

Together

magazine

APRIL 2018 #87

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Brussels 20k

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adventures

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Taos skiing

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Environmental information [RD 19/03/04]: www.alfaromeo.be. Photos for illustrative and non-contractual purposes.

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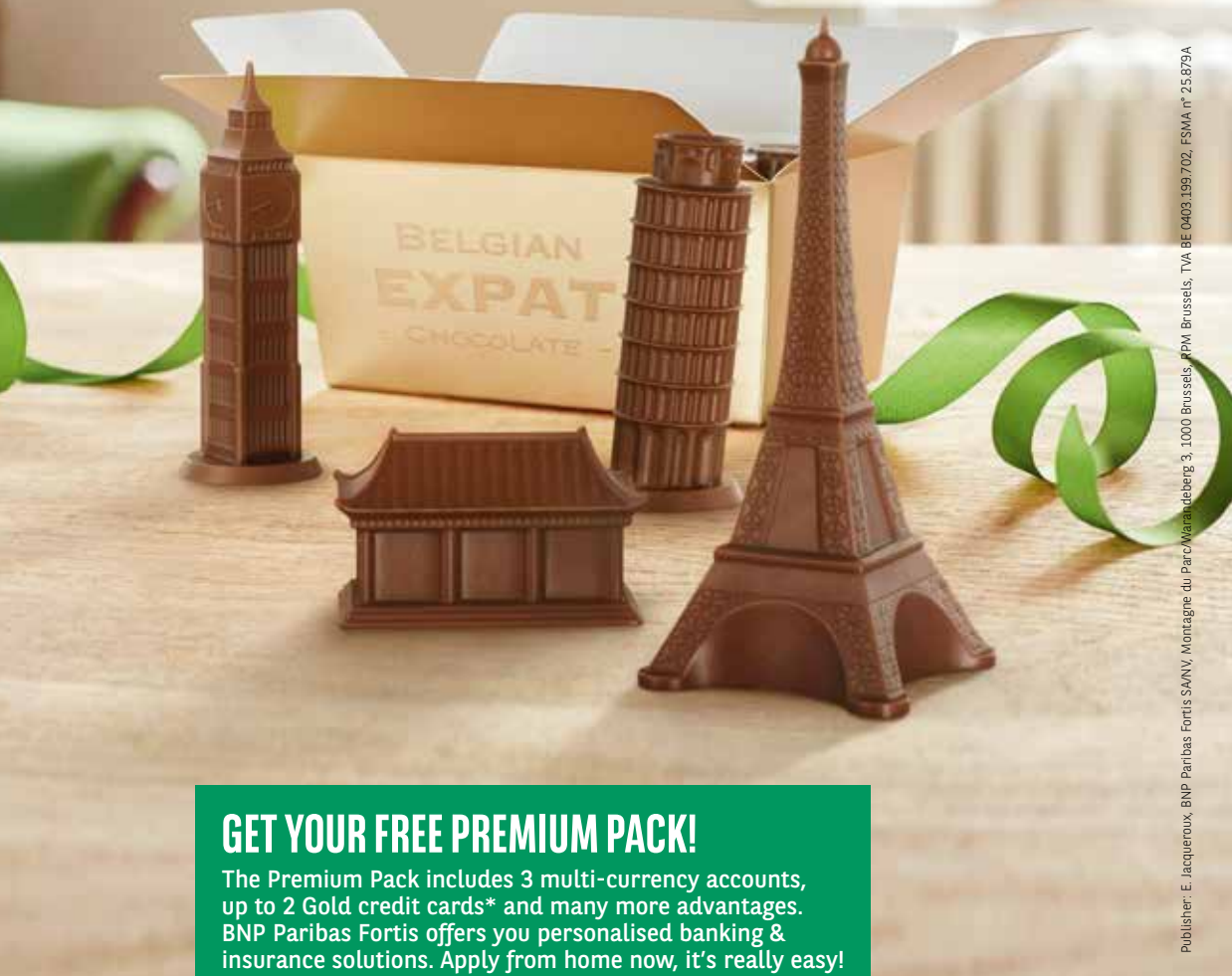
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Editor's LETTER

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

ON THE COVER



Martin Freeman stars in
Black Panther

AND THE WEATHER IS FINE

At the time of writing, a very nice man on musiq3 announced that it was the very first day of spring – this was news to me as I added a third jumper before heading out into the Baltic-style wind. But the mere mention of the word... well, it added a spring to my step with thoughts of beach and forest walks and pauses on park benches to eat lunch facing out the sun.

But mostly I thought of festivals and concerts since press agents the length and breadth of the country have been sending texts and images asking us to publish the event they have slaved over for twelve months – since the last event finished, in fact. Belgium has so many festivals we wouldn't be able to fit more than a fraction in our pages. And I must say I love the effort this country puts into free festivals. From the tiniest village in the heart of Wallonia or Flanders to Brussels and Antwerp, the places are jumping.

In the summertime (and the weather is fine) you can stumble across free concerts everywhere. So, you don't have to have deep pockets, don't have to think only about the huge commercial events in the park – just get out and amble along the streets until you hear the mellifluous sounds of the brass band, or the rockers filling the night air. Can't wait.

Paul Morris
Editor



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Fitness
Franglais spat



Be Successful
The best books

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Stunning adventures



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Hugs and kisses...

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Martin Freeman



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Good cooking: Must-have kitchen gadgets

An avid cook myself, I have probably fallen foul of those wily devils in advertising and bought gadgets I don't need more times than I care to remember. Last year, it was the spiralizer (and that really is so last year) and everyone thought it was great that you could make spaghetti out of a courgette. It's only when you come to eat courgette spaghetti that you're reminded that just because one can, doesn't mean one should. There's probably a limited functionality in making potato strands for wrapping meats in but as we've lived tens of thousands of years without them, I think we'll be OK.

Belgian fashion: Macha Thys: A love of all things yarn

It is not very often that one finds his or her calling at the age of seven, but that is what happened to Macha Thys when her grandmother taught her to knit. It started with a simple scarf and then developed a love for all things yarn until her skill rivalled that of the fairy tale character with the fabled ability to spin straw into gold. When meeting Thys there is an urge to reach out and touch her arm to feel the magnificent softness of the egg shell white sweater she is blanketed in. Be it the enchanting glow about her as she strokes a long trench coat-like shawl made of baby alpaca...



Cyber nomads: Is this the sexiest job in the world?

Over the last couple of years, there has been a full-on revival of nomadism. Cheap flights and cheap or free internet connections have helped the trend to develop. Worldwide we can go and sit in a cybercafé, work all day, get good food and even go surfing real waves at the end of the day. Today, work can be delivered with no more than a laptop and still be profitable. We are witnessing the birth of contributors whose only investments are new technologies (and often free apps for the Smartphone or free applications for the laptop).

South Africa Travel: Radisson Blu Hotel Cape of Good Hope

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

being a central point for an array of different cultures and ethnicities. ●

GROUND ALMONDS
from Spain

WARMING GRAINS
OF PARADISE
from Ghana

EARTHY ANGELICA
from Germany

SWEET LIQUORICE
from China

RICH CORIANDER
from Morocco

DELICATE ORRIS ROOT
from Italy

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from Java

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Fun Lovin' Criminals

Fun Lovin' Criminals are a band from New York City. Their musical style is eclectic, covering styles such as hip hop, rock, blues, jazz, R&B, punk, and funk. They are best known for their hit *Scooby Snacks*, which features samples from films by Quentin Tarantino, and the song *Love Unlimited*, which recalls Barry White's backing vocal group. Their songs often focus on life in New York City, with lyrics touching on topics such as organized crime and urban violence, but they are just as often humorous or satirical.

12 May. Ancienne Belgique Main Hall. **€30**
www.abconcerts.be



Axelle Red

Axelle Red was born as Fabienne Demal on 15 February 1968 in Hasselt, Flanders. Nowadays a committed artist and a militant humanist, back in 1993 Axelle graduated from the Vrije Universiteit Brussel (VUB) as a lawyer, the same year her first album *Sans Plus Attendre* was released which immediately resulted in her artistic break out in France, Switzerland, Canada and Belgium, where sales alone amounted to more than 200,000.

