits, stress and personal problems, and preferred spiritual practices. Holistic medicine is also based on the belief that unconditional love and support is the most powerful healer and we are ultimately responsible for our own health and wellbeing, that all people have innate healing powers, that the patient is a person, not a disease, that treatment involves fixing the cause of the condition, not just alleviating the symptoms.

“ WE ARE ULTIMATELY RESPONSIBLE FOR OUR OWN HEALTH AND WELLBEING ”

So, in the light of what we've learned today, when facing a disease, maybe we can look at different ways of treating it instead of jumping in our car to buy a miracle remedy to stop the symptoms, probably promoted by the pharmacists (usually just another business person). Instead let's ask ourselves a few questions before: what happened in my life recently? Any shock, any bad news, any overwhelming emotional reaction? What did I change in my routine recently? What is my body trying to tell me? What shall I change or not eat or do that would bring more ease to my body? Let's consider our bodies like proper 'beings' that have their own way of communicating, and let's enter that space of communion to better listen to their needs.

Choose you! ●



UBI
United Business
Institutes



www.ubi.edu

BE PREPARED FOR A CHANGING WORLD

Next Academic Intake : February 5, 2018

**UNITED BUSINESS
INSTITUTES - BRUSSELS**
Avenue Marnix, 20
B-1000 Brussels
☎ Tel. 02 548 04 80
✉ info@ubi.edu

**UNITED BUSINESS
INSTITUTES -
LUXEMBOURG**
Campus Wiltz - Château de Wiltz
L-9516 Wiltz - Luxembourg
☎ Tel. 00 352 27 99 01 82



- **BA (HONS) BUSINESS STUDIES
3-YEAR BACHELOR DEGREE**
- **MBA – MASTER OF BUSINESS
ADMINISTRATION**

- The opportunity to study Business in Brussels or Luxembourg.
- Small classes taught in English by business professionals.
- Strong academic course of study plus practical training.
- Yearly in-company internships.
- International environment.
- Programmes validated by Middlesex University London. The students will be awarded a Middlesex University London degree on successful completion.

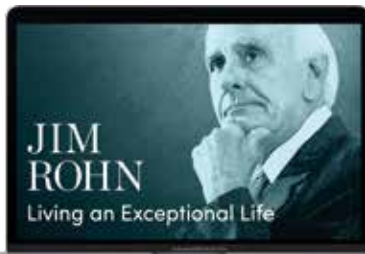
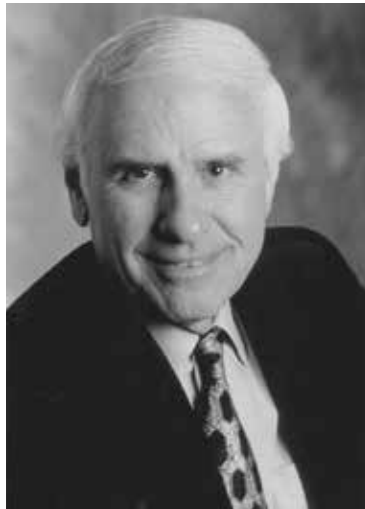
Jim Rohn Live - Living an Exceptional Life

This DVD is a tour-de-force that will help you on the road to achievement

Emanuel James "Jim" Rohn was an American entrepreneur, author and motivational speaker. Throughout the 1970s, Rohn conducted a number of seminars for Standard Oil. At the same time, he participated in a personal development business called *Adventures in Achievement*, which featured both live seminars as well as personal development workshops. He presented seminars worldwide for more than 40 years.

Rohn mentored among others Mark R. Hughes (the founder of Herbalife International) and life coach Tony Robbins in the late 1970s. Rohn also co-authored the novel *Twelve Pillars* with Chris Widener. He is a published author of many books that cover leadership, business skills, self-development, dealing with customers, and motivation. Jim Rohn simply cannot be described nor defined. Instead, he must be experienced. The remarkable combination of his personal style and his message does something to people that cannot be captured in a text description.

Take an inspiring journey destined to expand



**“ TAKE AN
INSPIRING JOURNEY
DESTINED TO
EXPAND YOUR SELF-
CONFIDENCE ”**

your self-confidence, enrich your attitude and rekindle your motivation. Hailed as one of the most influential thinkers of our time, Jim Rohn knows the secrets of success in business and life. Jim's compelling presentation will awaken the unlimited power of achievement within you as you:

Explore Jim's unique view of the 21st century and opportunities within it.

Learn three ways to improve yourself and take advantage of those opportunities.

Discover how to attract success by becoming an attractive person.

Understand the five major pieces of the life puzzle.

This is an energizing performance that takes you right to the event. You will feel self-confident, inspired and more motivated after viewing this DVD. ❶

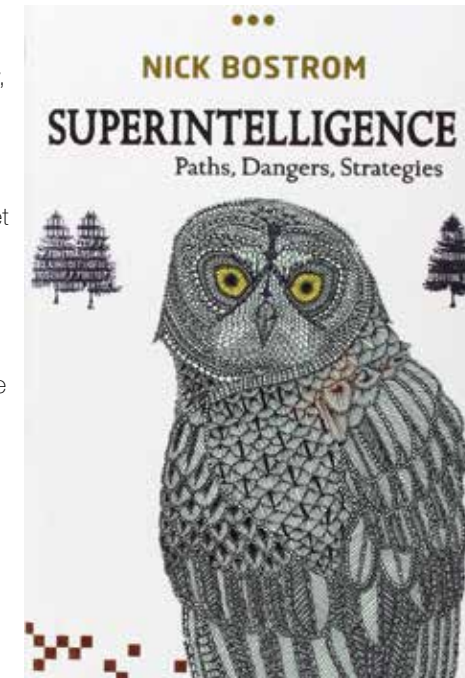
Superintelligence: Paths, Dangers, Strategies

This month we take a look at some more books that can inspire you to success

Nick Bostrom is Professor at Oxford University, where he is the founding Director of the Future of Humanity Institute, a multidisciplinary research centre which enables a set of exceptional mathematicians, philosophers, and scientists to think about global priorities and big questions for humanity. He also directs the Strategic Artificial Intelligence Research Center.

Bostrom has a background in physics, computational neuroscience, and mathematical logic as well as philosophy. He is the author of some 200 publications, including *Anthropic Bias*, *Global Catastrophic Risks*, *Human Enhancement*, and the academic book *Superintelligence: Paths, Dangers, Strategies*, which became a *New York Times* bestseller. He is best known for his work in five areas: existential risk, the simulation argument, anthropics (developing the first mathematically explicit theory of observation selection effects and impacts of future technology, especially machine intelligence).

Superintelligence asks the questions: what happens when machines surpass humans in general intelligence? Will artificial agents save or destroy us? Nick Bostrom lays the



foundation for understanding the future of humanity and intelligent life. The human brain has some capabilities that the brains of other animals lack. It is to these distinctive capabilities that our species owes its dominant position. If machine brains surpassed human brains in general intelligence, then this new superintelligence could become extremely powerful—possibly beyond our control. As the fate of the gorillas now depends more on humans than on the species itself, so would the fate of humankind depend on the actions of the machine superintelligence.

But we have one advantage: we get to make the first move. Will it be possible to construct a seed Artificial Intelligence, to engineer initial conditions so as to make an intelligence explosion survivable? How could one achieve a controlled detonation?

This profoundly ambitious and original audiobook breaks down a vast track of difficult intellectual terrain. After an utterly engrossing journey that takes us to the frontiers of thinking about the human condition and the future of intelligent life, we find in Nick Bostrom's work nothing less than a reconceptualization of the essential task of our time. ❷

Unshakeable: Your Financial Freedom Playbook

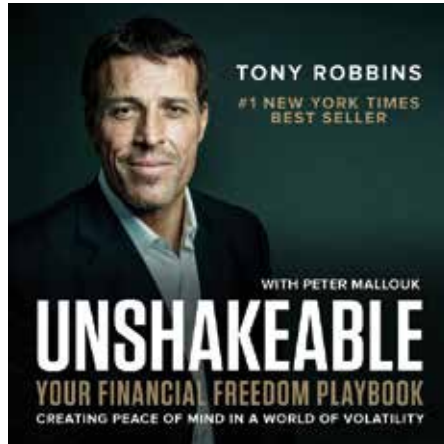
Together favourite Tony Robbins offers advice in plain English

After interviewing fifty of the world's greatest financial minds and penning the #1 *New York Times* bestseller *Money: Master the Game*, Tony Robbins returns with a step-by-step playbook, taking you on a journey to transform your financial life and accelerate your path to financial freedom. No matter your salary, your stage of life, or when you started, this book will provide the tools to help you achieve your financial goals more rapidly than you ever thought possible.

Robbins, who has coached more than fifty million people from 100 countries, is the world's #1 life and business strategist. In this book, he teams up with Peter Mallouk, the only man in history to be ranked the #1 financial advisor in the US for three consecutive years by Barron's. Together they reveal how to become unshakeable—someone who can not only maintain true peace of mind in a world of immense uncertainty, economic volatility, and unprecedented change, but who can profit from the fear that immobilizes so many.

In these pages, through plain English and inspiring stories, you'll discover...

-How to put together a simple, actionable plan



**“ MAINTAIN
TRUE PEACE OF
MIND IN A
WORLD OF
IMMENSE
UNCERTAINTY ”**

that will deliver true financial freedom.

-Strategies from the world's top investors on how to protect yourself and your family and maximize profit from the inevitable crashes and corrections to come.

-How a few simple steps can add a decade or more of additional retirement income by discovering what your 401(k) provider doesn't want you to know.

-The core four principles that most of the world's greatest financial minds utilize so that you can maximize upside and minimize downside.

-The fastest way to put money back in your pocket: uncover the hidden fees and half truths of Wall Street—how the biggest firms keep you

overpaying for underperformance.

-Master the mindset of true wealth and experience the fulfillment you deserve today. ❶

ARNON
BARNES

WAREGEM
13-14 JAN 2018

BUSINESS REBEL MASTERCLASS

SPEED UP YOUR BUSINESS GROWTH

GET UNSTUCK

BUILD THE WINNER MINDSET

CHOOSE THE RIGHT BUSINESS PARTNERS

100% CONTENT TRAINING

LIVE, ON-THE-SPOT, PROBLEM SOLVING

REAL WORLD SOLUTION

TONY ROBBINS

As seen on **NETFLIX**

UNLEASH THE POWER WITHIN

Tony's Unleash The Power Within is all about creating breakthroughs. It shows you step-by-step actions you can take to bring out the best in you and overcome the limiting beliefs that hold you back from your success.

TURN YOUR **DREAMS** INTO **REALITY**
TURN YOUR **FEARS** INTO **POWER**

What People Are Saying About UPW



"It doesn't matter what social status you are—what level you think you are at—he raises you to the top of your capability."

USHER

After attending UPW Ft. Lauderdale, 2014



"Tony Robbins provides an amazing vehicle for looking at your life, determining what's holding you back and what you need to move forward."

DONNA KARAN

Legendary Fashion Designer



"Tony Robbins' 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

21-Time Grand Slam Tennis Champion and Olympic Gold Medalist



"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."

MARC BENIOFF

Founder, Chairman and CEO of Salesforce.com

UNLEASH THE POWER WITHIN **FREE WORKSHOP**

Grand Slam tennis champ Serena Williams, Academy Award winner Anthony Hopkins, President Bill Clinton and countless leaders from every walk of life have all turned to

Tony Robbins to take their lives to the next level.

This FREE workshop introduces you to Anthony Robbins' latest up-to-the-minute strategies to meet today's challenges and transform your life.

It will show you how you can not only survive but THRIVE in today's tough world, fulfil your potential and turn your goals into reality.

In Brussels on the 27th or 28th of January
Location : Thon Hotel Bristol Stephanie

LIMITED TO THE FIRST 100 ONLY!

RESERVE YOUR SEATS NOW

www.tonyrobbinsbelgium.com

The workshop will be led by a Success Resources Trainer

Artificial Intelligence: Big Brother's watching you

Dave Deruytter looks at the possible future obsolescence of...
US



Artificial Intelligence (AI) has been on the innovation radar for quite some time. Big data coupled with ever faster quantum computers are the two big drivers of the AI advancement today. Big Brother has been around for much longer. It was not only the name of the invasive eyes and ears of the state in George

Orwell's 1984 Orwell, the 'state' has regularly been dubbed Big brother in many countries - the all-knowing and all-seeing eye, like God to some.

“YES, MACHINES LEARNING FROM MACHINES”

Calls for privacy by us humans seem to have been around forever, or calls for forgiveness for believers. So why is AI and Big Brother are

again very prominent on the radar today?

The pace of robotization has increased, not only in industry but more importantly in the medical and the service sector.

Technology in the field of big data analysis and management has improved dramatically. Google is particularly strong in this field, but all the Cloud and other big data players follow suit, including the Chinese Alibaba and Tencent.

Quantum computers are becoming ever faster and more powerful.

And probably the most special and scary, are new improvements in Machine Learning. Yes, machines learning from machines. There are talks of the fact that a certain test had to be stopped recently (the robot had to be 'killed') because the testers could no longer understand the robot and the latter kept on learning by itself without anybody knowing or understanding what it was learning.

Artificial Intelligence depends on what you call intelligence on one hand, and what you name artificial on the other. Intelligence seems to orbit around self-determination, self-development. To be able to act and learn in an independent way, without being told to or how. Artificial comes from the pretentious idea of humans that we are the only ones who have natural intelligence or at least much more than anybody or anything else. We are the masters of the universe, or at least of the blue planet.

Sadly, with the way innovation is going, it seems more and more likely that robots will take over ever more jobs and tasks. Will those jobs be replaced by other interesting ones as happened after the industrial revolution? Good question. But a positive answer is maybe a bit early given that the idea comes from blunt comparison with a similar event in the past and linear extrapolation towards the future. Innovation is not linear and not comparable

with anything, because it comes from trial and error. With the ever-increasing memory capacity and procession speed, anything can be copied - so why not intelligence? Computer programs beat us at chess and even at mahjong.

Still real intelligence has also to do with learning to recognize patterns, to prioritize, to focus, to short circuit and to learn by doing. But why would robots not be able to do so? Gut feeling is rarely the best driver of a business anyway, at least not over longer periods of time.

Is it perseverance then that sets us apart? The fact of stubbornly continuing to go for a goal, not listening to those who think to prove that it is wrong and eventually once in a billion times being right and forcing a major breakthrough in our world or business. Maybe that will not be easy to copy, but will it still be needed if all the data are available and simulations can be processed at the speed of light?

“GOOGLE EAR-BOTS ARE NEXT”

Then again, if perseverance is no longer needed, where will all the fun be if everything becomes predictable and automatic? Can robots have fun the way we can? Do they have feelings? Where does our sense for fun come from? DNA? Instinct? Natural evolution? Fear?

What about the risk of one company becoming very dominant at AI, outperforming all the others? OK, we have anti-trust laws, but why would such an AI company abide by that law?

Ok, AI could probably do very well in our courts too, to apply our laws and regulations consistently and fast, because AI robots could strictly apply the rules without emotion and indeed very quickly. What about precedents? And what about cases where it becomes obvious that it is not the letter of the law but the spirit that is important? That is when we humans do kind of crowd thinking, searching and benchmarking to tackle those real new cases.



Can AI have a soul? Can it be religious? I remember reading a discussion in that field that went as follows: "Does Google know everything? Well it knows quite a bit of information, very much more than the old encyclopedia books, that held all information there was to know, decades ago. If yes, is Google God, because God also knows everything? No, no, Google is not God. Then who is God? Let's ask Google..."

“ CAN AI HAVE A SOUL? CAN IT BE RELIGIOUS? ”

What about AI in the military? Ho, ho, ho, that sounds really scary. Robots fighting robots, ok, but what if they fight us? Does AI have ethics? Given that 'man is wolf for man', as proven by all our wars, can it get any worse? Enough to be scared about. Eventually super AI or super robots may become so expensive that there is still a use for us humans. And, because the trials with chimpanzees working in factories of decades ago did not work, why would AI be able to completely replace us? If energy becomes very scarce or expensive,

the good old human may be needed again, although we currently have a big carbon footprint too.

All in all, it is always better to embrace the new developments of the future and to try to

organize and regulate it rather than ignore or hide it. In the latter case, the bad guys will take it on anyway and try to destroy or dominate the world. I am in favour of AI, and am not really afraid of Big Brother.

Anyway, real sophisticated AI is still years away. But simple robotics are here today also in the service industry like chat-bots for example. Google ear-bots are next. 🗣️

be winter be .brussels



unmissable winter events

Making the most of winter in Brussels is all about: letting yourself be enticed by the scent of chocolate - and mulled wines at the Plaisirs d'Hiver. Feeling small in front of the Christmas tree and the sound and light shows on the world's most beautiful square. Staring in amazement at the city's festive lighting. Dashing off to see the exhibition everyone is talking about. Travelling to Indonesia without ever leaving the city. Celebrating New Year's Eve ... and putting away the elves and tossing out the Christmas trees in January!

www.winter.brussels

visit.brussels

ENJOY BRUSSELS FROM ABOVE!
**YOUR PENTHOUSE
IN A TOP LOCATION.**

**Bouygues
Immobilier**
Belgium



ÉLYSÉE



Chaussée d'Ixelles 213
1050 Ixelles

Surrounded by the trendy neighborhoods of Louise, Flagey, Toison d'Or.
10 minutes walk from the European headquarters.

02 880 55 80
bouygues-immobilier.be

**SALES
OFFICE**

Rue Jules Cockx 12 A (Metro Delta)
1160 Auderghem

Monday to Friday from 9 am to 7 pm
Saturday from 10 am to 6 pm or by appointment

**YOUR NEW DORM ROOM
MANAGED FOR YOU**

**Bouygues
Immobilier**
Belgium



CITYKOT
— Ixelles • Couronne —

— From —
129.500 €*



Services that make student life easier
Ideally located: between the ULB
and VUB campuses

NEW DORM ROOMS — FOR SALE — IXELLES

83
**FURNISHED
DORM
ROOMS**

THE BENEFITS OF CITYKOT



GUARANTEED REVENUE
Quarterly fees with a
guaranteed and indexed
minimum for 20 years



PRIORITY
Priority access to your family



AFFORDABLE ACQUISITION
Small upfront investment



HASSLE-FREE
Entrust the daily management
to Réside Etudes, market leader
in residential management



TAX ADVANTAGES
Reclaim the lion's share of the
VAT upon delivery of the room

MORE INFO

02 880 67 40

info@citykot.be

www.citykot.be

* Selling price excluding VAT, registration and costs. Within the limits of available stock.



A grand Christmas present

Our tech guy **Colin Moors** steers you in the right direction for your Christmas shopping

If you've looked into buying the latest 'flagship' devices from either Samsung or Apple recently, you'll have noticed something very special about them. The price. Both the iPhone X and the Samsung Galaxy Note 8 retailed at launch for exactly €999. Now, I don't know about you but for me, that's a thousand euros. A thousand euros for something to send smiley faces to your friends on. As a regular writer on tech, I do love my toys but I'm squarely in the camp of the many nay-sayers on the internet that believe that the thousand-euro mark is a line in the sand we won't be crossing without some coercion.