2 June. Ancienne Belgique Main Hall. **€35**
www.abconcerts.be



Angel Olsen

Angel Olsen is an American singer-songwriter and musician from St. Louis, Missouri. She recorded and toured as a backing singer with Bonnie "Prince" Billy and the Cairo Gang, before embarking on her own career. Her new album *Phases* is a collection of work culled from the past several years, including the new song *Special* recorded during the *My Woman* sessions, as well as *Fly On Your Wall*, previously available on the bandcamp-only, anti-Trump compilation *Our First 100 Days*.

29 April. Kerk Sint-Denijs, Zwevegem. **€18**
www.livenation.be



Relay For Life: Running for lives

Our featured charity this month has been running for 25 years to help battle cancer

Relay For Life is a festive event for all ages that focuses on solidarity and fund-raising for the fight against cancer. Over 24 hours, the community members of a city, town or locality mobilize themselves in order to:



Celebrate and pay tribute to people that have conquered cancer, and support those that are still fighting the disease.

Remember people that have lost their fight against cancer and support those still fighting the disease.

Stand united in the fight against cancer.

Sponsored teams relay for 24 hours. At least one member of the team must be present on the track at all times. The 24 hours are a symbol of the constant battle patients and their families must endure in the fight against the disease. Relay For Life is not a competition! But a gathering of communities united in the fight against cancer.

Participants and visitors enjoy live entertainment, wellness and sport activities. Food and refreshments are on offer throughout. A raffle is also organized with the opportunity to win superb prizes. All are invited to take part in three different ceremonies, including the very moving luminaria that honours those who have been lost to cancer.

In 1985, Dr Gordy Klatt, an intestinal surgeon, organized the first Relay For Life in Tacoma (Washington, USA). During 24 hours, he ran around a track to collect money for the American Cancer Society. 25 years later, Relays For Life take place in more than 20 countries outside the USA

(France, Holland, Ireland, Luxemburg, South Africa and New Zealand to name a few). Through Relay For Life millions of volunteers around the world participate in the fight against cancer.

Relay For Life events happen all over Belgium

There is no one fixed date or place for Relay. Events happen all over Belgium, and all year round! Find a Relay near to you, and either start your own team or join an existing team.

Objectives

Relay For Life's objective is to raise funds for the fight against cancer. These funds are remitted in full to the Foundation against Cancer, whose mission is:

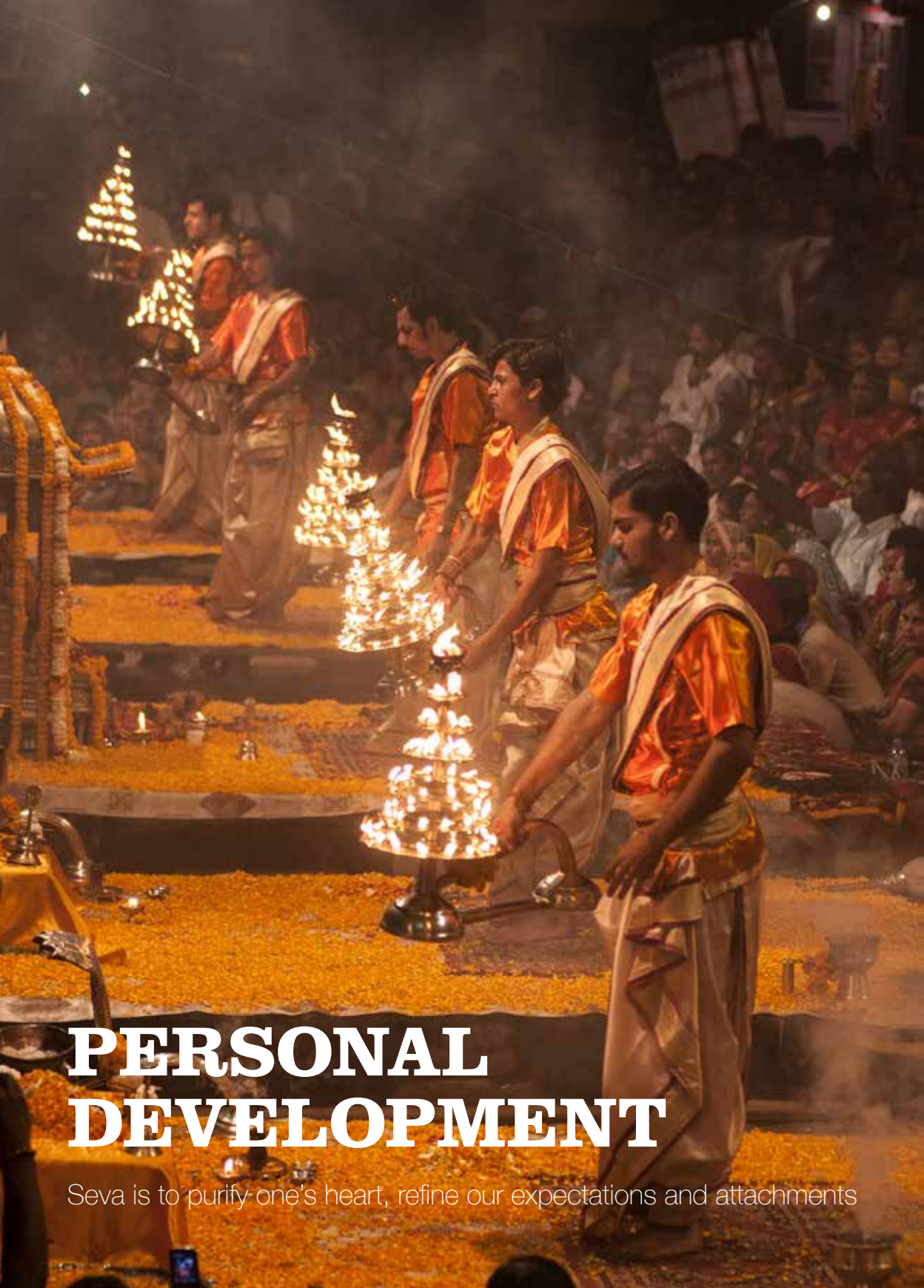
To support scientific research financially
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PERSONAL DEVELOPMENT

Seva is to purify one's heart, refine our expectations and attachments

Brussels 20k: Pacing yourself

James Drew provides a short history of the Brussels 20k, and his own experiences of the popular race



A little over 37 years ago, something new hit Brussels. On 8 June 1980, the first ever Brussels 20k race was held. Pre-publicity and hype ensured that it was widely reported in the media, and the then-novel jogging craze did the rest - even for its first edition, 4,659 brave souls took to pounding the streets of Belgium's capital. In the end, 4179 runners finished the race at the foot of the Atomium.

Such was the success of the first event that there were some serious repercussions on the city of Brussels in 1981, which saw its train station and airport paralysed for a few hours as they were inaccessible due to runner numbers at the second edition. The rest, as they say, is history - when the 20k begins this year on Sunday 27 May (it is now always held on the last Sunday in May) at 10:00 at Parc du Cinquantenaire (where it also ends), clocking its 38th edition, some 40,000 runners will once again enjoy, if that is the right word, one of

Europe's most beautiful and popular half-marathons.

And I am actually feeling a trifle guilty, you know why? Well, on and off since 2002, I have run the 20k - I have run it around ten times, and 2017 was my last attempt, when lack of fitness (tsk, tsk) meant I only completed 10k of the course. However, back in the day, I did manage it once in 1h 35mins which, at the age I was at the time (around 30) was not so bad. And why am I feeling guilty? Because I don't think I shall be doing it this year. I know, I know, complaints on a postcard please - I fully intend to get my fitness back up to speed and go for it in 2019, honestly.

And the route, oh the route. If there is a better half-marathon to be run anywhere in the world, I would like to know about it - the Belgian national anthem is followed by cannon fire, and then you're off. Well, that's to say, your start is scheduled - such are the number of runners at



each year's event these days, the start has to be staggered, normally according to placements from the previous year's race.