The good news is that, prior to Christmas, both companies will offer massive 'savings' as they try to hit their sales figures by the end of the year. You may well get either of them cheap, or bundled with 3D units or a 'free' tablet for the same price – it depends on what you call a bargain, I suppose. At the time of writing, the price of the Note 8 is stable at €999 in all leading electronics boutiques but Apple has responded to heavy demand and limited supply by increasing the base price along with selling you a charger as an extra. You may have to wait until the second quarter of 2018 to get any deals.

So what to do if you are one of those who feel that a grand is a bit of a stretch for something to look at cat videos on? Sadly, not a lot. If you're an Apple aficionado, your only option for a high-end, large-screen iPhone is the 8 Plus model – basically you pay less but your phone is less sexy. Android lovers have a much wider scope when it comes to changing brands. A lot of the Chinese models, while excellent and very well appointed, come with their own version of Android, which is not a deal-breaker if you love to tinker with the settings but can be restrictive and confusing for stock Android users.

If you're prepared to put up with the strange operating system, Huawei are making some high-end phones just recently. Their best-of-breed P10 model packs a lot of punch for around €650, missing out on only the waterproofing and the HDR support of the big two. The Xiaomi corporation also has something if you feel size is important. Their Mi Max 2 model boasts a 6.44 inch screen, bridging the gap between the smartphone and the tablet – a true 'phablet' in every sense. It's got dual SIM support (or an SD card, you can't have both),



fingerprint sensor, enhanced audio and a whole lot more. The camera is passable. The specification is OK but won't win any awards and the only things you'll need to own this behemoth are around 180€ and a very large pocket indeed.

So, we know how to avoid spending vast swathes of cash on a new phone, so how about some Christmas gift ideas that won't break the bank, specially designed for the geek in your life – or even yourself, I won't judge.

You know when you say to someone "I'll call you" and make a pretend telephone with your thumb and pinky to illustrate the point? Well, now there's a pair of gloves that'll not only keep your hands warm but also provide a built-in phone via Bluetooth that is probably the answer to the question "what do you buy the person who has everything?" The pinky-phone is real and can be yours for the stocking-filler price of around €25 from a certain web store named after a river. The quality is apparently OK and at worst, you'll have a warm pair of gloves. However, you may look even more stupid than those

Bluetooth earpiece wearers shouting at themselves in the street.

Another idea for a small gift – if you've been corralled into doing the office Secret Santa, for example – is something you probably didn't know existed, or even that you wanted. How many times have you seen something you wanted to take a picture of on your phone, only to realize that you don't have a fisheye or

macro zoom lens? I know, right? Well, perhaps never but there's something for everyone and the small kits you can get from Chinese company AMIR are getting some pretty good reviews online of late. The premise is very simple: you clip these

lenses over your camera's lens and shoot. There's no messing about with cables or screw threads, just clip on and go. No, you're definitely not going to be getting studio quality lenses but at around €25 for a set of 3 lenses, they're a fun gift for the budding photographer.

"But" I hear you cry "I have way too much money and I've already got a Galaxy Note 8. How else can I rid myself of the burden of so much disposable income?" Don't worry,

**“ AT WORST,
YOU'LL HAVE A
WARM PAIR OF
GLOVES ”**



Together has you covered. How about an internet-connected kettle? The third-generation iKettle (around €115) has everything you could need from a kettle, in so far as it boils water. Not only does it boil water but it will boil it to a range of temperatures from 20° to 100°. It will boil the kettle on your command from anywhere in the world via your smartphone. What if the kettle is low on water or empty? No matter - you can check the contents of the iKettle by glancing at the app on your phone. Add to this long list of water-heating marvels the Amazon Alexa integration and now you can just command your kettle to boil, like some kind of god. What a time to be alive.



Have a good Christmas and don't resolve to do anything weird. ①

**“ A TRUE
'PHABLET' IN
EVERY SENSE ”**



FENIX - EVERE

*Your first profit?
The purchase.*



1 bedroom
apartment from
€ 149.500*

*prices are excl. VAT,
registration fee,
notary fee and utilities.



1- 2 or 3
bedroom
apartments



immediate
occupancy



beautiful view
over the city



next to the
European
Commission



10 min to
Brussels Airport

More information?
www.project-fenix.be or call +32 (0)2 626 29 29



Live more

A brand new waterside location near Tour & Taxis.

www.rivabrussels.be

A development by **exfensa** visit us at the Residential Info Office at Tour & Taxis.



+32 (0)2 318 18 08
+32 (0)470 64 43 09



+32 (0)2 423 00 00
+32 (0)496 56 96 96



+32 (0)2 223 23 23
+32 (0)474 49 45 50

2018: The political year ahead

Gerry Callaghan takes a look ahead to the issues facing the European Union in 2018

Over the past year, the EU had a whole host of challenges thrown its way. From the stagnating Brexit talks, to the political quagmire in Catalonia, and persistent reminders of tax-avoiding wealthy citizens and multinationals - particularly among the Silicon Valley giants. As we move into 2018 these issues remain unresolved. However, this time last year the picture looked a lot more uncertain. After a decade of sluggish growth and damaging austerity, economic forecasts now paint a rosier financial picture for the future - unless you live in the United Kingdom. The election of the pro-European French President, Emmanuel Macron, and the re-election of Angela Merkel extinguished fears of a 2017 backlash against the Brussels bigwigs.



Brexit A transition deal between the EU and the United Kingdom won't be drawn up until October 2018, according to EU Brexit chief negotiator Michel Barnier - that's under a best-case scenario, where EU leaders decide sufficient progress has been made in the negotiations. A timeline, laid out in a document by Barnier, indicated that negotiations on a transition deal will begin around February.

They would then proceed in parallel with "preliminary and preparatory discussions" on Britain's future relationship with the bloc, culminating in a deal to be concluded at the October 2018 Council summit. That would leave time for ratification by national parliaments and the European Parliament before the UK's leaving date in March 2019.

However, the most pressing issue for Europe is a conclusion to the situation on the Irish border. It's a delicate situation that requires a grown-up solution. Unfortunately, at the moment there remain some childish antics from a minority of UK MP's. Therefore, the UK Prime Minister Theresa May must put every effort into ensuring that a solution is reached that favours both sides of the Republican-

Loyalist divide, so that we avoid opening up age-old tensions along the border.

Catalonia As things stand, the President of Catalonia, Carles Puigdemont remains in exile in Belgium as many of his fellow deputies sit in Spanish jails. The EU was quick to condemn his actions, and those of the Catalan government, but fell eerily silent on the actions of Spanish leader, Mariano Rajoy and the Spanish police force. Europe looked on as the indiscriminate Guardia bludgeoned both young and old for peacefully protesting.

New media allowed EU citizens a glimpse of the EU's hypocrisy with images that would have normally been filtered out by the mainstream media. The intergovernmental bloc failed drastically in its approach by refusing to mitigate talks between Barcelona and Madrid. Yes, technically the Catalan Government broke the law by going ahead with the vote, but they have been ignored for almost 15 years by Madrid and there was no alternative.

The EU's condemnation of a democratic vote and its subsequent silence on the heavy-handed tactics of the police left many in Europe a little concerned. If their own governments were to use violence as a political tool against them then would the EU turn another blind eye? The Catalan president has already called for a Brexit style vote for Catalonia and an end to the stalemate feels a very long way off. It is certain to provide a



headache for European leaders well into 2018, if not far beyond.

Silicon Valley Tax Championed by French President Emmanuel Macron, the new tax on digital multinationals will target revenue generated in an EU country, instead of on profits that are booked in a low-tax EU headquarters, often Ireland or Luxembourg.

The hope is to have a formal proposal by EU ministers in December, which would become a draft law by the Commission in 2018.

"Tax has to be paid where it is due, be it offline or online," Juncker said after an EU summit in Tallinn, Estonia. "The commission will propose next year new rules on fair and effective taxation that provides legal certainty and a level playing field for all."

Juncker made the commitment after Macron pressed the issue. The push by France, already backed by Germany, is part of a wider crackdown by the EU on Google and other US tech giants as Europe seeks better ways to regulate Silicon Valley. ●

**“ TAX HAS TO
BE PAID WHERE
IT IS DUE, BE IT
OFFLINE OR
ONLINE ”**



REWARDING HOMES AND INVESTMENTS

- exceptionally low registration taxes
- high return on investment: attractive rental prices
- AAA location: near NATO and European Institutions
- worry free rental income

FOR SALE

STUDIOS & APARTMENTS | 1, 2 AND 3 BEDROOMS

02 761 70 60
WWW.LEOPOLDVIEWS.BE
BRUSSELS@MATEXI.BE



Welcome
to the
neighbourhood.

Vlerick: Flexible studying

This month in our education pages we look at a college that is reshaping the future of learning

How to pack a classroom in your briefcase (or carry-on, shopping tote or nappy bag).

One of the main reasons really motivated people don't ever take an MBA is because... well, when would you do it?

An MBA, most graduates agree, can be an intense experience. Traditionally, it involves taking a whole year out to study at business school. And although part-time options can be incredibly rewarding, they can still be difficult for some people to fit into ultra-busy schedules.

Of course, the rewards for gaining an MBA can be impressive – more interesting, more highly paid work – or gaining the skills and confidence to set up your own successful business.

But wouldn't it be great if there was an even more flexible way of studying? Dean of Vlerick Business School, Marion Debruyne, strongly agrees. And in January 2018, her school is launching its first ever online MBA.



The programme allows students to learn in bite-sized chunks, whenever, wherever and in whichever order is most convenient for them.

"When we think of digital disruption," says Prof Debruyne, "We think of financial services and healthcare, but digital disruption is happening in education too, and it's very exciting."

Shaping the future of learning

Vlerick has been at the forefront of digital learning for a number of years now. "Our first digital programmes," says Prof Debruyne, "were tailor-made for companies we were working with – and we still deliver many of these programmes."

"We've also launched online programmes this

year – for emerging healthcare companies and to help businesses and individuals learn negotiating skills. Then in January, we will launch our first ever online MBA."

This long experience has allowed Vlerick to develop a ground-breaking approach to digital learning. "It's a mistake to think that you can just upload some PowerPoint slides from a lecture and that's your online learning taken care of," says Debruyne. "You have to start by looking at what you want the outcomes to be, and then looking at all the ways you can achieve those outcomes using digital approaches. You start with the outcome and work backwards."

"Vlerick's approach is all about putting learning into action and action into learning. We achieve that in the classroom and we achieve it online. Online actually presents you with many opportunities to bring participants into discussions, to get groups together to take part in tasks and challenges. And of course, our faculty is highly accessible online – either taking part in group discussions or meeting up on Skype with students for a "virtual" cup of coffee."

Vlerick's investment in developing an exciting and enriching digital offer has been huge. Part of it has been to develop a programme in online learning for its own teams. Prof Debruyne says: "It makes sure that we are continuously improving our digital learning – and importantly, we are all going through the experience of being digital learners ourselves. It helps us to adapt our style to digital learning environments."

Keeping it personal

All this experience in online learning has led Vlerick to another conclusion too: SPOCS (or small private online courses) are the only way to go. Prof Debruyne says: "We don't believe in mass open online courses (or MOOCs). Our

programmes have small groups and small learning environments. It's important for our learners to be able to form relationships with fellow participants and with their tutors and coaches."

But what is the experience like for learners?

"Flexible and personal," says Prof Debruyne. "You study when is convenient for you. You participate in units when it's convenient for you. You can study on the train on your way to work. You can study in a hotel room – or on the couch at home after your kids have gone to bed."

"You can easily select areas of study that are more relevant to you and personalise your experience. Each learner has their own tutor or coach – and they have opportunities, if they want, to take part in study trips, but they are not necessary."

So, is the future of learning all about online? Prof Debruyne says there will always be a need for physical learning spaces – but the role of online

learning will inevitably grow.

"At Vlerick, we don't really embrace the traditional classroom anyway. Our learning spaces are multi-use. They're about taking part, discussing and learning by doing. Online learning is an extension of this."

So, could it be time for you to pick up your laptop and get your MBA? You can find out more about all the opportunities that could be out there for you at an Experience Vlerick Day (check the website) – and who knows? Very soon, you could be carrying an MBA classroom around in your day bag.

www.vlerick.be/en 



WINNIPEG
KIDS CONCEPT STORE
LASNE




LITTLE REMIX
CHARLOTTE ESKILDSEN

Vêtements pour filles et garçons de 0 à 16 ans

Accessoires Décoration Mobilier



Route de Genval 18 1380 Lasne 02 633 33 08

winnipeg.be

PERSONAL
DEVELOPMENT

Education

BEPS: Secondary school opens

In our education news, we report on how BEPS International School is expanding in September 2018.

BEPS International School students flourish academically, socially and intellectually. With its rigorous academic programme, BEPS enables students to become independent and successful in their studies and in life.

At secondary school, students need not only to acquire deep knowledge but to be driven by their passion. To meet this challenge, the school is opening a secondary school which will combine the well-recognized educational approach of its primary school with the rigour of the International Baccalaureate (IB) programmes.

Head of School, Pascale Hertay, says: "Our students deserve an ambitious curriculum and a team of dedicated, high quality teachers. We implement 21st century teaching practices to engage students in experiences which reflect the world they are living in. At BEPS, they will develop the skills and attributes they need to become successful adults."

The warm and caring environment of the new secondary school will give its students the necessary support during an exciting period of their lives. The students will be encouraged to become responsible global citizens, wanting to make a difference in the world of tomorrow.

BEPS secondary school will be located close to its primary school in the heart of Brussels'



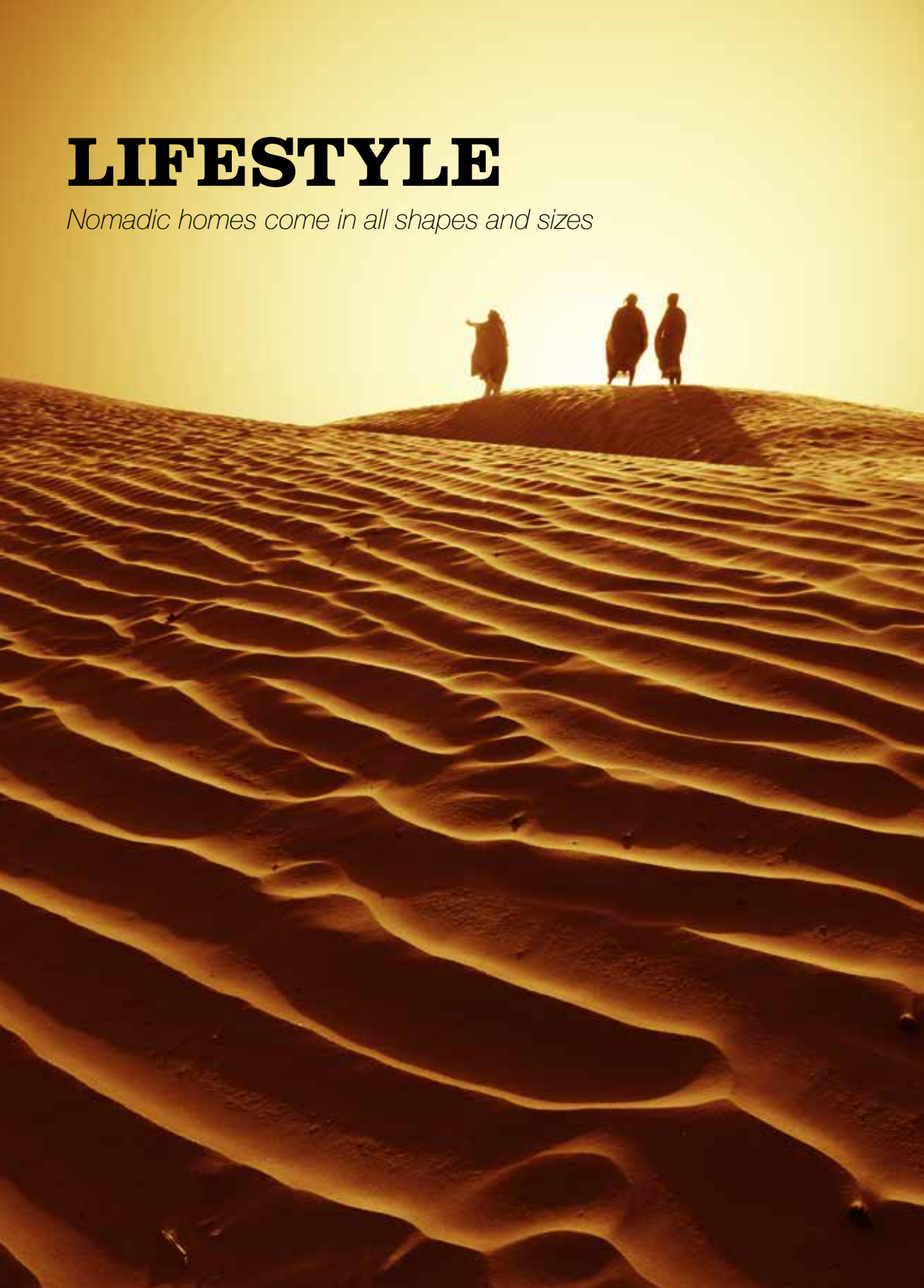
most desirable area, close to the Bois de La Cambre.

Admissions are already open!

Register at info@beps.com to join our Open Information Evening on "BEPS International School Curricula and Approaches" taking place on 17 January 2018, 6.30pm.
www.beps.com

LIFESTYLE

Nomadic homes come in all shapes and sizes



LIFESTYLE

Luxury

Ultimate luxury ski chalets

Here are a few choices from ultimateluxurychalets.com to help you ski and relax in style



Dent Blanche, Verbier

Sleeping a total of 10 adults and four children, this stunning property is one of Verbier's most impressive private homes. From the exterior the chalet has been traditionally designed with the use of old wood in keeping with the local architecture. However, the interior blends modern art, beautiful artefacts and furniture with contemporary design to create the height of alpine chic.

Set out over four floors and linked by stairs and a lift, it is fitted throughout with the latest in sound and vision systems and has its own cinema room located on the Spa level. The main entrance of the chalet takes you into the 2nd floor where the elegantly furnished dining room and living areas are located, with a separate kitchen. Access to the large ski room with boot heaters is from this floor, which opens into the garage with space to park two to three cars (shared with the chalet next door).

The ground floor is given over to the private



spa and entertaining areas. The spa has a beautiful pool, hammam, sauna and gym with stunning views of the surrounding mountains. Adjacent to the Spa is a bar area and cinema room. A small bedroom or massage room is also located on this floor with en suite facilities and a separate WC. An additional pretty one-bedroom staff apartment, sleeping two, can also be rented with the chalet at an additional charge.