Once you're off, you go over the hill from Cinquantenaire, past Schuman, onto Rue Belliard then, from there round Palais de Bruxelles, then all the way round to Avenue Louise. Guess what – you will do the full length of Louise, before heading into Bois de La Cambre, one of the most beautiful parts of the run. From there, it's a hop, skip and a jump to the middle section of the route, but I suggest, from personal experience, that you pace yourself at this point because, when you finally hit Avenue de Tervuren for the last six kilometres or so of the race, at an exhausting incline, you will know what exhaustion means. A fully detailed route is available on the Brussels 20k website, see details at the end of the article.

But, I can't tell you how it feels to come round that corner and finally see the towers of Cinquantenaire at the end of the final stretch – every year I have done it, speaking only for myself, I have got so much joy and satisfaction from it (despite being absolutely shattered and stiff for *days* afterwards) and, if that wasn't enough, you also receive a participant's medal as well as a banana from those nice chaps at Delhaize.

And, to keep your spirits up as you slog your way homewards, various bands and musicians are on hand to keep runners and spectators entertained.



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OF THE RUN ”**



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The course is expertly managed all the way round, with numerous water stops and Red Cross tents for anyone who might be suffering a little.

Need advice from an old-timer? Do your preparation, do your training. You will get so much more out of the race if you are fit enough, and what is the point in taking any risk with your health and life? Casualties are much reduced these days, but there have been some fatalities in the race's history, so be careful.

Signing up for the Brussels 20k is simple. Go to www.20kmdebruxelles.be/en/ to register, but don't hang around – inscriptions opened at 9:00 on 24 March, and places tend to sell out sharpish. To sign up will cost you €25, including VAT, for which you will receive an electronic gizmo that will register your time precisely. Happy running! ❶



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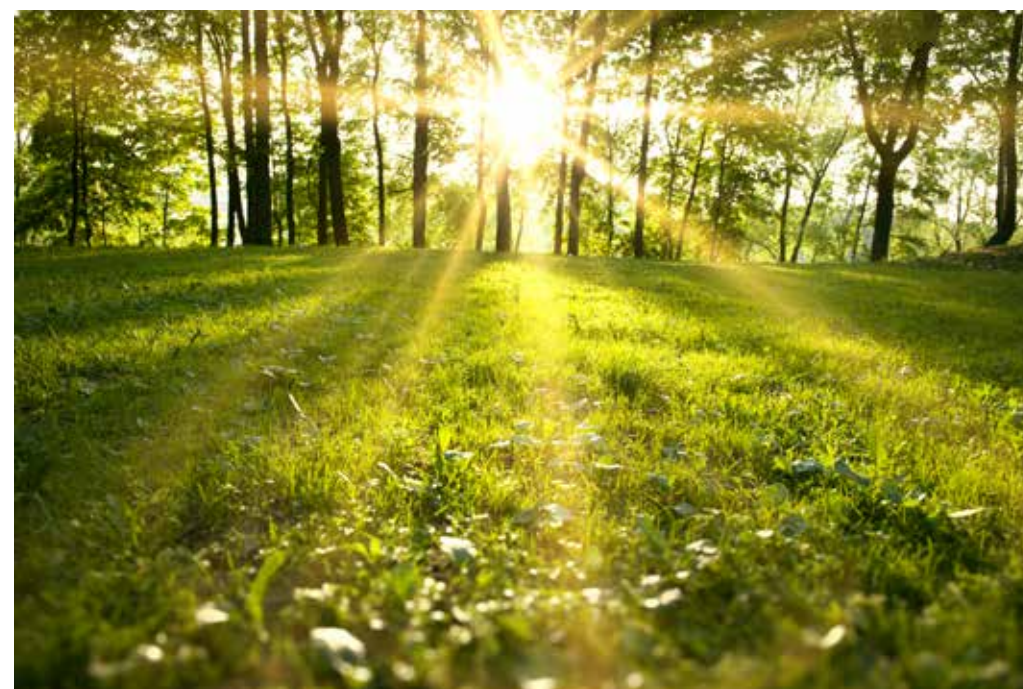
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The song that is in your heart

Intuitive healer **Katarina Winslow** reflects on the love we can give and receive



Sometimes there is a person who crosses your path as an angel, to keep you going, to keep you breathing. A stranger, or a friend, who says or does something that lifts you up and opens a door to escape the temporary illusion you are stuck in. A friend who helps you bring forth your gift to the world. An angel is a person who helps you restore faith in life and living, it is somebody who at the same time restores faith in yourself. My art teacher was an angel to me many years ago when he said: "But, to ask questions is the

meaning of life." I had shared with him my concern about having too many questions, sometimes even doubting my own sanity. He added: "Only make sure you ask the right questions."

Another precious person was the street cleaner in my neighbourhood. His morning smile was the light of my day. In a moment of distress, his kindness and warmth helped me keep going. With just one smile, he made me remember that I was not alone. At that time, dark family

secrets had been brought to light through my deep soul searching, and I had lost faith in just about everything. Being acknowledged by the street cleaner in the morning, I was able to reconnect with the beauty of life and the beauty in me. His smile restored my belief in the goodness in people and the joy of living. His smile was working miracles. So much so that many years later crossing his path again, I let him know that he had saved my life. He is still cleaning the same streets, nothing has changed, and his smile is still the same, too.

He is loving to each and every one who is fortunate to cross his path. His exuberant joy for life reaches far beyond human apathy, and there are fountains of compassion in the depths of his eyes. It is like he is saying: "I know that you know that we are having this human experience. We are all angels here." He reminded me of the truth that I am so much more than my physical body. He saw my soul.

The gift he gave me, I try to pass forward to the people who cross my path. That is, when I am in the mood! Joke aside, last Christmas, I was really in the mood. I was in high spirits as I went out to get some delicious food for the celebrations. Usually, when I smile at people there is some response but that day just about everybody was smiling. That day seemed different to other days; it was an extraordinary day. How come everyone I crossed paths with returned my smile a thousand times? Pondering over the fact that everyone's heart was open, reflecting on how much more beautiful life is when you are in touch with your heart and your soul, I realized that it was because of Christmas that everybody was happy.

Why don't we start this spring with allowing ourselves to be happy? Wouldn't life be so much more beautiful if we made it a natural part of our daily life to smile at one another? Often, love is to be found in the little things, in simplicity. A smile, a few words, a sentence or

two, or in an acceptance or an understanding of one another. In the recognition of another human being, in seeing ourselves in each other.

Love is to be found in unexpected places.

There was another man that came to cross my path at the right time, with the right message. A massage therapist hired by the company I was working for. Sensing his receptivity, I shared with him many deep revelations of my spiritual journey during a brief twenty-minute massage session. I had intuitively felt that he was open to understanding my spiritual journey. While I shared my story, he said: "Katarina, stop saying you have done this and that." He listened attentively to all my incredible experiences before he said: "It's not over yet, you need to keep going. You know, the second part of life can be much better than the first part."

I had searched for so long, and I had found so many answers that there were no more questions about who I am. I had peacefully found myself in 'the less I define myself, the more I am'. But I had given up on what to do with my answers and my intuition, to give back what I had learned, to be of service to others and to the world. The guidance of the massage therapist gave me a gentle push forward just when I needed it, right on time. He shone a light

on a continuous path in front of me when I was tempted to hibernate. Thanks to this man and his wise words, I shrugged off the belief of being accomplished and kept walking on my mission to help others. A gentle push when I had stagnated in the belief that there was nothing more to

be done.

Magically, sometime later, another angel appeared, this time from the other side of life. This angel was my dear friend, a friend from my youth in Sweden, with whom there had been an understanding beyond the visible realm. A silent understanding of who we were. His amazingly creative mind and my own



understood each other. His hungry heart and mine were connected in the longing for something beyond the tangible, something larger than life. A secret understanding of being creators, of imagining, of loving the fun in life. We cherished 'the word' together and the big spaces in between the words too. Laying on my bed one Sunday morning, thinking about the beauty of our connection, I was wondering what he would say to me now when he was gone. Now, when he knew how it was on the other side of life. I had just the time to think the thought when I heard his voice whispering, "Katarina, write that song." "What song?", I asked him.

He simply answered: "The song that is in your heart."