Le Grenier, Méribel 1600

Le Grenier is a stunning chalet located only 50m from the Morel chairlift and the Hulotte piste in Méribel 1600. Arranged over five floors and benefiting from a lift, this expansive chalet is the epitome of alpine luxury and has been designed to a very high specification.

At street level, the main entrance leads into a foyer area that looks down over the central living space which has huge, triple height windows and provides access to a well-equipped boot room with adjoining cloakroom. Above this floor is a games room with snooker table and 55" TV - perfect as a teenage hangout or quiet area for younger family members. The main dining and lounge areas are spread across the entire width of the chalet, commanding a truly fabulous view.

Additionally, this level has a family room, library/study, wine-store, Poggenpohl kitchen and a large terrace space. Below this are two floors with the bedrooms and a separate staff flat. Luxurious spa facilities include a sauna, sunken jacuzzi, massage rooms and shower. There is also a gym stocked with cutting edge Technogym equipment. The key rooms in the property benefit from mood lighting and Sonos sound system. Le Grenier has two master bedrooms and a further four flexible twin/double bedrooms. All the bedrooms are generously sized, well-appointed and have an en suite marble bathroom with bath and separate shower. Five of the bedrooms have direct access to a balcony or terrace.



AIM FOR THE PEAKS...
and touch the stars!



philippelebeau.fr / www.arc1950.com - Andy Parant - Pierre & Vacances - Les Arcs/Merci l'ogène/Tristan Shu

www.arc1950.com



Hotel Napoléon



Paris



THE PERFECT COMBINATION BETWEEN LUXURY AND FAMILY HOLIDAYS

The Hotel Napoleon has 51 rooms & 51 suites (among them, 47 are connected), every one of them spacious and luxurious with an immaculate décor, providing a relaxing atmosphere for your stay near the Champs Elysées and the Arc de Triomphe.

The Hotel Napoléon is perfect for families: babysitting service, kids-menus, interconnected rooms and suites, books and games, stroller loan, baby/kids cosmetics, baby chair...

Parents will also appreciate the gym, the massages and treatments room and the gourmet restaurant The Bivouac, that offers French cuisine with Mediterranean touches.

OFFICIAL MEMBER OF



MORE INFO: LITTLEGUESTCOLLECTION.COM

LIFESTYLE

Luxury



Heinz Julen Loft Zermatt

A huge 300m2 Manhattan style loft set in a wooden chalet in the Swiss Alps; it combines acres of glass, steel, textured concrete and wood in a unique symphony of fusion architecture created by local star designer Heinz Julen. The Loft was Heinz's private home where he hosted many rock-star parties. This is our most stunning and spacious six-person chalet. It of course includes all modern comforts such as a large TV with DVD and cable, sound system, free wireless broadband internet access, a well-appointed kitchen and a sauna. Created as designer Heinz Julen's private home, it is full of his unique touches. A metal staircase leads up to the mezzanine, which has another sofa chill-out area with TV, a free-standing Jacuzzi bath, a cosy dining alcove, a galley kitchen (with cupboard

handles made out of bent soup spoons), a cantilevered bar area and a guest toilet. As you walk on this floor you will notice that the floating feeling it creates is due to it being made entirely of opaque glass with subtle inset lighting.

Very airy in feel, due to the extensive use of glass, the Loft has a unique bird's nest view of the village and the Mischabel mountains. There are no barriers between the nature outside and the home space inside - all is fluid and free. On the two sides overlooking the village, the walls consist of floor to ceiling glass, with French windows six metres high leading to a large terrace.



Rock n' Love, Tignes

Chalet Rock n' Love breaks all the rules when it comes to the world of design. It is 100% pure Rock n' Roll! Transporting us back in time, through the *Purple Haze* and straight into the 70's. The moment you walk inside you are whisked into a retro world of vintage cars, and guitars!

With Route 66 memorabilia, a Wurlitzer jukebox stacked with 100 albums, a plethora of vintage autographed guitars on display, an acoustic guitar for your enjoyment, and an original Marshall amp.

Just next to the bar you will find the custom pool table that is one of a kind, and built from the body of a real vintage MINI Cooper. Rock n' Love is really something you can't miss!

The unique, spacious and open plan living area, includes the infamous Mini pool table. With a Wurlitzer style Juke box, fully stocked bar and musical instruments such as an electric guitar and Marshall amp, there is a lot to keep you entertained. Access to the outdoor jacuzzi area on the balcony from the living space. The TV area provides comfortable

sofa seating with Satellite TV, DVD player and PS4. The dining table seats up to 14 people.

The wellness area is accessed from the living area and has its very own private gym complete with a cross trainer, rowing machine and kettle weights. Steam room and massage room complete with a massage Hydro-jet bed that offers collagen boosting light therapy, music and aromatherapy. Outside sits a large Jacuzzi, to relax and unwind. The 25m² heated, indoor swimming pool comes complete with water fountain and inflatables to swim, play or relax in the comfort of your own chalet.

Chalet Rock n' Love boasts four spacious master bedroom suites full of colour. Keeping the retro theme, you can find song lyrics from some of the most famous rock bands embroidered into the carpet. For the children; they get to sleep in the amazing "Garage Room". Equipped with real VW T2's and a CJ Jeep that designer Guerlain Chicherit has transformed into beds. So much fun!

Come and live like a Rock Star...
ultimateluxurychalets.com

The best of the best of the best

BRUSSELS EXCLUSIVE LABELS. HOME OF THE TOP BRANDS.

The 70 top brands that come under *the Brussels Exclusive Labels* umbrella make up what can only be described as the *crème de la crème*. Some are more recent, others more established; some are well known, others more niche. But they all have something in common. They are dedicated to luxury and cultivate a certain way of life. *Savoir-faire* and tradition are their hallmarks. But they also know how to surprise, create and innovate.

Every season, they pull out all the stops to seduce a demanding and cosmopolitan clientèle.

The client is welcomed with the appropriate respect. They know that they can find that exclusive, rare and unique article here, and they appreciate the attention to detail and quality which are the DNA of these top brands. Those who pay us a visit are never disappointed.





Silk Shirt Blanc Kelly from Cachemire coton soie shop
Trousers & jacket: Diesel
Headband: Patrizia Fabri from Cachemire coton soie shop

AT TI TU DE

CHRISTMAS

Photographer:
Maria Dawlat

Art Director:
Nicholas Sirot

Hair and make up:
Sabine Peeters
for Redken and Mac

Model : Ilona Desmet @ IMM
www.immbruxelles.com

Special thank to:
M° Tim Vandeput
from Vintage Hotel
www.vintagehotel.be
+32 2 533 99 80



Candle Senteurs d'ailleurs spécial 20-year collaboration Mizensir from Senteurs d'ailleurs shop
Eau de Rhubarbe écarlate: Hermès
Candle Fornasetti from Senteurs d'ailleurs shop
Collection Grands Crus Berdoues -Russkaya Kowa- Oud al Sahraa- Vanira Moorea
Candle Rose Bulgarie: Hervé Cambs
Silver Brooches Hats: Elvis Pompilio



Top & trousers: Zara
Coat: Zadig&Voltaire
Shoes: Ivy Lee
Sunglasses: Christian Roth from Hoet optics' shop



Top & red's collar: Others Stories
Kimono: Weekday
Trousers: Maison Natan
Shoes: Sarenza
Watch: Ice watch
Headband scarf: Others Stories



Chanel cosmetics:
Eyeshadow Palette 'trait de caractère'
Luminous intense lip colour n° 1
Rouge Coco gloss
Perfume: Gabrielle and N° 5 l'eau
Nail colour: Celebrity and Scenario
Little handbag Boyy from Cachemire coton soie shop



Jacket: Courrèges from Carré Couture
www.carrecouture.com



Dior cosmetics:

High fidelity colours & effects eyeshadow palette Precious Rocks

Essence de Parfum J'adore l'or

Powder lipstick: Diorific Khôl

Nail liner shine & precision Diorific Precious Rocks

Handbag: Medium Diorama Dior



Dress: Magda Butrym from Carré Couture

www.carrecouture.com

You'll be in Lyon
before you know it.

TGV® Brussels – Lyon: 3h22min
Departs six times a day

Atelier NA: Bespoke tailoring without the stress

Nathalie Marchal looks at a tailoring firm that believes in technology and quality



Whether you are a neophyte or an unconditional adept of personalization, the garment made just for you is a fitted pleasure - but it has its pitfalls. Enter Atelier NA.

By creating Atelier NA six years ago, François Chambaud and Nicolas Wolfovski started with a statement: the traditional tailor is expensive and difficult to approach, but also ready-to-wear is not suitable is not everyone's cup of tea. And the brand stands out today as the French leader in custom-made products, thanks to a talent for harmoniously combining the two fundamental elements that make up its DNA: the 100% integration of its production

workshop of 5,000 m2 and technological innovation. The result is totally personalized clothing for the price of ready-to-wear. Unique and created from scratch - without reference to a template.

A revolution in measurement

To do this, these gentlemen need only to take you to the 3D measuring cabin which is present in all of the company's shops. This revolutionary process, which has made Atelier NA famous, takes most of the measurements of a body - almost 200 - in just one second. In other words, the saving of time achieved compared to taking measurements is very substantial, allowing them to focus fully on the

Fashion

vital details and finishes, such as a complete interfacing.

For the finishing touches, some additional manual measurements determine the neck measurement, the length of the legs or the location of the belt - the sort of enlightened advice one expects in a tailor's such as this. And then, the garment will be made from scratch based on information collected in the shop. Ordering a tailor-made suit between two appointments or during the lunch break is no longer a challenge.

And the materials...

Basically, it's about making the experience of a bespoke suit easy, convenient and



understandable. Here you walk into the domain of experts, where one speaks as much about the history of the garment as of the trends of the moment. By giving pride of place to the product and the quality of the fabric, the seasonal collections echo the current masculine line, and that is why the brand has chosen to associate with some of the most famous clothiers.

Such as? For example, the shirts are made from cotton poplin by Thomas Mason, or to illustrate the brand's sense of innovation they use water repellent (stain resistant) fabrics in partnership with the French weaver INDUO ®. As for the suits, among others they come from Drago in Italy, Holland & Sherry in Great Britain, and quite recently, a new collaboration with the French weaver Dormeuil - for the first custom-made, naturally stretchy suit.

Usage, weather and fashion trends

In total, no less than 1,500 different types of

cloth are laid out on the tables, differentiated by their composition, their patterns or even their seasonality such as Prince of Wales, mottled, milleraies, velvet, tennis stripes, etc - in short plenty of choices to satisfy the most diverse of requirements. Moreover, the brand has further diversified its offer by exclusively launching a must-have in the men's wardrobe: the bespoke cashmere coat, in collaboration with its partner Loro Piana, a world reference in the field.

And while innovation is an integral part of the identity of a brand that aims to the number one in Europe by 2020, flexibility is also a guiding principle. A feature that benefits everyone: indeed, from the moment a customer's

“ PERSONALIZED CLOTHING FOR THE PRICE OF READY-TO-WEAR ”

measurements are included in the Atelier NA file, he can place an order in one of the shops or online, whether it be a suit for a wedding - and then re-use at the office - a flannel shirt or trousers that are perfect for kicking off the season.

So, if you are offered the gift of suit by family or friends have no fear of the pitfall of making a mistake in size. Customization and a simplified offer explain the success of this tailor who has been able to make the luxury affordable without spoiling the know-how.

And the cost?

The budget is also tailored, with suits and smoking jackets from €395, shirts from €49 and chinos from €85.

www.atelierna.com ⓘ

“Designers of your image”

Tailor made 3D printed titanium eyewear



Hoet
optiek

Vlamingstraat 19
8000 BRUGGE
T +32 50 33 50 02

Antoine Dansaertstraat 97
1000 BRUSSEL
T +32 2 511 04 47

www.hoet-optiek.be

Dazibao: You are the designer...

This month we highlight a novel concept from a young and talented entrepreneur



Dazibao was founded by Camille Coppens in 2017. After graduating in communication and public relations at IHECS Brussels, Camille started a second Master's degree in Management at EADA Business School in Barcelona where she discovered the excitement of entrepreneurship and was inspired to take on the challenge of launching her own business. From an early age, Camille was



fascinated by jewellery and especially by diamonds. Thanks to her stepfather, André Gumuchdjian, CEO of the diamond trading company AV Gumuchdjian in Antwerp, Camille knows this world well. She decided to launch the Dazibao brand with the goal of creating luxury jewellery which is also affordable and wearable in everyday life.

Dazibao is a unique concept



NEW EMBERT
Hautes Fourrures

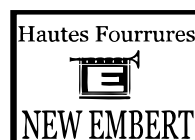


NEW EMBERT was founded in 1954.

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.

Transformation, repair and regeneration of your furs.

NEW EMBERT
35 CHAUSSEE DE CHARLEROI
1060 BRUXELLES
02/6405424
WWW.NEWEMBERT.COM





involving diamonds and gold requiring customer imagination and creativity. The idea is: You are the designer, we are the crafters. Customers have the chance to be part of a collaborative collection by giving their design to the brand and seeing their creation (which carries their first name) worn by other customers.

“ WE ARE THE CRAFTERS ”

The Dazibao brand only works with 18 carat gold and high-quality diamonds supplied by AV Gumuchdjian Antwerp, expert in diamond trading and cutting for more than 100 years.

AV Gumuchdjian guarantee diamonds cut to perfection regardless of the budget. By using the best materials, the jewels remain eternal. Dazibao's mission is to offer its customers the best quality at affordable prices.

Bracelet Julie: **€1,060**

Necklace Aurélie: **€780**

www.dazibao-antwerp.com

Teinturerie de la Senne

MAISON FONDÉE EN 1928

*Travail artisanal,
fait main uniquement*

Haute Couture Ameublements

*Prise et remise à domicile
gratuites* (minimum 3 pièces)*



Photo © Thomas Blairon

10, rue de l'arbre bénit - 1050 Bruxelles
Tel. : 02 512 25 59

Ouvert du lundi au vendredi de 7h30 à 18h non-stop

Rado: Very refined timepieces

Ahead of the festive season, **James Drew** makes time for Rado – a world-leading brand of watches

Ask yourself, is there truly any better time than Christmas to set either yourself or a loved one up for the New Year with a truly excellent timepiece to wear on the wrist? Whether you're a man or a woman, there is an unmistakable cache to wearing an elegant watch.

And that, without a doubt, is where Rado comes in. Makers of some of the world's best watches since 1917, when the Schlup & Co. watchmaking factory in Lengnau, Switzerland was founded by the brothers Fritz, Ernst and Werner – by the time that 1957 rolled around, when Schlup & Co was celebrating its 40th anniversary, the occasion was marked by the launch of the Rado brand, with the iconic Golden Horse Collection.

Since then, Rado has become a truly global brand, famous for its innovative design and use of revolutionary materials to create some of the world's most durable watches. Ever since its beginnings, Rado has had a pioneering spirit, with the brand philosophy "if we can imagine it, we can make it" still holding true today. Nowadays the company produces around half a million watches per year, while continuing its focus on pioneering the use of a number of materials that are unique within the watch-making industry, such as hardmetal (tungsten- and titanium carbide, which they call 'high-tech ceramics'), ceramics, lanthanum and sapphire crystal – truly, things of beauty.

And so, to whet your appetite for the gift-giving season, a few words about Rado's design styles and a few of the Rado watches that are now available.



The Rado True Phospo

For this latest watch, Rado has teamed up with another major force in the design world – together with Swiss design studio Big-Game, Rado has created the True Phospo, which is housed in a 40mm matt black high-tech ceramic case with matching bracelet. It's all about minimalism, but there is more going on here than meets the eye, with a perforated black brass dial that reveals the Swiss automatic movement below to shine through – and the hour and minute hands are tipped with Super-LumiNova, while the second hand is fully coated in the same glow-in-the-dark substance.

The Rado True Stratum

And Rado has added another collaborative creation to its collection: the Rado True Stratum, jointly developed with leading Austrian designer Rainer Mutsch. Mutsch's trademark style includes a black dial that features delicate, asymmetrically arranged descending steps that emphasize the three dimensionality of the concave surface. Matt rhodium hour and minute hands and a yellow second hand provide a touch of colour as well as easy readability.

Rado styles

For nearly three decades high-tech ceramic has played a central role in Rado's approach to watchmaking. High-tech ceramic timepieces are objects of art, but are lightweight and hypoallergenic. In a patented process used by Rado, plasma high-tech ceramic is created in an oven at high temperatures. Gases activated at 20,000°C transform finished white ceramic into a unique



material with an otherworldly metallic shine – in a process akin to modern alchemy, the colour of the ceramic is transformed without affecting its essential properties: lightness, hardness and wearer comfort.

And don't worry, the world's finest jewels are involved in the process – for decades, Rado had envisaged making watches from a material as hard as a natural diamond. As a result of painstaking research and the use of cutting-edge nanotechnology, the Rado dream became a reality with the unveiling of the **Rado V10K watch**. With its uniquely resistant high-tech diamond surface, the Rado V10K achieves a hardness of 10,000 Vickers.

In 1962, Rado introduced the iconic **Rado DiaStar 1**, a scratch-resistant watch at a time when this was far from the norm. The secret behind this creation? Hardmetal. Still used by Rado today, hardmetal is an exceptionally robust material – more durable than steel, gold and platinum and capable of withstanding the stresses of everyday life. And, whether you are a gentleman or a lady, if you make the choice of a Rado watch this festive season, there is no doubt that your new wrist adornment will catch the eye and be a talking point.

www.rado.com ⓘ

Alain De Nys: Tick-tock for the third generation

Nathalie Marchal meets an entrepreneur with timekeeping in his heartbeat

Is the passion for watches hereditary? In some families, this appears to be an undeniable fact. And when the mellifluous sound of the watchmaking mechanism blends with a solid entrepreneurial spirit, the story can only get better.

The story I am going to tell you is very Belgian. Have you ever heard of Pontiac watches? Back in 1932, Ali Kinsbergen launched a brand that would go on to sell more than 10 million watches – that's equal to the current Belgian population, which is no mean feat. And in fact, it has become a common cause that occupies a leading position on the market. When he died in 1969, his daughter Johanna took over the company, which went out of business a little more than ten years later. But that does not matter - she took up the torch in 1986, creating a new company with her two sons, Philippe and Alain De Nys. Hence the three generations.

Alain recalls: "At the time we imported Breitling watches and at first it took a year to sell one, but five years later, it was seventeen a day. Then we had around 50,000 Breitlings on the Belgian and Luxembourg markets." After



having represented the brand for 18 years, they gave up the concession, rejecting a contract which didn't suit them. Alain then headed for Canada.

Canadair and timepieces

Uses his solid experience in high-end chronometers, he convinced the Canadian company Bombardier – known world-wide for, among other things, Canadairs – to become a watch brand. In 2005, the Bombardier watch saw the light of day: a watch with Belgian design, a Canadian name and perfect Swiss movement. A timepiece of 'Haute Horlogerie', technique and aesthetics.

Ali Kinsbergen's grandson takes up the story: "In 2011, we decided to create Bombardier's little brother, but this time it would be 100%

Vous ne connaîtrez jamais, la désagréable surprise d'une lourde facture.

Watches

ours." The GMT-Chronographs fitted the hour - it is known as the 'anti-crisis watch' - and meets very specific criteria: with its excellent value for money (between €250 and €850), it boasts a sporty look - dedicated motor sports enthusiasts love it -, while remaining elegant. Its slogan 'Elegance for Professionals', fits it like a glove.

Silicone

But only Alain De Nys can say what entrepreneurial devilish compulsion drove him to go even further. Along with the creation of the GMT-Chronographs, he launched, in collaboration with Aline de Westel - daughter of the founder of Salon Batibouw - ADNA watches, mounted on a changeable silicone colour bracelet that makes for light and very pleasant to wrist wear.

Repair or maintain

"And given the success and the existing demand, we decided this year to set up an all-brand repair and maintenance workshop," says the entrepreneur, who is decidedly in tune with his watchmaking passion. "There, we put the timepieces back in working order but with quality service at the forefront.

"My grandfather and my mother have been making watches for 80 years, and my mother always told me that after-sales service was more important than the sale itself. Because someone who is satisfied with this the quality of service comes back with confidence - if he doesn't you'll never see him again." Many old watches arrive in Alain De Nys' lap in the workshop in Waterloo, fine timepieces that have been left somehow in oblivion - there they find a new



life.

Old-timers

Because these restored timepieces worn by our grandparents or our parents are born again they are back in vogue. Alain De Nys says: "Vintage is in fashion. So, I decided to focus on buying and selling watches from the past fifty years." In doing so, old Pontiacs and other timepieces with memories of the old days arrive at his door - it's like a homecoming.

My ideal watch is the one with a soul. We find the time everywhere, so this watch is first and foremost the one we love. It can be reminiscent of loved ones, and if it is modernized with a new strap, it will also match your personality and become a fashion accessory.

“ MY MOTHER ALWAYS TOLD ME THAT AFTER-SALES SERVICE WAS MORE IMPORTANT THAN THE SALE ITSELF ”

"My sons Nicolas and Robin are thinking about it seriously," he says happily. "The first is creative, and the second financially-minded, and they seem to be preparing something. A new watch? See you in 2018 with the 4th generation!"

www.gmt-chronographs.com
www.adbwatchrepair.com ❶

Eden  Park
P A R I S



LE FRENCH FLAIR*

*l'inspiration française

195 Chaussée de Bruxelles - 1410 Waterloo

Need a gift idea?
Think to *Léopold*!



Discover our fascinating story & buy online at:
Cuberdonsleopold.com

Follow us on [facebook.com/cuberdonsleopold](https://www.facebook.com/cuberdonsleopold) and [Instagram/CuberdonsLeopold](https://www.instagram.com/CuberdonsLeopold)

Maison Degand: Elegance and sophistication

We open our regular shopping pages with a shop that has become an institution in Belgium and beyond



Behind every exceptional business stands an exceptional man. Recognized worldwide as the temple of elegance and sophistication, the prestigious Maison Degand is no exception to the rule, owing its success to founder and stylist Pierre Degand.

Characterized by his fervour for excellence, Pierre Degand acquired in 1983 the luxurious mansion located at number 415 Avenue Louise, which is now known as Maison Degand. Here he established his greatest life project: his House. At only 28, this man of character shared his vision with the world - he aspired to become the spokesman of a life philosophy defined by the pleasure of dressing up for the sake of art and one's personality.



Perfume Alice
femme: €135

LIFESTYLE

Shopping

Since then, he has committed to collaborating only with artisans whose obstinance for quality of fabric and fabrication captivate him.

His persistence for distinction has not left him unscathed; indeed, as a pioneer in the distribution of labels of quality, Pierre Degand made his debut with a selection of products, such as the now-renowned shoe brand TOD's, or the timeless cologne 'Acqua Di Parma'.

At a time when malls were flourishing and promoting big brands, Maison Degand faced tough competition. Nevertheless, Pierre Degand stuck to his founding values and did not lose faith in his business' direction and principles, reflected by both its prestigious location and refusal to compromise to the textile industry's demands of quantity over quality.

Very recently La Maison Degand took its bright future one step further with the opening of Degand Gifts, located just a few steps from the House, where Emily Degand introduces her creations as well as original objects selected for their quality with the taste for excellency she inherited from her father, Pierre.

We have included just a few of the large collection of gifts that just might suit your loved ones this Christmas.

www.degand.be/en/gifts 



Exclusively in Degand Gifts
Dr Vranjes (Florence):
various prices



Perfume Le
415 homme:
€135



Happy Plugs: Pink &
Champagne: **€30**



Maison DEGAND red
candles, fragrance
Bois d'Ylang Belgique
Small 1 wick **€30**,
medium 3 wicks **€55**,
large 3 wicks **€100**

BRUXELLES 45, Place du Grand Sablon +32 2 502 35 20
Shop online now: shop.FREYWILLE.COM • FREYWILLE.COM | VIENNA

NEW COLLECTION MONOCHROME



FREYWILLE

PURE ART



BAUME & MERCIER • BREGUET • BREITLING • TISSOT • CARTIER
HERMES • TAG HEUER • ICE-WATCH • LONGINES • PATEK PHILIPPE
ROLEX • BULGARI • TUDOR • ALPINA • MEISTERSINGER
HAMILTON • OMEGA • FREDERIQUE CONSTANT • ORIS
ARMANI • U-BOAT • ESPRIT • GUESS • DKNY • CASIO
HUGO BOSS • MICHAEL KORS • RODANIA • ORIS • EBEL
TOMMY HILFIGER • NAUTICA • MARC JACOBS • RADO

Huidevettersstraat 46, 48 & 52 • Schuttershofstraat 2 • 2000 Antwerpen
Tel: 03 231.98.98 • info@tensen.be • www.tensen.be

Online shopping: www.tensenonline.be

Frederic Blondeel: From bean to bar

It's the season to be jolly and a Belgian chocolatier knows how to help



Frederic Blondeel is not only one of Belgium's finest chocolatiers, in heart and soul he is a roaster. A burner of cocoa beans, until they have taken on the desired taste and texture. For this he uses among others the Santos Palace Coffee Roaster, a device from his grandfather and dating back to 1953. The tradition may be historic, but the working method is not. The most modern of techniques help him on the way to the end result: the production of grand cru chocolates.

Frederic Blondeel produces ten different single origin chocolate bars. Miniature bars are also available, along with a tempting



gift box. Pralines are available in four different quantities (boxes). There are dozens of different ganaches, caramels, truffles, sea shells, butterflies, milk, dark and white selection, gianduja, hearts, etc. Three sorts of cocoa powder to warm your cockles on a cold winter evening. Gladiators are robust pieces of single origin chocolate into which premium almonds, hazelnuts, raisins or dried fruits are processed.

And of course the spreads: two hundred grams of pure heaven in a glass pot. Milk, dark, with hazelnuts or speculoos. Nice on sandwiches or just as a snack. www.frederic-blondeel.be

Shopping

PURESENTIEL: The first 100% Natural Home Lifting

With its Organic Elixir Essentiel® and Suction Cup Face & Eyes Lift Vac®, PURESENTIEL puts all its expertise in aromatherapy at the service of the beauty of your skin.

Thanks to its unequalled know-how in the development of care health, wellbeing and beauty with essential oils and vegetable oils, research PURESENTIEL brings to today's world of cosmetics a totally new youth duo: Organic Essence Elixir® and Face Suction Cup & Eyes Lift Vac®, a whole new massage method for patented beauty for women who are looking to



offer their skin natural, quality, sensorial authenticity.

The Puressentiel Beauty Skin Home Lifting® Kit is natural cosmetic care that is unique, complete and customized. It is composed of an effective duo booster for a draining effect, a detox and tensor for the entire face with décolleté.

The formula for success? The best beauty oils combined with the patented lift Vac® face cup and its ball massage. In total, four actions for youthfulness - brilliance, elasticity, firmness, hydration - for a global anti-aging effect that is proven and approved. In pharmacies.
www.puresentiel.com

Dolce La Hulpe

Detox massage treatment at the Cinq Mondes Spa at Dolce La Hulpe Brussels.

The new Detox Massage Treatment Udarabhyanga offered by the Cinq Mondes Spa of the hotel Dolce La Hulpe Brussels is a real moment of relaxation that helps to find wellbeing and overall harmony in the body. This treatment focuses mainly on the central element of the body, the belly, which in traditional Indian medicine is the central area of the body and emotions.

The treatment begins with a back massage to soothe the tensions of daily life. Then it continues with work on the stomach. After the massage, a wrap with purifying properties is performed on the belly to activate tissue detoxification.



Finally, a massage of the feet and legs and the neck for deep and lasting relaxation. Result: we realize the importance of our belly! The treatment deflates, eliminates toxins and improves the functioning of vital organs. It also reduces stress and mental fatigue. Udarabhyanga specific belly 50 min: €100
www.dolcelahulpe.com



19 / 05

MAISON
VERVLOET

Shopping

Côtes Normandes

Sustainable fishmonger in Brussels and importer of fish caught according to the Japanese technique *Ikejime*. Created by two Belgian partners in 1997, Côtes Normandes imports into Belgium beautiful fish from sustainable fishing (short trips, small boats, artisanal line fishing, respectful fishing technique *Ikejime*) directly from French fishmongers. A Brussels-based company with ethical and professional know-how coupled with respect for the marine environment.

Le Cap du Vivier d'Oie (Uccle), Chaussée de Waterloo, 1229 – 1180 Brussels (Uccle)
La Poissonnerie des Tongres (Etterbeek), Rue Bâtonnier Braffort, 21-23 – 1040 Brussels



The Gourmet Popcorn Company, the tasty Irish snack

Popcorn is now widely recognized as the most nutritious, wheat-free and gluten-free snack product - low in fat and salt - ideal for indulging yourself without feeling guilty! The Gourmet Popcorn Company offers a new 'healthy' sugar-free range, with delicious flavours of Toffee Crunch and Sweet & Salty. But also the traditional range of The Gourmet Popcorn Company, with Caramel Crunch, Lightly Sea Salted or Sweet and Salty. All these products are gluten-free and also suitable for vegetarians. On sale at Carrefour and in the best supermarkets with a 'flavours of the world' counter.



Le Tearoom Scone Box

Nick & Judy Gifford by accident became the creators of a brand with their brand Tea Together, because they valued the social glue that a real Teatime can provide. Having road tested their home-made scones in their tearoom at St. Remy au Bois, they have launched a beautifully designed Scone Box with its six organic, no additives, no preservatives, handmade scones. The Tearoom Scone will début this side of Christmas in Brussels. Chez ROB. Backed up by Cornish Clotted Cream, the real deal.



GF7-38-SA-N-AF

Pour toutes informations :
infos@brm-manufacture.com - +33(0)1 61 02 00 25

www.brm-manufacture.com





LA NOUVELLE EAU DE TOILETTE POUR HOMME

LIFESTYLE

Shopping



Rouge de Chine

Beyond the doors of Rouge de Chine, we find ourselves instantly in the world of Natalia van Wassenhove: a mix of new style, a meeting between classical and contemporary, between two worlds, East and West.

Natalia stands out because of her originality, intuition and sensitivity. Thanks to these qualities, she senses the desires of her customers by adapting to their personality. Her travels have taught her to select unique pieces from around the world and rarely seen elsewhere. Her good taste seduces. Her selection of fabrics, wallpapers, antique Chinese furniture, paintings by artists and unusual objects will surprise you. Let her guide you no matter what your project..
Facebook/Rouge de Chine

bulthaup b Solitaire - Elements for the entire living space

bulthaup kitchens and living spaces are places where people come together to connect, relax and feel at home. They allow people to be creative and experience making things with their own two hands. To create such places, people, and their needs and customs, must be at the heart of all our considerations.

This is how bulthaup thinks and acts. Every day, we are wondering whether our concept of "the kitchen" is enough to meet people's wants and needs, now and in the future. We continually investigate this question as we manufacture our products with a passion for detail and a love of authentic materials, to create kitchen and living space systems that enrich lives now and tomorrow.
bulthaup.com/en



Rado: True Blaze

Limited to 1,001 pieces, the Rado True Blaze is a celebration of glitz and glamour. Housed in a 40mm plasma high-tech ceramic case, the watch evokes a disco ball feeling on the wrist. The dial looks as though it were completely covered in a layer of silvery metallic slivers, giving the appearance of a glittery explosion. **€3,009**
www.rado.com



Asia Gardens Hotel & Thai Spa

★★★★★

Alicante, Spain

THE PERFECT COMBINATION BETWEEN LUXURY AND FAMILY HOLIDAYS

The 5-star Asia Gardens is an exclusive hotel with all the serenity, peace and quiet of South-East Asia, guaranteeing complete relaxation and perfect service. Its lush tropical gardens with more than 3,000 species brought from Asia, its 7 spectacular swimming pools, 2 of which are heated, the choice of 9 exclusives restaurants, a Thai Spa where one can lose all sense of time and regain vital energy, are just a few of the reasons...

Asia Gardens is perfect for families: kids-club, babysitting service, kids-menus, family pool, interconnected rooms and suites... and an amazing programme of activities specially reserved for children!

OFFICIAL MEMBER OF
 *The Little Guest
Hotels Collection™*

MORE INFO: LITTLEGUESTCOLLECTION.COM

LIFESTYLE

Beauty

Time to shine

Our beauty expert **Delphine Stefens** steps out boldly into the mists of the festive spirits

Oh, the weather outside is frightful,
But the fire is so delightful...

Yes, you know the lyrics - but no, in these times of climate change, snow is not a given. However, you can still focus on the feelgood festive mood, be merry and let the love of the holidays shine through!

Scented candles Mon Beau Sapin (€59) by **Maison Francis Kurkdjian** and Une Forêt d'Or Noël (€75) by **Annick Goutal** at Senteurs d'Ailleurs.



Arctic Holiday make-up blender (€4.95) by **Kiko**.



Classique and Le Mâle Christmas Editions (€110.20 and €95.70) by **Jean Paul Gaultier**.





Beautiful hands and feet thanks to Pronails top quality products and a renowned nail stylist.
Apply an exceptional gel that is solid and thin and does not damage your nails.
Our centre is accredited as a **'ProNails Premium Lounge'**.

Our other services include:

Applying false eyelashes • Body Care
Wellness • Face care • Semi-Permanent Makeup

📍 Chaussée de Waterloo 649,
1050 Ixelles (La Bascule)
☎ +32 (0)2 345 63 84
📞 +32 (0) 472 84 40 19

🌐 www.jackynailsbeauty.be
f jackynailsbeauty
Open **Tuesday to Saturday**
from 10h to 18h30

Slimming and weight loss centre in Brussels

For men and women

What do they do?

The results obtained by cryotherapy or chromotherapy will surprise you. For all problems of stretch marks, scars, cellulite, varicose veins, fat, water retention, wrinkles, double chin, hair loss, heavy legs, venous and lymphatic circulation, decreased energy, sleep disturbance, lack of concentration or sexual appetite...

Cryotherapy

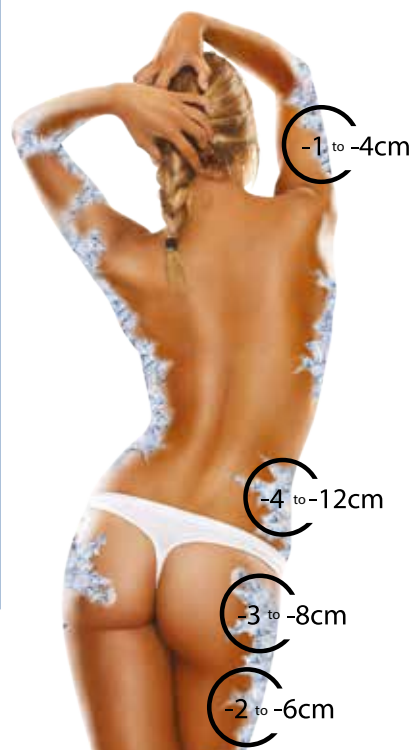
Cryotherapy is a natural face and body sculptor with immediate and permanent effects!

Chromotherapy

Chromotherapy is a revolution in practical aesthetics, for **slimming, firming** and **rejuvenating**, but also for **physical, aesthetic or emotional problems...**

Mesopor®

Spectacular results on the face without surgery or injections: Mésopor multiplies the effects of the active ingredients of Reneve products with visible results from the first session and effectively treats facial imperfections.



**Don't wait
make your
appointment today**

Come and test **cryotherapy**,
the only alternative to liposuction.
Lose 1 to 4 cm in one trial session
at -50% *

*Refundable when taking a subscription,
offer cannot be combined.

LIFESTYLE

Beauty



Le Vernis Longue Tenue Limited Edition N°582 Fiction (€25) by **Chanel**.



Celebrate N.O.W. eau de parfum (from 30ML/€45) by **Escada**.



Striking Nights Eye Palette Must-Have Christmas 2017 (€57.50) by **Givenchy** at Ici Paris XL.



Aura Gloss in Honey (€44.48) Victoria Beckham x **Estée Lauder**.

Kit Radiant Lip Crayons (€14.90) by **Yves Rocher**.



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.

VOTRE NOUVEL ESPACE BEAUTÉ À BRUXELLES
CHAUSSÉE DE CHARLEROI, 164 - 1060 BRUXELLES
02 537 66 93 - www.meltingpothb.be



bulthaup

SHOW ROOM
Structure PLUS SA
Chaussée de Waterloo 1391A - 1180 Uccle
T : 02 344 45 50 - F : 02 344 26 27
info@structureplus.be

LIFESTYLE

Design

Nomadic Homes: Live on the move

This book from Taschen has tracked down all manner of truly moveable homes

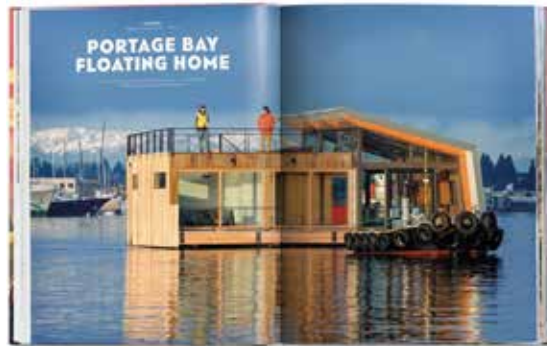


In this illustrated volume about nomadic homes, Philip Jodidio explores some of the most remarkable examples of homes on the move, from revamped Airstreams and clever luxury houseboats to refugee housing by Shigeru Ban. In an abundance of shapes, sizes, and extremes, each abode is presented with interior and exterior photography and a profile of its concept, designer, and inhabitants.