In this one simple phrase, he had given me the key to life, the key to my happiness. I cherished the essence of his message as I went inward to the centre of my heart to find my answers. In its simplicity, he had just given me the most precious gift ever, to listen to what you really want. To find what you really came here for in

the first place, to know your mission and to live from that place. To not live a substitute life, the one that will do, but to live the one you are passionate about, the one you were destined for. It does not have to be something breathtaking but just being completely true to yourself. What do you love? What can you do for free at seven in the morning and at midnight knowing and feeling that you are in your element? That is your song.

To do that, we all need angels to see and reaffirm who we are, to see our gifts, to believe in us.

What is your gift to the world? This spring, believe in the song of another, and write the song in your own heart.

That is the true meaning of love, and then you will be love, and all the love will be yours.

Find your gift, write your song, and our hearts will be love. ❶

“ START THIS SPRING WITH ALLOWING OURSELVES TO BE HAPPY ”

Karma yoga for a more peaceful society

Sarbani Sen seeks the transcendental nature of the self

Seva is an important component of Indian culture. It has been translated in English as “service”, but Seva means ‘the final stage of human involvement in the world while being in a higher state of consciousness’. The literal meaning would be ‘to be with that’. To be with that which is human, compassionate and loving. In other words, Seva means to connect with the divine, or in a more secular language, with the transcendental nature of the self and to express that nature in thought, word and deed. In Hinduism, to do this you have to let go of the many identities and ideas that you hold close. This is where the concept of letting go or surrender comes in. Surrendering to our “true nature” and becoming the instrument of its peace is the outcome of Seva.

Seva is to purify one's heart, refine our expectations and attachments, deleting the sensorial or sensual so that you no longer carry any idea of gain or loss. Instead, you feel for everyone as you do for yourself. It is a shift of ideas from self-orientated to self-expressive. Purifying the emotions through Seva improves the qualities of the heart, which are further intensified with yoga.

Keeping a balance between self-oriented and selfless actions

In India, the Yogis (people that devote their lives to the practice of yoga in a selfless philosophy) believe that if we can find a balance in our actions, 90% of life's problems would be solved. Usually the highest form of yoga is Samadhi (or ‘enlightenment’, like the Buddha for example) but here it is rather about attaining balance between the opposites.

For them, self-oriented actions give birth to



Photo © Kar Sewa by Koshiy Koshiy

strife, expectations, desires, possessiveness, attachments and jealousies. They develop into a mental obsession, a personality characteristic, and go on growing. An attachment grows into obsession, into insecurity. Analyze how an attachment started in your own life. It is not enough to say that you are attached because someone is your father, mother, son or daughter. There is a point when attachment begins and subsequently goes through changes in a positive as well as a negative direction. So, how can we change the direction of our thoughts and actions without creating an imbalance in life? This is

where the attitudes of karma yoga come into play.

Surrender

In normal situations, you neither observe nor try to guide your karma (your strings, your ‘set performances’). If you are medical doctor, you go to your medical practice and follow the rules of the profession. There is very little scope for creativity. Similarly, in all areas of life, we follow set performances of the body and mind. A kind of conditioned creativity expresses itself. It is this conditioned creativity that has to become unconditional by adopting the attitudes identified in karma yoga (or selfless actions).

Karma yoga helps develop immunity to the effects or results of karmas. The root idea is to cancel self-promotion from our programme. When you do something, remember that you are not the enjoyer. It may be pleasing to you, but you are working to achieve a level of excellence, perfection and qualitative expression in your life. That has to be the aim of your action. The thought behind every action must be that it should help not one, but many. The action should uplift others, whether they are known to you or are total strangers.

In Hindu tradition, there is the mysterious belief that our human lives are only a medium to fulfill a destiny, that there is something else playing us. The first level of surrender comes at this point: I am not the doer. According to this ancient tradition, service - or connecting with those in need - helps to purify oneself. The idea is that we should not fight our attachments because they are a part of us. But we need to realize that they are not us. So how can we reduce our attachments? It is proposed to include more people in the fold of our lives so that we can experience the eternal human, the connection that transcends intellect, goes beyond feelings, and tells us

that we are a part of that unified field. To come to this point, perhaps we need to train ourselves. For example, we could pick up the broom and sweep the floor of our house instead of letting the cleaning woman do it for us - as simple as that. The first time we do it, we may think, ‘I did not come here for this; I came here for higher goals.’ However, once you develop a feeling for the detachment and feel the benefits of it, the work begins to turn into Seva.

Expressive yoga

Sivananda, a great Indian saint and teacher, set the path towards liberation of our strings, attachments and pains. The first teaching for him was selfless service. The second teaching

is love. The third is to give, to sacrifice. Fourth is to purify. Fifth is to become good. Sixth is to do good. Seventh is to meditate. The eighth is to realize Samadhi (enlightenment).

Sivananda and his disciples did so when going to villages in India. The villagers were total strangers, yet the disciples were mandated to serve them, to fulfil their needs.

Then they helped construct a house, find employment and develop skills by which they could stand on their own. Then came the component of love when all the young girls and boys of the area would be given the best opportunities. With these intentions comes purification of emotion, spirit, ideas, thoughts, of a connection that enables one to become good, which is the fifth stage.

Today in European societies, we find a lot of such projects and organizations of people contributing voluntarily to help communities and people that need help. But do we always keep the selfless component in sight? Sometimes volunteers end up striving for power and make it their space or personal playground. In companies too, some employees will devote to something bigger but others might take advantage of them. It is

**“ THE THOUGHT
BEHIND EVERY
ACTION MUST BE
THAT IT SHOULD
HELP NOT ONE,
BUT MANY ”**



You create what you see

Everything is how we perceive it. What we perceive will be explained differently by another person. You have to begin where you are by observing your karma and participating wholeheartedly by putting your creative nature into it. Therefore, in Hindu collectivities (or Ashram) exposure is given to many different tasks where you know that you are not the gainer, yet you try to express your efficiency and creativity, try to become one with what you are doing, not through the ego, but rather by recognizing the tasks as actions that simply have to be done.

There are three principles in the practice of karma yoga: actions should be performed with the highest perfection, without any expectation, and with total participation. It is said that if we can incorporate these three criteria in any activity that we undertake, we will find greater happiness, peace and enjoyment. We will discover our own creative nature. Activities will no longer remain mechanical or routine. Every moment will become one of learning, knowing and realizing, of adjusting. The change takes over and one becomes pure, free from desires and ego influences. This