Nomadic homes come in all shapes and sizes. They are for the wealthy and the poor, the trendy and the out-of-luck. Changing one's place of residence is an endeavour that is as old as humanity, for reasons of season, or, more recently, to better occupy leisure time.

Written and edited by Philip Jodidio, this volume with illustrations by Russ Gray contains some of the most remarkable examples of homes on the move. Starting with totally revamped Airstream mobile homes, and going on to spectacular moveable vacation houses of the Epic Retreats "pop-up boutique hotel" in Wales, this book doesn't stop moving, surveying the best in campers and tents, and



going on to extravagant marine dwellings like BIG's Urban Rigger, or the Manta Underwater Room in Zanzibar. At the other end of the spectrum, we find refugee housing for those forced into a life on the move, including shelters designed by the Pritzker Prize-winning architect Shigeru Ban.

Philip Jodidio (born 1954) studied art history and economics at Harvard and for more than two decades was editor-in-chief of the French art magazine *Connaissance des Arts*. He is widely regarded as one of the leading architecture writers and his impressive publishing oeuvre is testament to his superior knowledge of space, material, and form. From alternative living innovations to the careers of master architects such as Zaha Hadid or Jean Nouvel, Jodidio is the international authority on contemporary architecture.

Nomadic Homes: Architecture on the move
€49.99

www.taschen.com

“ SPECTACULAR MOVEABLE VACATION HOUSES OF THE EPIC RETREATS ”



Winxx is a project of
BRUSSELS PROJECTS
Building your Future

YOUR EXCELLENT INVESTMENT

- In-house letting agency with more than 25 years of experience: BBF is market leader for expat housing in Brussels.
- Invest in high-end studio's, 1 and 2 bedroom apartments.
- Interesting alternative to your savings account.
- Iconic architecture and superior finishes.
- Exclusive and trendy living in the Manhattan district near the historic center.
- Reliable and international tenants.

More info via **0800 997 33**
or via www.winxx.be



*Collection Tollet

LA QUALITÉ
ET LA CONFIANCE
ONT UNE SIGNATURE.

TOLLET JOAILLIERS
Chaussée de Bruxelles, 177 - 1410 Waterloo
+32 2 354 24 65

— www.tollet.com —

Atelier de la Cambre: A collection of luminaires

James Drew looks into the world of Stéphane Davidts, lighting creator *par excellence*

From the word go (which was 1980), lighting manufacturer Stéphane Davidts has always been about simple, sober quality, for demanding customers – today, he is one of Brussels' leading producers of decorative lighting that integrates perfectly with any interior, whether classic or contemporary. With lamps, wall lights, reading lights, suspensions spots and the new integrated full LED lamps that are instantly recognizable as class – beautiful, elegant, refined and timeless.



In his Brussels workshop, surrounded by the know-how of around 40 people, Davidts combines modern and traditional techniques to obtain precise, elegant and refined products that last and last. Davidts' collections have historically charmed all-comers, and the company also makes customized lighting, as well as also excelling in shades, with a progressively sizeable collection of table lamps, wall lamps, suspensions, reading lamps and spots.

The aim, according to Stéphane: "Each client must be able to find his style, whether for an old or classic interior just as easily as for a contemporary space, and to find a destination as well in hotels or public places as at home. The deliberate choice of the artisanal approach

to the making of shades makes it possible to favour quality over quantity, which positioned our shades at the top of the range. Our workshops can manufacture a wide variety of shades, in multiple and varied forms, and we regularly look for new and trendy colours and materials on the European market."

Twenty-five years ago, in 1992, the company moved to Uccle, to workshops that specialized in the work of copper and brass. "The know-how of a team of professionals mastering all the traditional techniques, combined with a contemporary, clean and timeless design, allowed the development of a unique collection that has often been copied but never equalled," Stéphane explains.

And brass certainly seems to have taken hold, with all available fixtures now being made in this attractive, malleable metal.

"The flexibility of the brass allows a range of

LIFESTYLE

Design

creations and it is also the ideal support material for the most beautiful finishes on metal. We buy premium quality brass, which after careful control is cut, milled and threaded. Our folding and embossing techniques guarantee sharp angles and precise curves. All our welds are made with silver solder. For surface treatments, the different elements of our luminaires are previously sanded, polished or brushed."

And what a collection of luminaires – a brief visit to Stéphane's shop Les Ateliers de la Cambre, on Chaussée de Waterloo in Brussels, or his website, reveals a range in which elegance is absolutely key.

Just take a look at his styles – Kerma 24 Ovale, which has twenty-four decorative bulbs, oval ceiling base and square structures, for a hall or large space and Terra, which is a structure in epoxy black with a decorative bulb, are particular standouts.

And check out the Noukar with kerma structures – a floor lamp with three decorative bulbs and square structures and foot switch, a complement to any room.

The key to Davidts' success? Creating in accordance with the wishes of the customer, a careful selection of raw materials and complete control of the production process. The materials come from the very best European factories. The result is characterized by a high standard of quality, precision and finish that

guarantee the longevity of the lights. The lampshades are also all hand-made, which provides a very decorative lustre to the lighting. Davidts uses an extensive range of materials and colours, and the result is 100% Belgian and highly appreciated by demanding customers and professional decorators.

"We are particularly proud of our brushed bronze patina," Stéphane explains, "with its incomparable finishing, obtained by a multitude of operations and a soaking in patina baths. All our finishes ensure the luminaires' longevity and finish down to the smallest detail. These techniques were acquired by our teams of old, and have adapted been to our methods and production requirements."

And, as far as the quality assurance is concerned, Stéphane is proud of his tradition: "Our company is, and will remain, a family one. We can offer the assurance of continuity and a long-term guarantee of follow-up for all our products."

Not much more to be said – when it comes to illumination, Stéphane Davidts is light-years ahead.



Les Ateliers de la Cambre
www.davidts.com/en



Rouge de Chine

2, Rue de l'Eglise - 1380 - Lasne - +32 (02) 653 80 48 - info@rougedechine.be - www.rougedechine.com

NOUVELLE JEEP® COMPASS

RECALCULEZ VOTRE DESTINATION



OFFRE DE LANCEMENT

TOUT ÉQUIPÉE À PARTIR DE 24.900 €⁽¹⁾

Système de navigation Uconnect 8,4" avec phone mirroring • Jantes en alliage léger 17" • Cruise control • Park Assist arrière et caméra de recul • Forward Collision Warning Plus • Lane Departure Warning Plus • Climatisation automatique bizona • Volant multifonction en cuir

Vivez dès à présent l'expérience Compass chez votre distributeur Jeep.

Jeep

DONNONS PRIORITÉ À LA SÉCURITÉ.

(L/100 KM) : 4,4 - 6,9 NEDC (G/KM) : 117 - 160 NEDC

(1) Prix recommandé TVAC d'une Jeep, Compass Longitude 1.4 MultiAir 140ch 4x2 équipée du Business Pack et déduction faite de la remise Jeep, 2.100€, de la prime de reprise additionnelle de 1.500€ et de l'action 'Pack Offer' sur véhicules en stock d'une valeur de 900€⁽²⁾. (2) Prime de reprise valable à l'achat d'un Compass jusqu'au 15/12/2017. La prime de reprise est valable à la reprise de votre véhicule et est réservée aux clients particuliers. Cette prime sera déduite du prix d'achat de votre nouveau véhicule et n'est pas convertible en espèces. Le nom de l'acheteur du nouveau véhicule doit correspondre avec le nom du dernier propriétaire (non repris sur le certificat d'immatriculation) du véhicule repris. Le véhicule repris doit être immatriculé depuis au moins 6 mois au nom de l'acheteur au moment de la signature du contrat d'achat. (3) L'action 'Pack Offer' d'une valeur maximale de 900€ est appliquée aux véhicules en stock, achetés entre le 1/12/2017 et le 15/12/2017 et immatriculés avant le 15/12/2017. La liste des véhicules de stock concernés est disponible chez votre distributeur Jeep. (1) à (3) Offres TVAC réservées aux clients particuliers et valables dans le réseau Jeep, participant jusqu'au 15/12/2017. Retrouvez le réseau participant sur www.jeep.be. E.R. : Yann Chabert. Annonceur : FCA Belgium S.A., Rue Jules Cockx 12 à -1160 Bruxelles. RPM : Bruxelles. BCE 0400.354.731. IBAN FCAB: BE 86 4829 0250 6150. Informations environnementales (A.R. 19.03.04): www.jeep.be. Photo à titre illustratif et non-contractuelle. Le véhicule illustré ne correspond pas à la version et au prix décrits. Jeep, est une marque déposée du FCA US LLC.



GEBROEDERS MERCKX
Brusselsesteenweg 341, 3090 Overijse
Téléphone : 02 687 64 30

LIFESTYLE

Motoring

European Motor Show 2018

Our motoring correspondent **Bob Monard** runs the rule over this year's offerings



This 96th edition will reserve some nice surprises across the more than 100,000 m2 of exhibition space, an exceptional achievement on a worldwide scale: all the major brands on the Belgian market have responded and will be sharing Palais 1, 3, 4, 5, 6, 7, 11 and 12.

Palais 10 will be dedicated entirely on 19, 20 and 21 January to micro mobility and shared mobility solutions.

In addition, there will be an exhibition of automotive art and jewellery in Palais 1, which will also include prestigious manufacturers. And for everyone to enjoy, three nights are planned - 12, 15 and 19 January - when all spaces at Heysel will be accessible until 22:00. Enjoy the discovery!
12-21 January 2018.
autosalon.be/en

A for ALFA

Enjoy the graceful Giulia sedan family, available in 2-wheel and 4-wheel drive with 200hp, 280hp and 510hp and diesel versions boasting 136hp, 150hp, 180hp and 210hp. Branded Veloce and Quadrifoglio, this is a driving experience that brings seductive pleasure. It must be said that the dynamic road behaviour guarantees full performance. Stylishly fitted to compact SUVs, the Stelvio boasts a pro-active chassis that celebrates the marriage between handling and comfort - at attractive prices. Under the bonnet, they opt for Eurosuper blocks of 200hp and 280hp with AWD. Or for diesels with 150hp, 180hp and 210hp, the latter two in traction or 4-wheel drive.



A for AUDI

Released ahead of the Audi A7 Sportback, the third generation of the A8 (5.17m) is the star with its forty driving aids. This Ingolstadt flagship, with its huge grille and unusual headband connecting its rear lights, adds more self-driving, self-parking and driverless driving (no eyes or hands) up to 60km/h in a traffic jam. As for the comfort radius, we point to two central touch screens on a pared-down

dashboard. On the A8 L (+13cms), the rear relaxation seats with massage and arch heating are complemented by a removable touch pad to manage the air conditioning. Adaptive suspension and steerable wheels complement the 286hp and 460hp V6 and V8 petrol and diesel engines with light hybridization engines and a 449hp e-tron plug-in hybrid engine. The spirited among you will revel in the Audi RS3 400hp!



B for BMW

We look at the GT which has added 9cms in size while lowering its roof by 2cms. This 6 Gran Turismo therefore also treats the occupants to the extra comfort with an extension of its wheelbase. Under the right foot, you'll find the trifling of 320,450hp and 560hp in gasoline for 313hp in diesel. It comes in 2X4 and 4X4. The 8, also available in M8, prepares its comeback in 2018 while the X3 is

the subject of several retouches: lines stretched, 5cms over the length and a more robust look – and what a pleasant wait for the return of the Z4roadster. Or perhaps you prefer the i3 (170hp) and i3s (184hp) restyled. The 5 version has adopted the plug-in hybrid technology: 4-cylinder twin-turbo 184hp in petrol and an electric of 95 hp. The 5 Touring has been rejuvenating and offers 40 dm³ more than its sister sedan while the new X3 boasts 360hp in its M 40i version.



B for Bentley

The Continental GT (507hp, 528hp, 590hp, 642hp and 710hp) of the second generation is modelled on its older sister! Luxury reigns supreme and skilfully mixes the traditional with hi-tech from cousin Audi. This impressive machine comes with four-wheel drive. This luxury coupe is resolutely alert and comfort-wise rivals its brother Bentayga (435hp and 608hp) - it's the first prestigious SUV whose

royal comfort is its calling card. The Mulsanne (512 and 537hp) remains a safe bet for those looking for a princely and sumptuous space in a V8. Less expensive, the Flying Spur offers from 507hp to 635hp in 4-wheel drive. As for the new Continental Supersports, a reference for touring cars, it claims to be the fastest accelerating Bentley: from 0 to 100 km/h in 3.5 seconds. With a top speed of 336 km/h, 710hp and 1.017 Nm. Crazy, right?

LIFESTYLE

Motoring



F for FIAT

Turin keeps on smiling! And the 500 is clearly matches the morale of the troops. Updated in 2007, it continues to change advantageously and for different audiences: city, cabrio, minivan, SUV, Abarth - the 500 is all things to all men. I take my hat off! Still, the Panda is about longevity and the 124 Spider recalls great memories: a comfortable, chic cabrio, this 140hp enchanter its two boarders vibrate

while the compact sedans Tipo and Tipo Station Wagon prove to be compact and spacious with a formidable equipment-price ratio, coupled with remarkable handling. As for the Turin pickups, the Fullback is distinguished by its unique look and pleasant and well-equipped interior. It was recently joined by the Fullback Cross with its assertive look - robustness and versatility combine with 2 or 4-wheel drive.



I for INFINITI

Compact sedan, family sedan, large sedan, large SUV or coupe... the choice will be sure to satisfy you! The Q30 (109, 122, 156, 170 and 211hp petrol and diesel) has the DNA of the Mercedes GLA but displays its own personality and offers a real pleasure to drive. The Q50 (170hp with fuel oil, 211, 364 and 405hp with Euro 98 and hybrid) poses itself adroitly as an alternative sedan to the German version, while the Q70 (170, 320 and 364hp)

is an overstuffed, luxurious limousine and the Q60 coupe (211 and 405hp) is positioned as a racy sportscar, neat and richly endowed. Let's add the letter X to some of those Qs and this gives the original QX 30 fenders in 170hp and 211hp, QX 50 of 238 and 320hp and the QX 70 in 320 and 390hp.



Sheer
Driving Pleasure

ON A MISSION. THE NEW BMW X3.

 GIVE WAY TO SAFETY.

Environmental information (RD 19/03/04): www.bmw.be

5-8.4 L/100 KM • 132-193 G/KM CO₂



BMW Brussels.

Your BMW dealer in the city.

Marc Moncousin • Chaussée de Louvain 864 • 1140 Evere • Tel. 02 730 49 11

marc.moncousin@bmw.be • www.bmwbrussels.be



NEW DS 3 PERFORMANCE LINE

DS AUTOMOBILES

SPIRIT OF
AVANT-GARDE



DS PERFORMANCE
LINE

DS prefers TOTAL  GIVE PRIORITY TO SAFETY.

 3,4 – 5,6L / 100KM  87 – 129G CO₂ / KM

Environmental information (RD 19/03/2004): www.dsautomobiles.be/fr/univers-ds/consommation-a-l-usage.html.

DSautomobiles.be

LIFESTYLE

Motoring



J for JAGUAR

One thing is clear: the news from Jaguar continues to gather pace! After the F-Pace crossover of 250hp, 300hp and 380hp (petrol) and 163hp, 180hp, 240hp and 300hp (diesel) and before the I-Pace electric, the compact E-Pace is delighting performance enthusiasts with 250hp and 300hp fuel oil as are the three opting for diesel (150hp, 180hp and 240hp). A great roadster, the XF (163hp to 300hp) appeared in 2007 and was given a makeover in 2015. Reviewed from top to bottom, is lighter – less than 190 kg - because of a base that is 75% aluminium. It also more efficient, more agile, more spacious, more technological – frankly, all the more beautiful and faster. The very elegant Sportbrake version sees its trunk pass to 525 dm³ with automatic opening and 1,700 litres with a flat floor once the back seat (40%/20%/40%) is folded down. Do not forget the more accessible F-Type with its 300-hp block hidden under a fascinating figure.



L for LAND ROVER

The exterior of the new Range Rover P400 e, short and long chassis, evolves with a cabin that is even more comfortable and it has added equipment for the new needs of everyday life.

Synonymous with the pinnacle of automotive luxury and in constant quest for perfection and refinement, the P400 e now boasts a plug-in hybrid engine: its 300hp 2.0-litre gasoline engine is twinned with an electric version of 116hp, in permanent four-wheel drive.

Based on the Jaguar F-Pace platform, the Range Rover Velar slips in between the

Evoque and Range Rover Sport. Unbelievably luxurious and sure of course thanks to its all-wheel drive and a plethora of driving aids - it convinces both with its comfort and driving pleasure, even off the beaten track. As for the Discovery, it still holds seven adults. Its services on the road as well as off the beaten track remain fabulous just as the comfort and equipment that characterize it.



DOING BUSINESS THE SWEDISH WAY THE VOLVO XC90

As an entrepreneur, you surely know that the Swedish have their own way of doing business. Their equality-based corporate hierarchy, 6-hour working days, Fika and so forth all revolve around efficiency and people. Just like we at Volvo design cars for people. And, in the case of the XC90, for enterprising people like you. Its blend of a luxurious, minimalist interior with smart technologies like Adaptive Cruise Control, Pilot Assist and Apple CarPlay® means that you have time for what really counts. Time for your ideas, for your business and for yourself. If you'd like to know more about our Swedish business model, please join us for a test drive.

The Volvo XC90 D4 is available now in **Business Luxury Line edition, from €640/month, excl. VAT***.



2,1 - 8,1 L/100 KM | 49 - 184 G CO₂/KM (NEDC)

GIVE PRIORITY TO SAFETY. Promotion valid until 31/12/2017. Business users only. Monthly rental excludes VAT on Volvo Car Lease. Based on a 60-month term for a XC90 D4 FWD with retail value of € 43,383 excl. VAT. No deposit and residual value of € 8,677 excl. VAT. This advertisement only applies to business users who intend to use the vehicle for commercial purposes. Subject to approval of contract by the Volvo Car Lease credit committee, Gentsesteenweg 1440, 1082 Brussels. Visual for illustrative purposes.



2,1 - 8,4 L/100 KM • 49 - 192 G CO₂/KM (according to NEDC standards).
Environmental information RD 19/3/2004: www.mercedes-benz.be - Give safety priority.

The Mercedes E-Class. Masterpiece of Intelligence.

As a diplomat, you're always looking for intelligent solutions. It's why we know you'll appreciate the extensive driver assistance systems and innovative technologies in the new Mercedes E-Class. Such as the Active Brake Assist function that combines distance and collision warning with braking assistance, and remote parking using your smartphone. Discover this Masterpiece of Intelligence at your authorised Mercedes-Benz dealer.

Mercedes-Benz
The best or nothing.