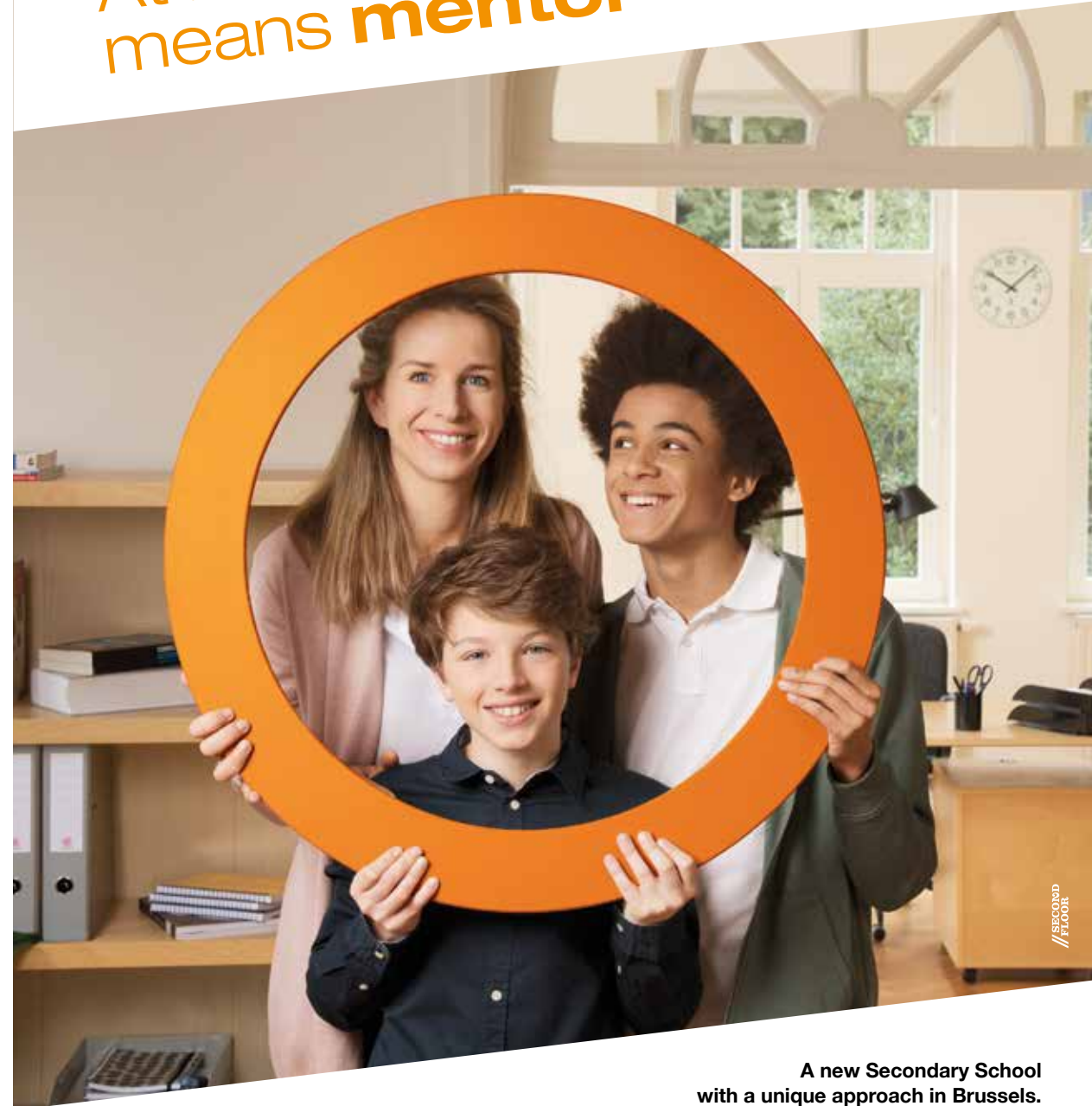
reminds us a lot of mindfulness and the benefits thereof.

Tony Robbins, the world-famous coach, also speaks of striving for collective higher goals that will bring more joy and fulfillment, because when there is no expectation, you let go and surrender. When there is total participation, one-pointedness comes. When you are striving for perfection, trying to do the best you can and improving every time, new expressions of creativity are seen. The mind, emotions, and actions: head, heart and hands, become aligned; they are balanced. ❶

important to insist on the collective integration of these concepts to have a global impact. Healthier societies, more harmonious, less competition and depression, less lack of integration and isolation.

It is a state of participation in life at a higher level of consciousness. We need to be cautious because our ego always plays tricks. In the Bhagavad Gita (the foundational hindu epic), it is explained that to be a real human being, we should see everybody with the same eyes. Nobody is superior or inferior. It may sound difficult or philosophical, but in reality, it is not.

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The franglais spat

Gemma Rose meets two English-speaking writers living in French



It is believed that the English–French rivalry began in 1066, when Guillaume, the Duke of Normandy, invaded England. There have been a few good spats since, including the battles of Trafalgar and Waterloo, and the 2012 Olympic bid. The spat of our times appears to be *franglais*, a threat so serious that French seems to be on the brink of annihilation. *Les Anglais* have not helped matters in language-learning: often stereotyped as incompetent in foreign languages, ridiculed for being unable to utter a few words of a language, whether as a tourist or as a resident for a decade. In the West at least, English is the lingua franca of business, popular culture and the internet. It is no wonder that French feels threatened.

If the English have a poor reputation for languages, then Americans don't fare much better. According to the American writer Lauren Collins in her memoir *When in French: Love in a Second Language* (Harper Collins), linguists call America "the graveyard of languages because of its singular ability to take in millions of immigrants and extinguish their native languages in a few generations". Foreign policy has equally engendered hostility. During the second world war, Americans were opposed to German as it was the language of the enemy. In 2003, French was the target due to France's opposition to the Iraq war.

English and French are linguistically close - 50% of English vocabulary derives from French - but culturally, it seems like they couldn't be

further apart. There are, thankfully, plenty of Anglophone-Francophiles. I had the privilege of meeting two recently: the writers Emma Beddington and Lauren Collins. Emma is from Yorkshire, and lives in Brussels with her French husband Olivier and their two children. She writes for a variety of publications including *The Guardian* and *The Times*. Her book *We'll Always Have Paris: Trying and Failing to be French* (Pan Macmillan), published in 2016, is her funny and heartfelt memoir about harnessing the ambition to be French, ever since she stumbled upon French *Elle* magazine as a teenager.

The book delves into her conflicting relationship with home, Paris and inevitably with herself. Lauren is from Wilmington, North Carolina. She lives in Paris with her French husband Olivier and their two children. She writes for *The New Yorker* magazine. Her memoir, quoted above and also published in 2016, finds the brilliant balance between biography and the study of language. Each chapter of the book denotes a French tense, starting from the past perfect to the future. The book describes her spirited immersion into French, which leads to a better understanding of her relationship with Olivier.

As well as being Anglophone-Francophile writers, living in French and married to French men named Olivier, Emma and Lauren have other common traits. They both didn't intend on becoming writers, but rather lawyers. Emma worked as a lawyer in London and Brussels, while Lauren planned on becoming one in the US. Inspired by a journalism class she took at university, Lauren decided to take a year out after graduation to work for a magazine. She worked as an assistant at *Vogue* and then a year later at *The New Yorker*, where she has been for the last 15 years. Emma took a less conventional route into journalism, although today it is probably a common one. She started a blog, *Belgian Waffling*, in 2008 and joined Twitter in 2009. Thanks to her humorous

blog posts and tweets on the idiosyncrasies and eccentricities of Belgian and family life, her writing gained traction and offers of work from editors in Belgium and the UK.

Stories also played an instrumental role in leading Lauren and Emma to journalism. "The part I really liked about lawyering was that it was a form of reporting. I loved hearing improbable stories, interviews of people about every minutiae of their lives in order to establish a case," says Lauren. When visiting Olivier in Normandy during her university holidays, Emma devoured novels by Zola and Proust as well as the salacious gossip magazine *Voici*. In

Paris, she wrote long, daily emails to friends, reporting on her day.

**"IT IS NO
WONDER THAT
FRENCH FEELS
THREATENED"**

Emma and Lauren's attachment to French is an emotional one, but its source differs. Emma fell in love with the language and culture first, the Frenchman second; for Lauren, it was the opposite.

They have both struggled and thrived in French-speaking cities. Emma's stint in Paris, having moved there shortly after her mother's death, turned out to be more of a nightmare rather than a teenage fantasy come true. Her memoir accounts of her being subject, on a daily basis, to a "barrage of criticism" from pernickety neighbours, rude passers-by and shouty dry-cleaners. "Paris is a hard work city," says Emma. "It expects a lot of you, your dress, how you express yourself. If I went out dressed like a hobo in Paris, it hugely affected how I was treated." In Paris, she lost confidence in French, a language she has been fluent in since her teens.

"If you want to be happy for the rest of your life, live in Geneva rather than in Paris," jokes Lauren. Lauren's Olivier moved from London – where they had met – to Geneva for work. After a year and a half of living apart, she followed him. Lauren doesn't divulge whether the dry-cleaners were shouty but running the washing machine after work or putting out the recycling on Sundays would enrage *les Genevois*. In her memoir, Geneva comes



across as frustratingly plain and dull. She too notices the high standards of Paris but relishes them: "I view them as a highly motivational tool. I like that about Paris, it keeps you on your toes," she says. "Paris has a pronounced sense of place. Paris' 'Paris-ness' is very concentrated, it's a very distinct culture whose codes and manners and traditions have been built up over a long period of time."

Emma has made peace with Paris; "I hugely enjoy it as a tourist. I don't seek to belong there and that makes the relationship easier," she says. She is at ease in Brussels, living there for the past 12 years. "In Brussels, for a lot of people, French is a second language and a language of communication, whereas in France, it's the language of Montesquieu," she says. "Brussels has given me back that confidence." Although fluent, Lauren is yet to feel completely comfortable speaking French with French people. She admits that french French is "the frenchiest French" because of the "strong sense of attachment. It's not incidental that the French government does a lot to preserve it," she adds.