LIFESTYLE

Motoring



M for MASERATI

Ghibli, GranCabrio, GranTurismo, Levante and Quattroporte ... all the names that flourish with sporty, Italian refinement. Pure style, happiness at the wheel, pleasing performances: the denominator for the whole range is elegance! In all circumstances. With a choice of 275hp, 350hp, 430hp, 460hp and 530hp is inspires

you to gallop. For the 2018 vintage, the Levante S and its 430 hp V6 guarantee all-out rides with a super-low centre of gravity, 4-wheel drive and 8-speed automatic transmission. This trident synthesizes beautiful mechanics and sublime aesthetics with a rare mastery. Pure joy!



M for MERCEDES

Pleasing everybody is mission impossible in the automobile business. But... Mercedes succeeds with its class X which takes the strengths of Nissan Navara and Renault Alaskan. This neat new pickup comes in three outfits. The utility is called Pure, the family car Progressive and the luxurious version Power. Accommodating five people in double cabin, towing up to 3.5 tonnes, the power of its engines oscillates between 163 and 258 horses. The prestigious S-Class saloon fully merits its slogan: "The best or nothing".

Ingeniously restyled, it now has on new V6 petrol and diesel, a brand new V8 biturbo and a plug-in hybrid that go hand-in-hand with comfort and safety pushed to their peak. A limousine from another era, I hear you cry! The end of the end in terms of power, the AMG GTR roadster with its 585hp V8 twin turbo. Everything is there: the design, the road behaviour dedicated to the circuits and the muted atmosphere of the interior. It's worth noting the updated GLA, the E 350 e plug-in hybrid and the splendid E-Class Cabriolet.

**M for MITSUBISHI**

With its Eclipse Cross, Mitsubishi integrates the SUV Coupé segment. With its cuneiform belt line, dynamic sculpture and sleek roof as well as new generation equipment, this Mitsubishi embodies the brand's sporting DNA dating back to the 1970s. Under the hood, a brand new 1.5-litre gasoline 4-cylinder supercharged direct injection engine and the

upgraded 2.2 diesel. They boast 6-speed manual gearboxes, CVT gearbox with 8-speed "Sport" ratio and an 8-speed automatic transmission. Positioned between the ASX which is shrinking and the which is built to grow to grow, the Eclipse Cross is a SUV that does not lack originality. It has the look, modularity and a five-year warranty.

**MONSIEURPNEUS.be****WITH AND WITHOUT APPOINTMENT**

AVEC ET SANS RENDEZ-VOUS

+32 2 736 00 04► **Large stock choice***Grand choix de pneus en stock*► **Summer/winter tyre storage***Stockage de vos pneus été/hiver*► **Wheel balancing***Géométrie et équilibrage*► **"Pick-Up" Service :**
private, company and embassy*Service «Pick-Up» :
particulier, entreprise et ambassade*► **Large rim choice***Grand choix de jantes*► **Instant repair***Réparation immédiate*► **Professional team***Personnel spécialisé*► **Personalized service***Service personnalisé***MONSIEURPNEUS.be****Much more than just tyres!**Come and discover « **les plus** » Monsieur Pneus and benefit immediately from our many discounts!**Bien plus que des pneus !**Venez découvrir tous **les plus** Monsieur Pneus et profitez immédiatement de nos nombreuses réductions!**BRUSSELS**Av. L. Mommaerts, 10-12 • 1140 Brussels
Tel. 02/736.00.04**GENVAL**Av. Albert 1^{er}, 180 • 1332 Genval
Tel. 02/652.50.08www.monsieurpneus.be



S for smart

Mobility, a global concern for motor vehicles with a stocky silhouette. Since 1998, smart has been leading the way. With its ForTwo cabrio and its Forfour coupé, it is nonconformist, alert and reliable, this city slicker can go everywhere with amazing ease,

due to its turning circle (6.95 m) - a record! To get around, it counts on engines with 71, 90 and 109hp. Recently joined by an electric motor from the 82hp Renault Zoé which guarantees 130 km/h and a range of 160 km. Smart mobility is not a vain expression. The smart electric drive is the proof of the pudding.



V for VOLVO

After the XC 90 and before the XC 40, the Volvo range gets a new look. Marked by its home design, this XC 60 is a chip off the old block, delivering between 190 and 320 horses. Without neglecting the 407hp hybrid plug-in. Pleasant to drive and well-endowed, it is as functional as it is comfortable and safe. The XC 40? A very, very compact SUV! It

collects storage spaces in the cockpit and in the trunk. Automatic gearbox and all-wheel drive share the mechanics seen under other Swedish bonnets. Released before the arrival of a new 3-cylinder gasoline, a 100% electric version and a hybrid plug-in version. Produced in Belgium, this Swede is impatiently awaited by the fans of Scandinavian motoring.



RADO TRUE PHOSPHO LIMITED EDITION
HIGH-TECH CERAMIC. LUXURY AND COMFORT.

RADO
S W I T Z E R L A N D

TIME IS THE ESSENCE WE ARE MADE OF

LIFE OF LEISURE

There may be few – if any – better places to spend the winter holidays than in New York City

LIFESTYLE

Interview

Julia Roberts: A genuine Hollywood icon

*This month Together chatted to Julia Roberts about her latest movie *Wonder**



Sitting in an airy hotel suite, with a breeze tickling her godlike blonde mane, her smile as bright and dazzling as the sun, Julia Roberts emanates movie star. It's coming from her perfect miniscule pores. She takes a sip from a glass with those perfectly plump lips while her chocolate oval eyes glance to her left side, taking in a whispered conversation between clipboard-wielding publicists.

Every mundane action is transformed by

Robert's visceral star power presence. She is a true movie icon in the flesh. Which makes it hard to imagine the Oscar-winning star of *Pretty Woman*, *Erin Brockovich* and *My Best Friend's Wedding* could or would ever feel apprehensive around her devoted fans and well-wishers on the street. But it's true.

"I don't hate it but I try to avoid it," she tells me. "It makes me feel nervous, maybe I'm shier than I realized, I don't think I'm very good in



that interaction. I get nervous. It's always been that way. I'm not sure what to say."

Problem is, Roberts is so appealing and irresistible. Even the most hardened Hollywood hater would melt in her presence. Even a relatively low-key outfit of a black blazer and speckled black and white lightly see-through shirt would on most, appear rather ordinary. But on the recently turned 50-year-old, it's a vision in glamour.

Perky and fun, though terrifically seasoned and equipped with what she wants to answer and more important, what she won't, Roberts is in sunny humour as we discuss her latest performance in *Wonder*.

She plays the mother of a young boy (Jacob Tremblay) who lives with acute facial disfigurement. After being home-schooled for all his life, she decides it's time to let him experience life in the outside and take his first steps into middle school.

And while bullying and harassment become part of his daily routine, she has to allow her son to grow strong and learn to stand up for himself. And ultimately love his imperfections. It's a very personal project for the star who fell in love with the book while reading to her three children, twins Hazel and Finn, 13 and 10-year-old Henry.

Roberts talks bullying and social media and

being open about having favourites out of her brood. She also talks turning about 50, why George Clooney gets different treatment and her idea of happiness.

The star lives with husband Danny Moder and their kids on a ranch in New Mexico.

Together: You character has a very tough moment seeing her little boy heading off to school for the first time. How was it for you with you kids?

Julia Roberts: Torturous. I hate it. I hate it every day. I want them to stay home with me (laughs). Oceans of tears (laughs).

“ IT'S A VISION IN GLAMOUR ”

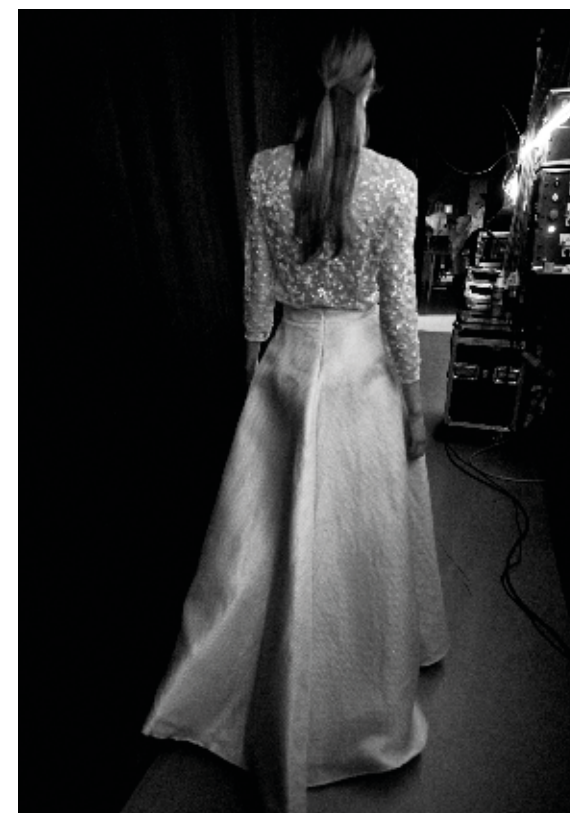
Bullying is obviously the main concern for any parent, how do you combat it if/when your kids come up against it?

Bullying is a big issue of concern for my husband and I. We've always been very open with them and emphasize the point of telling a grown-up if they're being picked on or bullied. Always knowing that.

Because bottling it up and trying to compartmentalize which is a virtually impossible task for a child, that's where the problems stem and grow. So, knowing you have that open dialogue with a parent or a teacher, an adult you trust, is the first step to solving that situation.

Were you bullied in school?

I was but I remember more the times when I





saw bullying or was present for it. And standing by and watching and not intervening. And that inaction is damaging and I think all of us at one point or another thought, 'I'm happy that isn't me' - as a child, it's hard to step forward and say, 'that's not OK'. I wouldn't have a problem now being older and taller but it's hard when you're that young.

What about social media bullying, how do you combat that happening?

I don't understand social media, it's seems baffling to me. It appears unknown and indecipherable. I see it as bows and slingshot of negativity being tossed at strangers by strangers, this technological, anonymous aggression, I don't understand that compulsion and I never will.

So, with your own kids...

There are rules for it.

How did you become involved with this movie?

I adored the book. I actually bought it for my eldest son after reading about it in the *New York Times*, forgot about it, discovered again when a lot of time had passed for some reason. I churned through it over a weekend and then I knew I wanted to introduce my children to it but I couldn't anticipate the reaction it got. We read together all the time, it's our tradition, family tradition, but with other

books, there's a different response and reaction from my kids who are all at new, constantly evolving times in their lives. I have two boys and a girl, and they all have various likes and dislikes, so sometimes one isn't as invested or interested or the other's attention wanes.

With *Wonder*, it was extraordinary how equally they were all mesmerized and enraptured. So, based on that, and my kids saying, 'will this be a movie,' I called my agent and said, 'I want to be the mom in *Wonder*, how can we make this happen?'

“ MY KIDS ARE NOW TELLING ME NOT TO DO THE VOICES ”

That's a cool tradition you have, all reading together.

It's not something I've invented, I can't take credit, millions of families around the world do the same. But I learned it from my father, who

would read to us every night, and I loved the tradition - it was my time of the day for wonder, right before I went to sleep.

So, I like to do the same although my kids are now telling me not to do the voices, which they used to love. But now they're like, 'No voices, just read it.' That was my favourite part but I'm not the boss, am I? (laughs)

Did you do this movie for them?

I would love to stake that claim, that it's for the children. I would love to smugly claim that but unfortunately my work is not a priority for them,



but I do know they will enjoy this because they loved the book, so they're guaranteed to be interested. But in anything else of mine, not so much.

The movie teaches us never to judge a book by its cover - has it taught you that lesson or were you already educated about that?

I met a good friend of mine for the first time, years ago and I remember when she walked into the room, I judged her and felt like I immediately knew who she was and what she was about. And I was 99.3 per cent inaccurate. And that has stayed with me, whenever that little voice starts to formulate a judgment, I think of my friend and think, 'wait, I was wrong then and I'm probably wrong now'.

You character also expresses having a favourite kid, Auggie. Do you have a favourite?

Oh, I have favourites (laughs). It changes but I do. The trick is to disguise who that is at various stages (laughs). I make jokes about it, you know, I'll say to them, 'I don't have any favourites' and then I'll turn to one and say 'you're my favourite'. It's funny. For me at least (laughs).

You turned 50 recently, congratulations.

Thank you.

I detect a slight flinch at the question.

I've got a lot of those similar type questions about my age during this (press tour) and I gotta say, I'm not sure George Clooney would get the same, sort of said with this concerned look. Maybe I should ask him?

I would definitely ask him or any man. It's a universal milestone, turning 50. It's something to celebrate.

50 years. It was a great celebration and I enjoyed it very much.

What did you do for it?

Well I had a lovely surprise in the form of my three kids. My husband and I were away on a trip in San Francisco and I was a little

sad I wasn't with them for the day in question. And then we turned into a shop, my husband directed me in there and I looked around and there they were. And we had a gorgeous day just the five of us.

What brings you wonder and happiness?

Being with my family, that's happiness for me. Doesn't matter what we're doing, as long as we're all together.

Ends. 🎬



NY: Festive Contrasts

Natalie Morris offers up eight things to do in New York City this Christmas and New Year



There may be few – if any – better places to spend the winter holidays than in New York City. But as is the case for every town, a little bit of knowledge will help you make the most of what it has to offer, while perhaps avoiding some its less ‘festive’ aspects. Combining research, testimony from a couple of opinionated locals and my own personal experience, here are my 8 ideas for anyone travelling across the pond

this Christmas and/or New Year’s Eve.

But first, let’s start off with what you shouldn’t do (but probably will): walking around Times’ Square might seem like a must when visiting New York at any time of year, but the truth is that the iconic spot is perhaps one of New Yorkers’ most disliked places to have to walk through, never mind hang around. This is due to its extremely crowded, touristy vibe with the



FLEURS DE MA PASSION
107 Chaussée de Bruxelles - Waterloo - 02 354 67 65



most cynical, soul-crushing displays of capitalism you will ever find – and I am barely exaggerating. If you must see it, pop by just long enough to take a selfie, then head off to discover all the far better places to take in the magic that is New York at Christmas time.

For instance, the **Bryant Park Winter Village** awaits just a few blocks away. Normally a relatively relaxed space to sit and have your Wholefoods sandwich, between the bustling 6th Avenue and the impressive, classical-style main building of the New York Public Library, the Park somehow turns into a wonderful Christmas extravaganza this time of year, with around 170 market stalls, a giant Christmas tree and, of course, a 17,000 square-foot ice-skating rink.

However, if it's skating you're *really* after, you can't get more magical or traditional than Central Park's **Wollman Rink**, featured in probably half of the Hollywood Christmas movies you've seen, and with good reason. For lower entrance fees and skate rentals, try going anytime from Monday to Thursday.

“ THE MAGIC THAT IS NEW YORK AT CHRISTMAS TIME ”

On the other side of the Christmas-magic-spectrum, it is highly advised *not* to try out the Rink at Rockefeller Center, which is rather too expensive and packed with visitors to be make it all that enjoyable. That being said, the awe-striking **Rockefeller Center Christmas Tree** remains an absolute must-see (some places are just crowded for a reason).

And while you're sightseeing in Midtown, don't forget to window shop. Many high-end stores here make no concessions with their wonderful, dreamlike window displays. In particular, the sense of fairy tale aspiration and attention to detail put into the displays at **Bergdorf Goodman** truly make it an attraction all of its own, regardless of whether you can afford any of the items.

The next item on our list is **Paul Winter's Winter Solstice Celebration**. Set in Saint John the Divine's Cathedral (near Columbia University), it is a 'multimedia' show featuring 'musicians, vocalists and the 25 dancers and drummers of the Forces of Nature Dance Theatre' – meaning Paul Winter himself on the saxophone, an organ player, a gospel singer,

AIR&RAIL

AIRFRANCE 

WITH AIR FRANCE, EXPLORING THE WORLD BEGINS AT BRUSSELS-MIDI/ZUID RAILWAY STATION.

- Travel to Paris-Charles de Gaulle airport in first class with TGV high-speed train
- Your airline ticket covers both train and plane
- No queues; check-in up to 30 minutes prior to departure
- Pick up your baggage at your final destination



6 DAILY DEPARTURES FROM BRUSSELS-MIDI/ZUID RAILWAY STATION TO THE WORLD VIA PARIS-CHARLES DE GAULLE AIRPORT

Board the TGV and settle into your first class seat on the way to Paris-Charles de Gaulle airport before flying to one of the numerous destinations of Air France.

TRAVEL WITH EASE

Air France makes it easy for you to relax while you travel: one ticket is all you need for both train and plane. Most of the time, the price is the same or even less than the price of the same journey departing from Paris. Buy your ticket at the Air&Rail Terminal in Brussels-Midi/Zuid railway station, at your local travel agency, or online at www.airfrance.be.

QUEUEING BECOMES A THING OF THE PAST AND EVEN YOUR BAGGAGE IS TAKEN CARE OF

When you travel with Air France departing from Brussels-Midi/Zuid railway station, you can save a lot of time for yourself and those travelling with you. What's more, you can check in your baggage up to 30 minutes before your TGV train departs and pick it up at your final destination. The Air&Rail check-in counters are open every day from 5.30 am to 7 pm.

MAKE THIS RAILWAY STATION YOUR FAVOURITE AIRPORT!

AIRFRANCE KLM

said 25 dancers, something called a 'sun gong', etc., colliding in a flashy, spectacular celebration of the return of the Sun. Need I say more?

And speaking of New York's ubiquitous renown for spectacle, your Christmas adventure will require little more if you manage to snag tickets for **The Nutcracker**, performed by the **New York City Ballet** at Lincoln Center. It's the quintessential fairy tale experience for all ages, but especially magical if you're bringing kids along with you.

If that's the case, be sure to also take them to the **Holiday Train Show** at the New York Botanical Gardens, and watch with them as the old-timey model trains zip through an enchanting miniature version of the city, somehow recreated with plant materials.

Then again, perhaps the most enchanting thing to witness as a family is the Christmas home decorations at **Dyker Heights**. Every year, the houses of this Brooklyn neighbourhood carry out a ferocious competition for the most original – and most over-the-top – Christmas lights, to the delight of many tourists and locals alike.

And if you happen to be in town as early as December 17th, why not join a bunch of those locals and help them perform **'Unsilent Night'**: meet the crowd at Washington Square Park where a number of vintage boomboxes will be handed out to participants along with cassettes, all featuring different parts of the eponymous composition by Phil Kline. Then, march alongside everyone as the piece plays out through all the speakers, creating a communal music experience all the way to

Tompkins Square Park.

Now, moving on to New Year's Eve, the problematic topic of Times' Square inevitably comes right back to bother us. Of course, no one can stop you from heading there to **watch the ball drop at Midnight**. Therefore, if you must subject yourself to all manners of discomfort and, again, annoying tourists (which, admittedly, you are also), I should at least remind you to be well-prepared: layer up as much as you can, be sure to pack lots of snacks (especially if this is a family outing) and don't forget to keep a close watch on your bags and other belongings.

Or, you could attend the **fireworks at Prospect Park** instead, a rather more 'low key' event with live music from 11 p.m., free hot chocolate and of course fireworks at the stroke of midnight (according to Timeout, "the best vantage points are at Grand Army Plaza, inside the park on West Drive and along Prospect Park West between Grand Army Plaza and 9th Street").

And finally, an even healthier alternative way to ring in the New Year would be to participate in the **NYRR Midnight Run** in

Central Park. Start off at 10 p.m. by dancing with your fellow joggers. Then, at midnight, join them in this night time run around one of the best places to jog on the planet while, of course, never failing to look up at the fireworks. Now you're really part of the family.

How to get there - Delta Air Lines

Daily non-stop flight to New York. Wi-Fi is provided onboard.
www.delta.com



“ IT'S THE QUINTESSENTIAL FAIRY TALE EXPERIENCE FOR ALL AGES ”



HEALTH INSURANCE IN BELGIUM: directly feel at home with our VIP service!

In Belgium, you will benefit from one of the best health care systems in the world, including work disability compensations, maternity leave, special interventions for serious and/or chronic diseases etc. Each situation is subject to a specific procedure and varies according to your professional and family situation. Upon arriving in Belgium, **one of your priorities should be to sign up with a health insurance company.**

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.

Visit our specific point of contact
in the heart of Europe:

AGENCY: rue Montoyer 41



Contact us
to register now
expats@bepartena.be
02 44 44 700

PARTENA
Business & Expats



MANAGING YOUR HEALTH IN BELGIUM

E.R.: Partenamut, Boulevard Louis Mettwie 74/76 - 1080 Bruxelles; Partena Ziekenfonds, Sluisweg 2 - 9000 Gent - Document non contractuel. Seuls les statuts sont opposables. Janvier 2017.
Partenamut et Partena Ziekenfonds, agents d'assurance (n° OCM 5003c et 5006c) pour la SMA Mutuelle Entraide Hospitalisation, agréée sous le n° de code OCM 750/01 pour les branches 2 et 18.



TASTE THE CULTURE

Film, concerts, theatre in the neighborhood



SPEAK THE LANGUAGE

Dutch courses, workshops for children, practice opportunities



MEET THE PEOPLE

Clubs and activities for children and adults



DISCOVER THE REGION

Randkrant and local information

www.derand.be



Check out our English, French and German pages
or pay a visite to our centres

'de Rand', Kaasmarkt 75, 1780 Wemmel T. 02 456 97 80 - info@derand.be

LIFE OF
LEISURE

Travel

The Brando and Tetiaroa

Actor Marlon Brando was responsible for ensuring that Tetiaroa remained a little corner of Eden

Photo © Tim Mc Kenna



This is the island you dreamed of as a child when the storybook was closed. It's as if you created your own private world and stepped barefoot into your imagination. With its white sand beaches, swaying coconut palms, colourful birds, and sparkling lagoon, Tetiaroa is a dream paradise.

Beyond its breathtaking beauty, Tetiaroa is a place of rare biodiversity and a natural sanctuary for birds and marine life. Preserving and protecting this rare habitat and its plant



and animal life is critical to the guardians there. They are working on several programmes not just to preserve this sanctuary, but to help restore it and help it flourish.

Tetiaroa has a special place in Polynesian history and culture. It was the exclusive and favoured retreat of Tahitian royalty for centuries. Ancient marae (temples) built on the atoll by early Polynesians can still be found there today. With its rich history and ethereal beauty, it will always have a special place in the heart of Polynesians.

The stars have been guiding explorers to French Polynesia for millennia. The first people to follow guiding stars to Polynesia left from south-east Asia about 4,000 years ago, reaching the most easterly Society Islands by around 1100 AD. They came in outrigger



canoes with coconuts, bananas, breadfruit, chickens, pigs—and new gods.

Much later, the Europeans followed, searching for knowledge. Most famous among them was Captain James Cook, who first came to Polynesia in 1769. His second in command of his third voyage, Lieutenant Bligh, returned years later on the *Bounty* as Captain Bligh to retrieve the local breadfruit plant to feed the far-flung British Empire and was overthrown by his crew, as recounted in *Mutiny on the Bounty*.

Despite these interruptions by European explorers, Tetiaroa remained sacred to the local people. They created a place of sanctuary, ritual, and tapu (taboo) on Tetiaroa, where the gods and ancestors were said to come down to earth to visit the marae (temples). Tetiaroa



THE GUARANTEE OF A TRUE BELGIAN EXPERIENCE

STEIGENBERGER WILTCHER'S

71, Avenue Louise 1050 Brussels - T : +32 2 542 42 42
brussels@steigenberger.com - www.wiltchers.com



DÉCOUVREZ NOS SPÉCIALITÉS POUR CETTE FIN D'ANNÉE
Service traiteur (emporter et livraison) & Commandes en ligne

www.toucan-boutique.be

Ouvert 7/7 midi et soir | service voiturier

Avenue Louis Lepoutre, 1, 17-19 - 1050 Bruxelles | toucan brasserie +32 2 345 30 17 | toucan sur mer +32 2 340 07 40



was also the favoured retreat of Tahitian high chiefs. While Tahitian ma'ohi (young chiefs) competed in archery tournaments and sharpened their war skills, the arii vahine (princesses) retreated to the deep shade of the coconut trees to be pampered, as they lightened their skin and became ever more voluptuous. These were the sacred pleasure gardens of the Tahitian high chiefs.

Marlon Brando first came to Tetiaroa while filming *Mutiny on the Bounty* and was immediately enchanted by the island's rare

beauty and the sense it gave him of being closer to paradise. Enthralled by the Polynesian way of life – and the leading lady Tarita, the love of his life – he resolved to find a way to own this piece of paradise and succeeded in his goal in 1967. It was in this natural wonderland that he settled down, and finally found a home.

Brando was passionate about preserving Tetiaroa's natural beauty, biodiversity and cultural richness and was determined to find a way in which it could be a

centre for research and education, and a

**“ MY MIND IS
ALWAYS SOOTHED
WHEN I IMAGINE
MYSELF SITTING
ON MY SOUTH
SEA ISLAND AT
NIGHT ”**



model of sustainability. He was convinced that this small atoll could bring good to the entire world.

In 1999 he asked Richard Bailey, a long-time resident of Tahiti who shared Brando's passion for the environment and who had created some of the region's finest resorts, to help him conceive a plan that would help Brando achieve his dream. Together, Brando and Bailey pursued a vision of creating the world's first and foremost post-carbon resort—an island where innovative new technologies would enable a self-sustaining luxury environment for hotel guests, residents and scientific research. The Brando resort is the legacy of that shared vision.

The island abounds with marine life and flora and fauna - beautiful tropical birds are found throughout Tetiaroa, but one of the motus,



Tahuna Iti or 'Bird Island', is a favourite spot where thousands of birds roost every evening.

"My mind is always soothed when I imagine myself sitting on my South Sea island at night. If I have my way, Tetiaroa will remain forever a place that reminds Tahitians of what they are and what they were centuries ago." Check out all that the resort has to offer – it's worth a look.

www.thebrando.com
www.tetiaroasociety.org




Chiang Mai is joining our Thailand Network

Enjoy a refreshing and revitalizing escape where memorable experiences are around every corner in Thailand Rose of The North. From the unforgettable lights of the Yi Peng Lantern festival to the bustling street markets of Chiang Mai, this incredible destination is just waiting to be discovered.

Flights to Chiang Mai starting 12 December 2017.

 qatarairways.com



QATAR

AIRWAYS القطرية

GOING PLACES TOGETHER




TOGETHER ENGAGE

En raison de son expansion internationale, Together Media embauche un(e) **Commercial(e)** pour la Belgique. Votre responsabilité sera dans la publicité, les médias sociaux et Internet. Si vous avez de l'expérience dans ces domaines et l'envie de travailler avec une équipe dynamique, veuillez nous contacter.

TOGETHER WERFT AAN

Als gevolg van de succesvolle internationale expansie recruteert Together Media een **Sales Executive** voor België. Uw verantwoordelijkheid ligt in de verkoop van print reclame, sociale media en internet. Als u ervaring heeft op dit vlak, neem dan contact met ons.

TOGETHER IS HIRING.

Due to its international expansion, Together Media is hiring a **Sales Executive** for Belgium. Your responsibility will be to sell advertising space in our print publications, social media and on the internet. If you have experience in these fields, and would like to join our dynamic team, please contact us.

Contact: david@togethermedia.eu
Phone: 00.32.2.400.00.24

www.togethermag.eu

A GIFT IN EVERY BITE



Steigenberger Wiltcher's: The best of Brussels

James Drew pays a visit to a place to stay that is simply dripping with class



You just know how good certain hotels are from the moment you cross the threshold – the immaculately polite but sincere and friendly welcome from the doorman, the efficient, speedy service from the receptionist and, then, the singular joy of walking into your immaculate room, where all is perfectly tasteful, charming calm.

Such will definitely be your experience upon walking into Steigenberger Wiltcher's, which is to be found just a little way up one of Brussels' most exclusive and trendy shopping thoroughfares, Avenue Louise.

The hotel has changed its name several times during the course of its Brussels history, but has never lost its legendary status. The Steigenberger is once again 'Wiltcher's', which was its first name from 1913 to 1925, and is employing its charms to reclaim its position as the premier luxury historic hotel in the city.

With 267 beautiful rooms, all featuring truly stylish interiors and high-class comfort, there is likely to always be room for you to enjoy accommodation and hospitality. And there are seven styles of rooms to enjoy at Wiltcher's – Superior, Deluxe, Junior Suite, Duplex, Executive, Presidential and Royal, and all offer



luxury beyond your wildest aspirations.

If it is a venue for a show-stopping event or conference that you seek, the Steigenberger Wiltcher's has been one of the most popular choices in Brussels for many years. With a beautiful ballroom with historic chandeliers, fully catered superb parties or work events are just a booking away.

And whether you are here for work or enjoying a leisure trip to the capital of Europe, once you are inside, you will find very little that is more tempting than simply deciding to stay and enjoy the hotel's superb bars and restaurants – top of the bill is the prize-winning Loui Bar & Restaurant (which was voted best bar in Europe in 2010), which is much favoured in the contemporary and competitive Brussels gastronomic scene, with well-known classic local dishes, revisited with a master's touch by the hotel's Executive Chef Nicolas Gadomski and his team.

Or, if you're on the move and fancy something different, why not try The Library? The perfect place to relax, enjoy a book and free wi-fi, or sample a tartine, with a wide selection of teas, coffee and power juices also available. In addition, in the afternoon, the Pastry Chef and his team offer delicious pastries.

Fancy a breather and a world-class cigar? Then the D-Lounge is the place for you – choice tobacco, to be smoked at your leisure.

And the day begins early with the best breakfast in town at Cafe Wiltcher's. Or if you fancy a light brunch later in the day, La Terrace



is the place to go.

If all that wonderful food and drink has given you pause for thought and the need to burn a few calories, Wiltcher's has an excellent gym, with the Aspria Brussels fitness and wellness centre located nearby, for an additional fee.

And, just in case you had missed it, Christmas is coming – where better to be than in Brussels' best hotel? From a Christmas Eve feast to a festive brunch on the big day to the New Year's Eve menu, everything is taken in hand for you to sit back and really enjoy the festive season with your family and loved ones – check out the hotel's website for more information.

And Wiltcher's has a stunning Christmas offer waiting for you – you can enjoy an enchanting Christmas experience in one of the most beautiful cities of Europe, with a magical journey to the Christmas market with approximately 250 chalets (one of which is Wiltcher's very own, **until 31 December**, where a glass of champagne awaits you!), an ice skating rink and a splendid Christmas tree – and it can all be yours with a 50% discount on a second connecting room for your children, with an overnight stay that includes breakfast buffet, a glass of mulled wine or hot chocolate for the kids at the Loui Bar, and a sweet surprise for the little ones in your room!

It is a hotel that you simply don't want to leave – a first visit will definitely ensure a return. An essential stop-off to make your time in Brussels complete.

www.steigenberger.com ⓘ

Welcome to the New Bar at Callens Café



480 av Louise (entrée E. De Mot)
1050 Bruxelles
02/647. 66 .68
event@callenscafe.be

NEMO33: Bora in Brussels!

James Drew extols NEMO33, one of the world's deepest diving pools

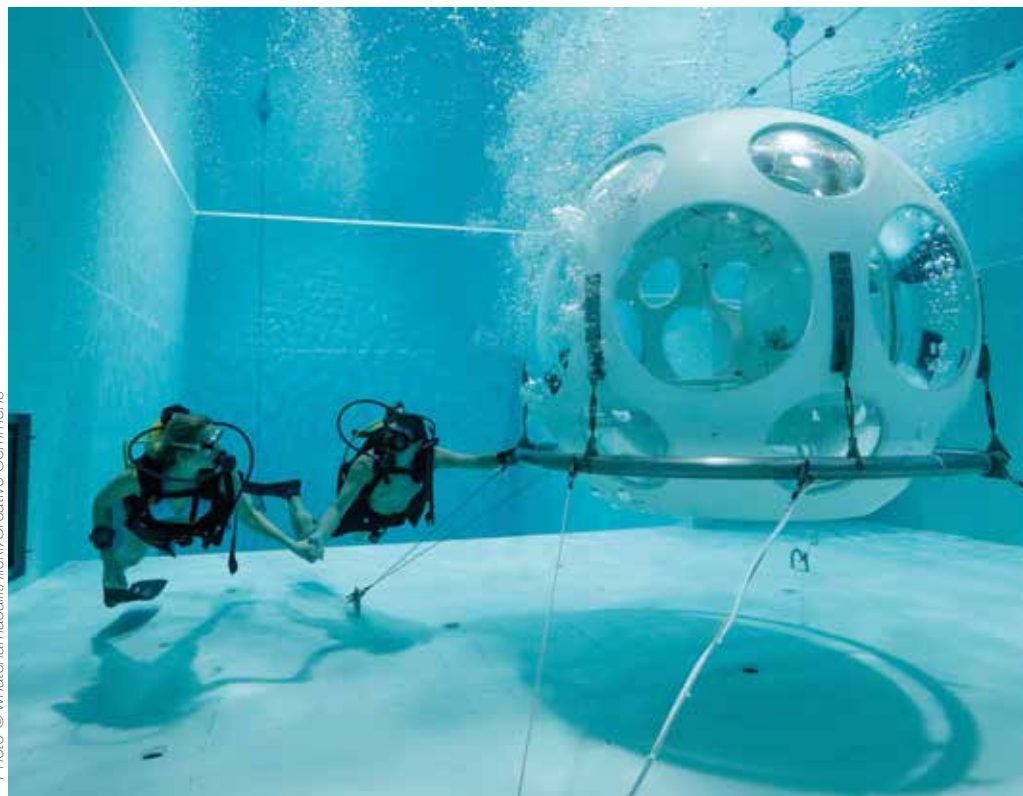


Photo © whatchamacallit/flickr/Creative Commons

According to *Popular Mechanics*, NEMO33 is also one of the 'strangest'. Intrigued?

Until the completion of Y-40 in Padua in 2014, NEMO33 held the world record from 1 May 2004 as being the world's deepest diving pool, at a cool 34.5 metres (113 feet). Now, that is deep – given that your humble scribe does know a little about how to dive, but my lessons

came some years ago in a swimming pool, 8 feet, it would be fair to say that I would have some trepidation about approaching such a blue whale of a pool.

But, as NEMO33 creator, Belgian diving expert John Beernaerts explains, there is no need whatsoever for nerves: "The water is sun-heated to 33°C for comfort, and it is spring water, from which chlorine is completely

absent, to protect your skin, and here at Nemo 33, our very first priority is safety. For 13 years this has been demonstrated, with more than 400,000 dives and not a single injury to any of our customers."

So, what was the inspiration behind NEMO33? Says John: "I remember the long training sessions in not-so clean swimming pools late at night, and that on top of all that you had to stay for long periods in cold water. And after you finished your course in confined waters, you had to go and do several dives in a lake or in a quarry where the water temperature could be as low as 5°C – they used to tell you that you were only a 'real man' if you had no fear of diving under those conditions! But, on the other side of the world, men learn how to dive in a blue lagoon... learning to dive was easy, the pleasure was immediate, and discovering an underwater world did not require suffering. One evening, while waiting for a friend, I drew the first design of a unique and deep pool. The objective – recreate the conditions of Bora in Brussels! It took me three years' study to define the boundaries of the project, and 21 versions were tested before I arrived at my final pool."

And what a pool – it contains 2,500,000 litres of non-chlorinated, highly filtered spring water maintained at 30 °C (86 °F) by a solar heater and holds several simulated underwater caves at a 10-metre (33ft) depth. Due to the warm temperature in the pool, divers can dive for extended periods without a dry suit. John intended it to be a multi-purpose diving instruction, recreational and film production facility, and *Popular Mechanics* has given it the ultimate accolade of a rating as one of the top 18 'strangest' pools in the world – it would be interesting to know how mechanics define 'strange', don't you think?

Never dived before? Have no fear – all you have to be is aged 12 or over and in good health – John's expert diving instructors will

take you very much in hand, as all divers must be either certified or supervised by a trainer and must have a certified diver as a dive buddy.

You can begin with an introductory dive (TSD type), which introduces you gently to the marvellous sensation of weightlessness. Or, why not go straight for Indoor Diver certification, which allows you to acquire experience by diving at NEMO 33 as often as you like. Then, when you are ready, you can go diving at an external location with trainers to convert your Indoor Diver into an Open Water Diver certification, which is recognized worldwide.

The price of the dive includes all equipment (they don't let you bring your own), and a pre-dive briefing is provided, in French, Flemish

“ LEARNING TO DIVE WAS EASY, THE PLEASURE WAS IMMEDIATE ”

and English to accommodate everyone. The pool also includes a couple of tunnels and 'caves' in which you can surface. The caves are painted so that when you surface in them it looks like you are on the moon!

And there is also plenty to do as a spectator – the facility has a restaurant, bookshop, swimwear store, souvenir store, rooms for other water activities, and there are also numerous underwater windows that allow visitors to look into the pools at various depths.

What better way to spend a day in Brussels? The experience of a lifetime awaits – come on in, the water's fine!

www.nemo33.com/en **i**

MENU DE NOËL
(24 et 25 décembre 2017)

Amuse-bouche

Les perles blanches (Huitres)
Ou
Foie gras aux dés de vieux porto
Ou
Emincé de Saumon d'Ecosse garni

Consommé aux quatre filets

Filets de dorade aux crevettes grises
Ou
Dinde tradition farcie aux marrons
Ou
Filet de Marcassin en Poivrade
pomme airelles
chicon et croquettes

Assortiment de fromages transalpins

Buche de Noël
59,00 € p.p.