Through L'Académie Française, France tries to rid French of encroaching *anglicismes*. It is to be commended, but has such lengths to keep French pure made it unattainable and hostile? For World Francophonie Day (which took place on 20 March), President Macron nominated the Franco-Moroccan author Leïla Slimani as his personal representative. In a recent radio interview, she argued that France should not have the monopoly on French. "We must acknowledge that the French spoken across



the francophone world is influenced by many other languages. We have to defend this and stop living in a French that is arrogant, exclusive and wants to stay completely pure."

Being an Anglophone-Francophile writer myself, but living in English and married to an Austrian named Georg, it was fascinating to listen to Lauren and Emma's relationships with French. Lauren appears to be in the throes of a passionate love affair whereas after some rockiness, Emma is settled in her relationship. As for me, French is an unrequited love. I am, however, optimistic about Slimani's vision of French being shaken up by other languages. Then maybe *franglais* would simply be the hipster cousin, rather than Kim Jong-un. ❶

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“ GREAT LEADERS SERVE ”

The Secret: What Great Leaders Know - and Do

In this new revised and updated edition of their classic business fable, Ken Blanchard and Mark Miller get to the heart of what makes a leader successful. Newly promoted but struggling young executive Debbie Brewster asks her mentor the one question she desperately needs answered: “What is the secret of great leaders?” His reply – “great leaders serve” - flummoxes her, but over time he reveals the five fundamental ways that leaders succeed through service. Along the way she learns:

Why great leaders seem preoccupied with the future

How people on the team ultimately determine your success or failure

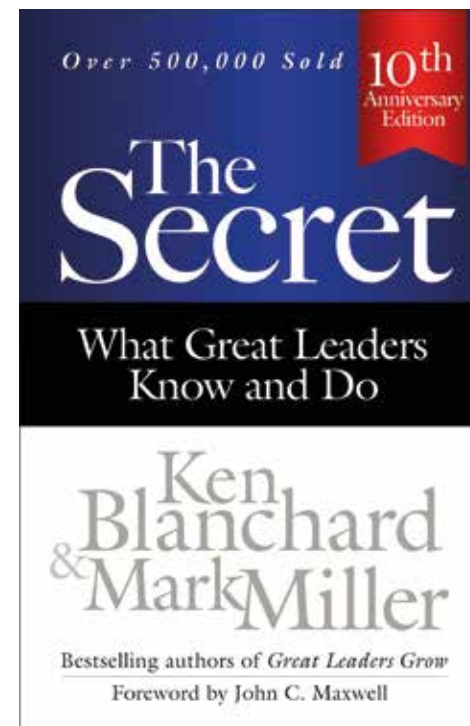
What three arenas require continuous improvement

Why true success in leadership has two essential components

How to knowingly strengthen - or unwittingly destroy - leadership credibility

The 10th anniversary edition includes a leadership self-assessment so readers can measure to what extent they lead by serving and where they can improve. The authors also have added answers to the most frequently asked questions about how to apply the SERVE model in the real world.

Claire Diaz-Ortiz, Head of Corporate Innovation and Philanthropy at Twitter, Inc. and author of *Twitter for Good* and *Hope Runs* says: “You don’t have to be older to be a great leader. The Secret shows how to lay the foundation for powerful servant leadership early in your career to maximize your impact.”





Seven Men: And the Secret of Their Greatness

What makes a great man great? *Seven Men* offers answers in the captivating stories of some of the greatest men who have ever lived. In this gallery of greatness, seven historical figures come to life as real people who experienced struggles and challenges that probably would have destroyed the resolve of most other men.

What was their secret? How did George Washington resist the temptation to become the first king of America, and why did William Wilberforce give up the chance to be prime minister of England? What made Eric Liddell cast aside an almost certain Olympic gold medal? What enabled Jackie Robinson to surrender his right to fight back against racists, or Dietrich Bonhoeffer to jeopardize his freedom and safety to defy the Nazis? What gave John Paul II the ability to identify with the most



**“ ERIC
METAXAS
SAYS IT'S
TIME TO
REVERSE
THE TREND ”**

helpless members of human society and even to forgive the man who tried to murder him? And why would Chuck Colson volunteer to go to prison when he didn't have to?

The seven men in this compelling volume evince one particular quality: that of surrendering themselves to a higher purpose, of giving something away that they might have kept. Having heroes and role models was always tremendously important for society, but in the past few decades this has changed, with seriously troubling results. Eric Metaxas says it's time to reverse the trend. With vitality and warmth, the New York Times bestselling author restores to the listener a sense of the heroic. The idea that certain lives are worthy of emulation. Get to know these seven men, and your life will be immeasurably richer. 📖



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Going to war over trade. Really?

Dave Deruytter attempts to make sense of the impending boxing bouts between Trump... and anyone who will take him on



US President Trump has imposed import tariffs on foreign steel and aluminium, at respectively 25% and 10%. The EU condemns the initiative and wants at least an exemption, otherwise it may retaliate with tariffs on some US products. China condemns the plan strongly, but without mentioning specific counter-measures – the Chinese wants to see what is going to happen in concrete terms.

What is behind these US import tariffs?

President Trump is notorious for his 'America First' policy, by which the buying of US-made products is favoured. He has sent strong messages to business in the past that industry

should not relocate production nor produce abroad to import those products back into the US. Furthermore, the US already imposes tariffs on the import of solar panels and washing machines.

The instalment of import tariffs on steel and aluminium is another step in that strategy. This time though, there is the mention of national security as an extra reason for the import barriers. The Trump administration uses a 1962 legislation to back it up. But that legislation can only be applied on a very small part of the steel that is imported in the US and it does not apply to aluminium imports at all. There may be a broader security message from president Trump though, a hint to the EU and China that



the US wants its 'allies' to act stronger with the US on world security. For the EU one could see it as a strong message to the EU member states that do not contribute as much as promised to NATO or to their own national defence. For China it may be a hint that it is not firm enough in the application of the trade sanctions towards North Korea.

The US Administration has said that countries can obtain an exemption from the tariffs if they come and explain, one by one, the reason why they should be exempt. But at the same time, President Trump threatens to go even further with trade barriers, at least for the EU. If they do not allow US genetically modified beef or agricultural crops into the Union, he wants to tax the import of European cars into the US.

Canada and Mexico currently do not have to pay the import tariffs because of the NAFTA (North Atlantic Free Trade Agreement). Still, as the NAFTA agreement is under renegotiation, the tariffs should be seen as a means for the

US to put pressure on those two countries to accept more favourable US terms under NAFTA. If not, they risk that the US will withdraw from NAFTA and impose the tariffs.

Ever freer world trade has brought extra wealth and more peace over the past decades to all countries involved with international trade and investment.

“ WHY IS THE US COMING UP WITH THESE MEASURES THEN? ”

Why is the US coming up with these measures then?

Of course, domestic populism is part of the story. 'America First' sounds great with the blue-collar workers and with those out of work, because they believe that protectionism will make sure that they will keep their jobs or find one. In the short run that may be true, but not in the medium and

longer term, as companies risk becoming complacent, and 'forget' to improve efficiency or move up the value ladder in their industries. The tariffs will then lead to a loss of competitiveness with US companies and an increase in inflation in the medium and longer term.



True, the US is the largest importer in the world and that puts it in a 'strong' position to negotiate. Still, it is not seen as fair negotiation when you unilaterally impose tariffs and then ask the other parties to come and negotiate a possible exemption. Furthermore, the EU is also a big importer (but not from the US) and is not acting in that way. On the contrary, it is steering its economy to higher efficiency and higher added value through promotion of innovation. China is of course currently still a smaller economy but a huge exporter both to the US and the EU. It has the most to lose from a trade war. But China is the biggest buyer of US debt and important sales of that debt by China would increase the yield on the US debt substantially, leading to much higher interest rates in the US, and that in turn would be very bad for the US economy.

Can the US unilaterally impose import tariffs under World Trade Organization (WTO) rules?