Soirée dansante le 24/12/2017

Ce menu sera servi également
le 25/12/2017 au prix de €55/pers

**RÉVEILLON DE LA
SAINT-SYLVESTRE 2018**

Bouchées gourmandes

Bisque de Homard à l'Armagnac
Ou
Consommé Mosaïque

Le ½ Homard en Belle vue
Ou
Le foie gras du Périgord

Chevreuil sauce Arlequin pomme airelles
chicon et croquettes
Ou
Bar de ligne aux légumes croquants et
sauce Mousseline
Ou
Charolais de bœuf aux champignons des
bois

Roue de fromages transalpins

Délice de Saint-Sylvestre
74,50 € p.p.

Ambiance et cotillons assurés
Soirée dansante

Ce menu sera servi également
le 01/01/2018 au prix de €59/pers

“ SALLE DE SÉMINAIRE ET BANQUET DE 20P À 150P ”

Avenue Charle Albert II - 1170 Watermael-Boitsfort
(Boulevard du Souverain, derrière le bâtiment AXA)

02 660 46 72 - www.au-repos-des-chasseurs.be - info@au-repos-des-chasseurs.be

Dining

Wok Dynasty

As a cooking technique the wok is very, very old, dating back to the early Chinese dynasties; a technique that Wok Dynasty's specialized chefs have mastered to perfection - they seem fearless in front of the impressive flames. This place is very innovative as a dining experience because it's a truly interactive evening as you choose the ingredients that you like best and tell the chefs which sauce you prefer, creating your own personal dish. *Together* recently visited this fabulous restaurant and we loved it. We headed for the buffet: very fresh sushi, fried



vegetable wok and a huge desert plate with creme caramel, ice cream, profiteroles and lots more. As there's a bustle about the place as the steam rises from the kitchen. Start with soup then make your selection of hot and cold starters, such as sushi and dimsum. Next you go to the

teppanyaki chef, who will instantly prepare you a delicious crispy piece of chicken, meat or fish. Do your taste buds a favour and head for the Dynasty.

www.wokdynasty.be/overijse/en

Chez Leon

All year round – but especially in the festive season – there is one place in Brussels that can really look after your palate. Chez Leon is a veritable institution – a former friterie, it is famous for its moules (and frites) but it has a wide range to its menu. And there's something not everyone knows: Next to the open view kitchen, there is a table which has seen it all. Located in exactly the same place and in the same décor as back in the day. Number "110" is the family table around which



every important step in the Léon story has been decided over the course of the years. It is here that the members of the Vanlancker family come together to eat, where many stars have sat. Give it a try to really soak in the restaurant's ambiance. Oh, and your meal won't break the bank,

especially if you have kids – they go free!

www.chezleon.be/en

Popsss goes the festive season!

In this month's wine page we look at an initiative that is 100% Belgian

Popsss distributes exclusively wines produced by Belgian winemakers, established either in the land of Jacques Brel or elsewhere in the world. Belgians express their creative ability and know-how in a wide variety of fields, including cinema, fashion, music, cuisine, design, architecture and many others. They are also increasingly forging an international reputation by reviving winemaking in Belgium or by taking over and modernizing domains abroad. It is these neo-winemakers, brimming with daring and ambition, whom Popsss hopes to encourage, promote and champion, with the aim of becoming THE reference website for Belgian winemakers at home and abroad.

During the course of countless tasting sessions and meetings, they have selected products that really stand out thanks to their intrinsic quality and their ideal value for money in terms of the pleasure they give, of course, but also thanks to the passion put into their development. Wines created "with heart and soul", as Jaap van Rennes, founder of the Wijnkasteel Genoels-Elderen vineyard in northern Belgium would say.



Crazy Belgians by Popsss

At this time of year, Popsss' special packs - Crazy Belgians by Popsss - are a good place to start, whether to drink around the family table or offer as festive gifts to family and friends. All Crazy Belgians by Popsss packages can be ordered with a simple click on the website and are delivered at home, at the office or elsewhere within 48 hours after receipt of payment. They can also be picked up at the pop-up store during opening hours. And there are other many non-liquid items for sale too. Below you'll see just some of the packs available. Tais toi et boire Belge! www.popsss.com

BE CURIOUS: Château de Bioul: Brut des Houillères 2015, Wijndomein Entre-Deux-Monts: Pinot 2016, Le Vignoble Thudinien: Clos

des Zouaves 2015 **€47.00**

WHITE IS WHITE: Spioenkop Wines: Spioenkop Riesling 2015, Domaine Molin'Agly: L'intense 2016, Château Bon Baron: Pinot Blanc 2013 **€57.00**



Envie de fêtes
DELI...CIEUSEMENT
surprenantes?

**DÉCOUVREZ NOTRE ASSORTIMENT
DE PRODUITS FESTIFS!**

7:30-22:00

OPEN 7/7

www.delitraiteur.com

Deli
TRAITEUR

GET MERRY, IN KNOKKE-HEIST.

Strolling between shops while
ships glide by, at night,
a twinkling competition between
the trees and the stars in the sky.
Presents on offer, earrings
and ties, high-tech and low tech,
finding is easy, choosing is hard,
Sunday Christmas shopping
in Knokke-Heist,
makes you feel Young at Heart.

YOUNG AT HEART
#christmax #myKH

MYKNOKKE-HEIST.BE

KNOKKE-HEIST

LIFE OF
LEISURE

What's on

What's on Belgium

Photo © Viviane Sassen © Courtesy of Stevenson



Biennial of the Possible Image

BIP, the Biennial of the Possible Image, combines photographs, videos and visual art installations. Throughout its artistic selection, BIP examines contemporary images and our relationship with them. Some artists today claim disasters, both in the past or the future, as a euphoric and overflowing source. They destroy and construct in the same motion. Without naivety, they reformulate the legacy of the past and build a future that accepts not to know today what tomorrow will bring, but that throws itself forward for the benefit of the possible. In this freedom, there is the echo of Nietzsche's *amor fati*, "loving what happens, accepting one's destiny", in pain and elation. A program of events, guided exhibition tours and workshops are proposed to all publics. **17 February to 1 April 2018.** Exhibitions at La Boverie, across Liège and around the city.

www.bip-liege.org

Photo © Centre Pompidou



Fernand Léger: Beauty is everywhere

BOZAR and the Centre Pompidou-Metz are devoting a major retrospective to one of modern art's most famous artists. With around 100 works and a vast selection of archive documents, the retrospective covers every facet of the work and personality of Fernand Léger. Tracing his journey in all its diversity, the exhibition sheds new light on the way the artist reinvented painting by drawing on the spectacle of the world around him and opening up to other arts, including poetry, cinema, performance arts and architecture. He said: "Beauty is not classified or codified. Beauty is everywhere, in the order of the arrangements of your saucepans on the white walls of your kitchen as well as in a museum." **9 February – 3 June 2018. BOZAR. Tickets: €16**

www.bozar.be

What's on

Il Prigioniero

'Hope: the final torture...' Ever since a jailer called him 'brother', a prisoner has hope that he will be freed. The door of his cell, however, opens to reveal a long corridor that leads to the stake – the illusion of freedom thus becomes, for him, the ultimate torture. At La Monnaie, the conductor Franck Ollu and the stage director Andrea Breth recently gave us an acclaimed version of *Jakob Lenz* by Wolfgang Rihm, a composer with whom they now collaborate again. Alongside the 20th century masterpiece *Il Prigioniero* by Luigi Dallapiccola, they give us *Das Gehege* by Rihm, in which a woman frees an eagle from its cage before killing it. The flamboyant lyricism of Dallapiccola is followed by the poetic twilight world of Rihm. The two works form a diptych that explores the ambivalent relationship between the victim and the executioner as well as general questions about personal freedom and the possible dead ends in our so-called free world. La Monnaie. www.lamonnaie.be



Photo © Patricia Petibon, Ligera coloratura soprano

Tram Experience: Ugo Federico & Francesco Cury

Tram Experience is a unique journey into the world of gastronomy. How do you fancy boarding a tram that has been fully decked out as a modern gourmet restaurant? Aboard you will be served a six- or seven-course meal put together by top Belgian chefs, while you tour the most beautiful places of Brussels by night for two hours. What Ugo Federico and Francesco Cury are trying to create is as much about culinary excellence as it is about their mission to combine artisan pleasures with their love for the earth and the produce it provides. Within love for the earth, there is their pride of their roots – Ugo, the chef, comes from Capri and Francesco, the sommelier, hails from Tuscany – but also their respect for nature. Until 31 December www.tramexperience.be



Photo © visitbrussels.be

A | D | A | M | BRUSSELS
DESIGN
MUSEUM



BIRTHDAY WEEKEND

www.adamuseum.be

From December 14th [nocturne] until 17th 2017.
Enjoy the museum for €5 [single tariff, guided tour included].



BELVUE MUSEUM

next to the
Royal Palace
in Brussels

Belgium explained in
7 themes and 200 objects



Don't miss
our temporary
exhibition!

**BELGIAN
ART CETERA**
A history of art in
press cartoons

06.12.2017
28.01.2018

BELVUE!
museum

www.belvue.be

LIFE OF LEISURE

What's on



Retromobile

This year, boosted by the continuing success of previous years, Retromobile will be held in pavilion 1, 2 & 3, the largest and most prestigious hall at the Porte de Versailles Exhibition Centre, Paris.

More space for exhibitors, more comfort for visitors, more reasons to buy, to dream, to find out information and to admire new and old products at the countless booths. More artists, more clubs, more federations, more spare parts and scale model vendors, more event organisers, more restorers, coachbuilders and car sellers doing their level best to satisfy visitors from the four corners of the world. And there are even more surprises that only this show can offer. Heritage and history meet at Retromobile, where the entire dedicated team is eager to welcome you.

550 exhibitors

65,000 sq. ft. of exhibition space

500 cars on show

Over 100 clubs in attendance



For the eighth consecutive year, the magazine *Youngtimers* is taking part in Rétromobile. For this 43rd edition, the monthly dedicated to the cult cars of 1970-90 puts French cars under the spotlight. But not just any: the most beautiful, the most original, the chicest and the most innovative, with this consummate art expressed by our manufacturers in transforming ready-to-wear into high fashion. Four decades of French automobiles are on the Youngtimers podium, through six models...

Check out the many other events on the website. 7-11 February 2018; Porte de Versailles Exhibition Centre, Paris
www.retromobile.com

“I drive the most magical car for Christmas shopping”



moving *Santa's* way



New Alfa Stelvio
Exclusively available at Europcar.
Be the first to rent this latest model.

Europcar
moving *your* way

LIFE OF
LEISURE

What's on

Munich: A winter wonderland

Here are just a few things to do in winter in the Bavarian capital

Curling in the open air

In cold weather, the Nymphenburg Palace canal becomes Munich's longest curling track. Thanks to the shallow water, an icy cover quickly forms across the 500 metres between Gerner Bridge and Hubertusstraße. Beginners and experts are both equally welcome here. Curling teams can also come into their own in the park café's beer garden. In winter, the beer benches are cleared away and two long ice rinks are set up in their place.

Stroll through the Christmas markets

Thanks to its central location, the Christmas Market on Marienplatz is always a good one to visit. In addition to mulled wine, Feuerzangenbowle (red wine punch) and delicacies, you can also buy handicrafts or Christmas ornaments there. Approximately 2,500 lights illuminate the huge Christmas tree in front of the Town Hall every year. But there are many more Christmas markets.

Travel through the city with the Christmas tram

Particularly when the temperature drops below zero and the wind is biting cold, there's nothing nicer than a cosy sightseeing tour in the Christmas tram. The MVG (Munich Transport Company) sends this quaint tram on trips around the city centre every year during



Advent. Mulled wine, children's punch, tasty delicacies and festive music are provided – the perfect conditions to create a jovial atmosphere among the passengers.

Relax in the indoor pool or the sauna

From the art nouveau gem that is the

Müller'sches Volksbad to the Nordbad with its 33 metre lanes for sporty swimmers – the 10 SWM indoor pools operated by the city of Munich leave nothing to be desired. You can even train in the heated outdoor pool in Dantebad during the winter. Most of the swimming pools also have saunas, which allow you to quickly forget the cold weather outside. Regular sauna events with steam and masks make a trip to a spa resort totally unnecessary.

View wintertime from above

When do you have the opportunity to see the roofs of the old town as if they'd been dusted with sugar? In winter, of course! From the tower of Old St Peter's Church or the Neues Rathaus (New Town Hall), you can see the entire city centre – and on some days, even some of the Alps in the background, too. Visibility can be especially good in winter – that's when it is worth taking a trip to the Olympiaturm (Olympia Tower). You are also protected from the cold by a pane of glass. www.muenchen.de/int/en

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



Murder on the Orient Express

One of the biggest ensemble casts of the 1970s, in Sidney Lumet's excellent 1974 version of the Agatha Christie classic, is given a 21st-century overhaul in Kenneth Branagh's new version. With one of those twists that, by now, you have got to imagine everyone knows, there is still much to look forward to with Branagh himself playing Poirot, starring alongside Penélope Cruz, Willem Dafoe, Judi Dench, Johnny Depp, Josh Gad, Derek Jacobi, Leslie Odom Jr., Michelle Pfeiffer and Daisy Ridley in the tale of a very bad man who comes to a very bad end on board the Orient Express. And I am saying nothing more...
114 mins.


Star Wars: The Last Jedi

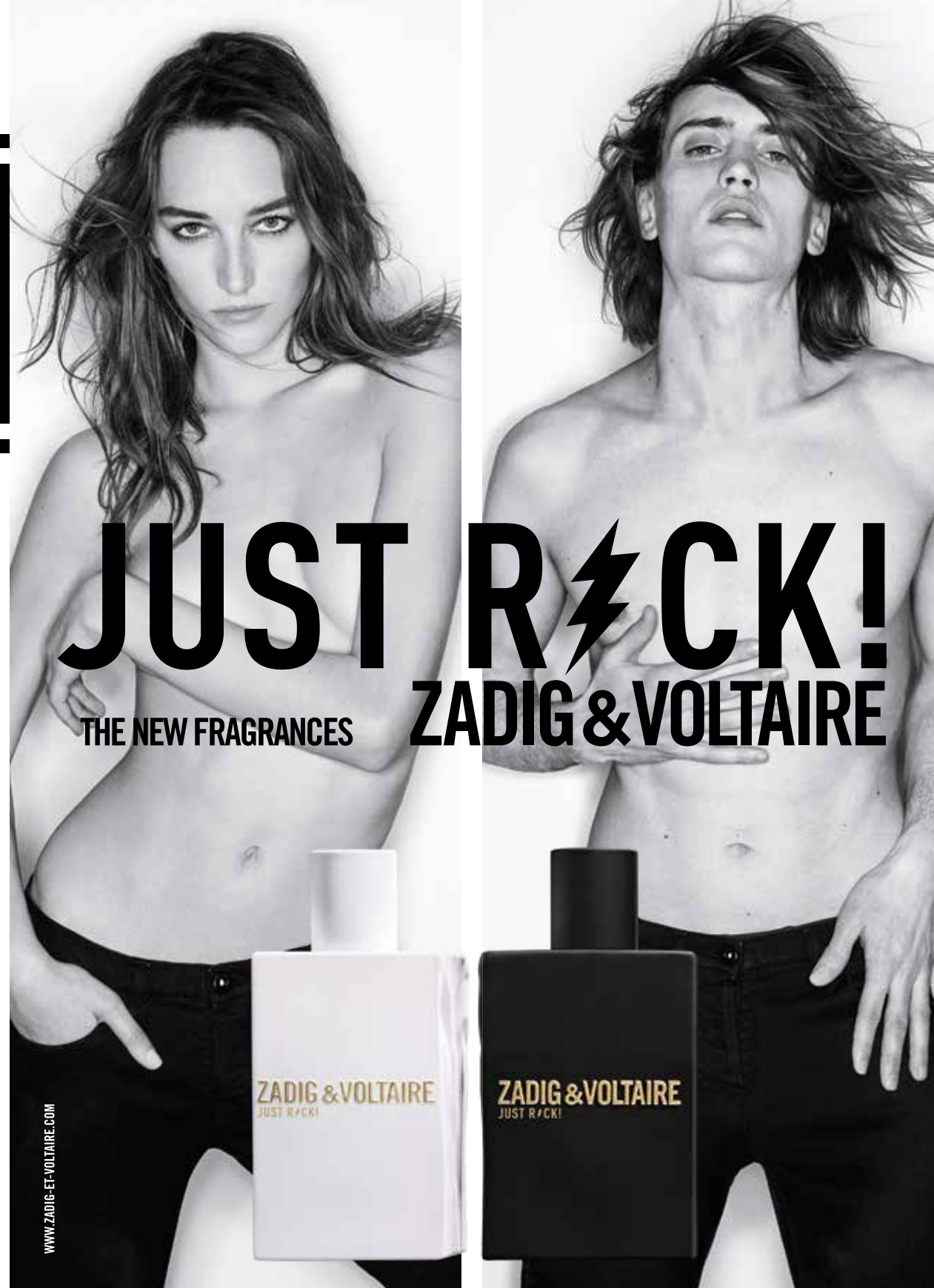
And here we go for part eight - Carrie Fisher, who died in December 2016, returns for her final role as General Leia Organa. Having taken her first steps into the Jedi world, Rey (Daisy Ridley) joins Luke Skywalker (Mark Hamill) on an adventure with Leia, Finn and Poe that unlocks mysteries of the Force and secrets of the past.
Running time TBC.

All the Money in the World

Ridley Scott returns to the director's chair, for this biographical crime-drama take on the story of J. Paul Getty's (Kevin Spacey) refusal to cooperate with the extortion demands of a group of kidnappers, from the organized crime group 'Ndrangheta, who have abducted a young John Paul Getty III (Charlie Plummer). Given that Spacey is starring, it might well be worth catching this one, as it's doubtful there will be many more films from the big man in the near future...
Running time TBC.

Wonderstruck

Ever-reliable Todd Haynes returns with this sprawling family drama based on the bestseller by Brian Selznick, who also writes the screenplay. Starring Oakes Fegley, Julianne Moore, Michelle Williams and Millicent Simmonds, the film tells the stories of two children's quests down the years, to find family and love. Perfect for Christmas.
117mins. 



Happy holidays!



LE CHAT by Philippe Geluck

IN A CHANGING WORLD,
**EXPATS FEEL
AT HOME RIGHT AWAY.**



GET YOUR FREE PREMIUM PACK!

The Premium Pack includes 3 multi-currency accounts, up to 2 Gold credit cards* and many more advantages. BNP Paribas Fortis offers you personalised banking & insurance solutions. Apply from home now, it's really easy! bnpparibasfortis.be/expatinbelgium



**BNP PARIBAS
FORTIS**

The bank
for a changing
world



CHRISTMAS AWAITS

Winter at Maasmechelen Village

With more than 100 boutiques, including Furla, HUGO BOSS and Ted Baker, and savings of up to 60% on the recommended retail price, you can stay cosy and chic, come snow or sleet.

SOMETHING
EXTRAORDINARY
EVERY DAY™


MAASMECHELEN
VILLAGE