The aim of the WTO is to eliminate 90% of tariffs on international trade between adhering countries. Still, there are mechanisms to impose tariffs under WTO rules when there is dumping (selling below cost), proof of foreign state subsidies or national security issues (but in a very limited way). The US administration is not using those WTO mechanisms in this

case. It is simply unilaterally imposing tariffs which is not allowed by the WTO.

Still, unilateral retaliation by the affected countries would also be against WTO rules. They should complain to the WTO by following the mechanism in place to do so. But that of course could take years before a final result would come out, if ever. What is extra special in the unilateral imposing of the steel and aluminium tariffs by the Trump administration is that it is not a temporary measure. That would be more logical though: to give time to the local US steel and aluminium producers to become more efficient and competitive to face imports again later.

Because of the apparent cracks in the western economic and trade 'alliance', Russia may see a chance to play the individual countries against each other to try to loosen the current trade sanctions, the Olympic exclusion because of drug use, or more.

Restraint and true negotiation should as always lead to better results for all countries involved and thus for the world, as opposed to confrontation. Let's hope that reason will prevail and that all of this becomes a storm in a glass of water rather than a trade war tsunami, but do not bet on it. ①



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Cryptic cash

Our tech guy **Colin Moors** turns his attention to non-existent currencies



Warning: This is about cryptocurrencies, such as Bitcoin. Don't worry though, the aim of this piece is to make you wiser, not more clueless about the whole thing. I have no currencies to trade or sell you, so consider this a cryptocurrency primer, not a sales pitch. Very much the 'next big thing' since about 2016, cryptocurrencies have really hit the big time just lately. It seems that as more people get on the Bitcoin bandwagon, the more join - very much like popular stocks and shares. So

“ A CURRENCY THAT DOESN'T ACTUALLY EXIST ”

much so, in fact, we'll talk about that a bit later. I like the description used by John Oliver on his *Last Week Tonight* show: "Everything you don't understand about currency, combined with everything you don't understand about computers." Hopefully, we'll get to the bottom of it all pretty quickly. Bitcoin - to use the best-known example - is a currency that doesn't actually exist. Yes, it's true that no currency in today's world can be said to actually 'exist' as such but with Bitcoin, there's no tangible tokens like notes or coins to

deal with. It exists entirely in the ether, or rather in a series of vastly complex mathematical puzzles. Due to the way Bitcoin was set up, only 21 million can ever exist, 16.5 million of which have already been mined. "Mined?" you say. Well, yes. Bitcoin is based on complex mathematics, a shared security principle called Blockchain. Blockchain, very simply, is a ledger of transactions that exists in millions of entities instead of just one. The security is in the fact there are many copies of the same thing and to hack it successfully, you would need to hack every copy in the world.

Long story short, to extract a bitcoin, or a portion of one from the Blockchain, your computer, or several of them working together must update the Blockchain record. This also means that 'proof of work' is required to make sure that the Bitcoin extracted is registered as valid. The computers must solve extremely complex mathematical conundrums, each taking many thousands of millions of calculations to verify. Once this proof of work is satisfied, the transaction is written to the Blockchain and the 'miner' paid in Bitcoin. This provides an as-yet unbreakable way of verifying the authenticity of any Bitcoin issued.

You may also be wondering why people go to all the effort of chasing this virtual currency around the world, apart from the chance to make a bit of money. The attraction, for the most part, lies in its decentralized status. Your Bitcoin can't be affected (theoretically) by your president being killed, an earthquake in Japan or the way the wind is blowing when you get up. It has no national boundaries but is, in fact, as volatile as any unit of currency. To understand why, you need to understand the very basics of money itself and the idea of value.

For example, a collection of various bits of wood, fibre and oil will make up a painting by Picasso. Are those components worth €14 million? No, but the rarity of the elements combined, coupled with the reputation of the

painter push up the value way beyond the simple cash paid for the elements. Every time the painting is sold, it'll likely increase in value, which is where the comparison of intrinsic worth falls down. The more people involved in mining Bitcoin and the more casual bystanders investing in the next big thing has pushed the value up, as interest grows. One single Bitcoin went from an already healthy value of around \$1,000 to an unlikely \$10,000 in the twelve months of 2017. These days it's hovering around \$7,000, representing a very healthy return, had you invested in late 2016.

As we can see, there *is* some volatility in the currency, as with any other. The big drop in value seems to have been due to the dreaded taxman. Cryptocurrencies were historically associated with the less salubrious corners of the internet, the so-called 'dark web' where anonymity was paramount when paying for drugs, guns or illicit 'services'. Bitcoin and the like were the obvious choice, as they could

be mined without revealing your identity and spent in a similar fashion. Now it's gone mainstream, Bitcoin is traded on platforms that require registration and will take a payment via a bank or credit card. The taxman - often slow but never stupid - can now use these data to estimate your Bitcoin holding and tax it as they see fit. The more this has begun to happen, the less Bitcoin became worth. The basic driving principles of Bitcoin purchase can be summed up as a price drop due to FUD (fear, uncertainty and doubt) or a hike caused by FOMO (fear of missing out). So, pretty much like anything else in life.

As with any original idea, there are now clones. Around 1,500 cryptocurrencies exist at time of writing. Some are based on 'mining', some are presented simply as a way for companies to raise capital, very much like buying shares. They may have an ICO (initial coin offering) allowing people to buy one unit of currency for a set price, the buyer gambling on the company taking off and pushing the price of their holding higher. It's gradually getting better

“ IT HAS NO NATIONAL BOUNDARIES ”



but as cryptocurrency is rarely regulated at the moment, the potential to fleece the unwary is tremendous.



If you've seen *The Wolf of Wall Street*, you'll know what a 'pump and dump' is. If you don't, it is basically a group of people advising victims to buy trash shares in moribund companies at a low, low price to people on what's usually a cold call. The group will own thousands of such shares. Once the market responds by pushing up the share price due to a surge in interest, the group will dump all their shares, making a huge profit and crashing the price, leaving their marks empty handed. This practise is currently rife on the internet so if you're thinking of dipping your toe in the water, be careful. ❶

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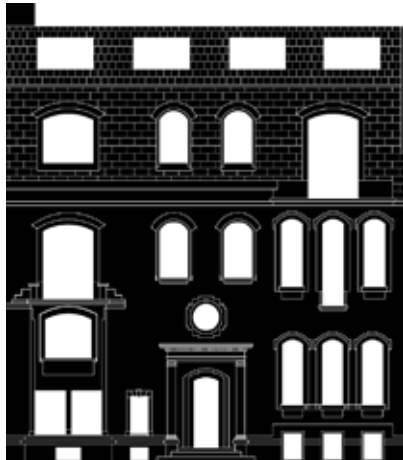


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PERSONAL
DEVELOPMENT

Politics

The EU's new data-protection laws

Gerry Callaghan takes a look at the EU's General Data Protection Regulation



Companies that collect data on European citizens will now need to comply with strict new laws around protecting consumer data by the end of May this year. Huge shifts in the technological landscape over the past twenty years has resulted in the European Union playing catch-up in the field of data protection. In 1995, when the EU's data protection laws were first drawn up, the world had not yet encountered large multinationals like Google, Facebook or Twitter, and their ability to gather huge amounts of personal information.

The GDPR replaces the existing Data Protection Directive 95/46/EC, which centred on the protection of individuals with regard to the processing of personal data and on the free movement of that data. A public consultation held in 2009 received 168 responses and set the EU on the path towards

reform. In January 2012, the new rules were finally proposed and set out to strengthen online privacy for individuals but also set the goal of boosting Europe's digital economy.

The EU's new General Data Protection Regulation (GDPR) hopes to bridge the gap between current regulation and the concerns of ordinary Europeans. On its website, the European Commission states that a new single law on data protection will replace "the current inconsistent patchwork of national laws". Businesses, it explains, will be able to deal with one law rather than 28, with the financial benefits estimated at €2.3 billion each year.

The online environment has unquestionably shifted since the early days of cyber-cafes and chat rooms, so, in April 2016 after four years of deliberation, the new regulations were agreed and are set to enter into force on 25 May.

From that date organizations will face heavy fines for non-compliance.

GDPR is a far reaching and multifaceted regulation, but some of the most prominent changes are the introduction of fines up to €20 million or 4% of company turnover, and the establishment of new rights for the individual. Including the right of data portability, which is the receipt of your own personal data from an organization in a form that can be easily shared with another. It also includes the right not to be profiled unless necessary by law or a contract, and the right to be forgotten by request that an organization delete your personal data.

Consent is key in the framework of GDPR. It must be freely given, informed, unambiguous and - in the case of sensitive data - explicit, and individuals may withdraw their consent at any time. Companies processing personal data must take measures that the data is protected by default, with necessary technical and organizational measures in place, and protected by design - with privacy and data protection built into the design and architecture of systems and technologies.

Organizations outside the EU must also comply and designate a representative in the EU in order to collect data on its citizens. In the event of a breach, organizations must notify their data protection authority within 72 hours, unless the breach is unlikely to pose a risk for individuals.

GDPR will also lead to the appointment of data protection officers at public sector organizations and those who conduct regular and systematic monitoring of personal or sensitive data on a large scale. This makes it likely that Europe will see the introduction of certification marks from data protection authorities to those organizations making the grade, reinforcing consumer confidence with an assurance of protection.

Damien Tambini, from the department of media and communications at the London School of Economics and Political Science (LSE) said: "Some commentators have said that what's going to happen is that, effectively, the General Data Protection Regulation will establish a new standard globally for data protection."

"I don't think that's the case," added the associate professor. "I think it will be horses for courses. Some companies, depending on their offer, will take the view that it is cost effective for them to establish new practices which are global, and others will develop new services for different markets."

"Universities are having to rethink which cloud services they use because it may not, any longer, be legal for them to use services which are outside the jurisdiction of the GDPR," he said. "There is a rethinking both in terms of

how US companies provide services into the EU and how EU citizens are using services which are based out of the EU's jurisdiction."

At video streaming giant YouTube, preparations are under way for the new rules and regulations. "I think it's absolutely appropriate that governments look to make sure that consumers are protected, and properly protected," Ben McOwen Wilson, YouTube EMEA's regional director, said. "We will always comply with... all of that regulation and indeed have gone beyond that regulation to date to try and ensure that... it's really clear to the consumer... what will they do with my data, how do they use it and how do they not use it?"

How much of an impact GDPR will have on organizations and the individual remains to be seen. Shortcomings in the legislation are almost guaranteed, but as of 25 May, excuses are no longer relevant, therefore, business must take the necessary steps or face a heavy fine for non-compliance. ❶

“ CONSENT IS KEY IN THE FRAMEWORK OF GDPR ”

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Luxury

Once-in-a-lifetime luxury adventures

We have chosen four from fifty luxury adventures from *Elite Traveler*



Elite Traveler, the world's leading private jet lifestyle magazine, has announced the definitive list of the world's Top 50 Adventures. Whether it's learning to bobsled with a former Olympian or flying 22 miles above sea level with the Near-Space package, *Elite Traveler's* list covers it all.

Everest in a Flash

Furtenbach's Everest in a Flash package allows adventurers to embark on a zero-training-required luxury trip up the world's highest peak. This is ideal for adventurers who don't have the time to prepare or undertake such a vast expedition.

The epitome of a challenge, scaling Mount Everest is a serious achievement even for a seasoned mountaineer. Granting access to quite literally the top of the world, the mountain

stands at almost 30,000ft above sea level, famously making it the highest peak on earth. Usually, an expedition would take nine weeks or more, but Furtenbach Adventures' 'flash' Everest expedition takes less than four weeks, thanks to at-home acclimatization using hypoxic tents. For those who have the financial means to conquer Everest (the permit, gear and guides alone cost around \$50,000) but not the time, this experience is the solution. In addition to the pre-acclimatization, maximum oxygen support is granted during the ascent, as well as the latest equipment, expert guides and experienced sherpas. The spring 2018 expedition sold out within a few months, but bookings are now open for 2019.

Location: Himalayas

From **\$115,000 per person**

www.furtenbachadventures.com



Set sail America's Cup style

Set sail on the open seas with an America's Cup captain and race against some of the world's most famous sailors, including former America's Cup competitors.

Cloud10 racing is the brainchild of Tony Rey, one of the world's greatest yacht race leaders and coaches, who has competed in the America's Cup, the Volvo Ocean Race and the Olympics. With a wealth of knowledge about all things sailing (he began sailing at the tender age of seven) as well as insider access to the best post-regatta parties, Rey customizes racing experiences (including skipper, captain, crew, hospitality on the ground, and basically anything else you want) pegged around any major sailing event. With entrée to rare and exclusive regattas (Les Voiles de St Tropez, the Rolex Big Boat Series, the Hong Kong-Vietnam Race) and racing yachts like the P2 and Marie, Rey can arrange for guests to sail against Hap Fauth's Bella Mente, George Sakellaris's Rambler 88 or Mike Sanderson on the Maxi72 Proteus.

Location: Various locations

From **\$120,000** per person per week for four people
www.cloud10racing.com 



Bobsled with an Olympian

Tear through a bobsled course at up to 70mph, with St. Regis's winter package giving guests the chance to train with an Olympic silver medallist. If the 2018 Winter Olympic Games has left you wanting a piece of the action, the St. Regis Deer Valley hotel in Park City, Utah, has just the thing. As part of an exclusive partnership with the Utah Olympic Legacy Foundation, the St. Regis is offering an exciting opportunity to bobsled alongside an Olympic medalist. Guests can take a thrilling ride on Park City's bobsled track at Utah Olympic Park (used in the 2002 Salt Lake City games) alongside brakewoman Valerie Fleming or driver Shauna Rohbock, who together won the silver for the US in the 2006 two-woman bobsled event. They share inspirational stories while giving an exclusive tour of the track. Following a safety demonstration, guests will take the white-knuckle ride of a lifetime — tearing through 10 exhilarating turns and hitting speeds of up to 70mph with 3G of G-force. Your day on the track ends with a medal ceremony, an autographed photo from Shauna and Valerie, plus a special souvenir.

Luxury suite from **\$6,000** per night, bobsled package
\$3,500 per person.

Location: Utah, USA

www.stregisdeervalley.com



Near-Space flight

The most expensive trip on the list costs a cool \$550,000. The Near-Space flight takes guests to as high as it's physically possible to go without the need for a space suit, while you spend 12 hours floating 22 miles above sea level and dine on Michelin-starred cuisine. A part of the atmosphere once reserved exclusively for astronauts, near-space is now becoming a destination for daring civilians. The stratosphere, mesosphere and lower part of the thermosphere create near-space, somewhere between the Armstrong limit (above this, humans need a pressure suit to survive) and the Kármán line (where the atmosphere meets outer space). Taking off from just about anywhere on earth, Brown + Hudson's near-space flight is the most luxurious way to take on this profound journey. Lifting off at 4am in a state-of-the-art pod that can hold four people, you'll reach a height of 22 miles in around one hour. The entire flight takes 12 hours (with Michelin-starred in-flight dining), with two hours cruising in near-space.

Location: The Atmosphere
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A dog's best friend

Luxury experts VeryFirstTo.com announces the world's first 24k gold dog jacket

And it's armoured! Not only that, Doggy Armour's coat is encrusted with a choice of black Swarovski crystals, or black diamonds. The 24k gold jacket is achieved thanks to a trademarked and revolutionary application of Nano metallizing technology.

Bradley Davis, Chief Executive of Doggy Armour explains: "We offer a choice of 'Golden Textile' 24k gold Nano coated fabrics. It has the authentic value of gold itself and embraces 99.99% gold that is Nano-structured. The content of pure gold is certified by test and verification of international authorised inspection organisations".

Your pampered pooch's jacket will be embedded with 20 Swarovski crystals, accessorised with either a beautiful golden bow or tie and a gold-plated lead connector. Customers have the choice of replacing the crystals with 20 sparkling black diamonds.

The 24k gold jacket benefits from super lightweight armour to protect your loyal companion from bites from others and, if required, this can be enhanced for higher levels of threat including blades. The jackets are up to 15 times stronger than steel and 8 times stronger than Kevlar, so not only bite



resistant but slash resistant too. The inside of the jacket is lined with a 3D fabric designed to allow a flow of air through the jacket, in warmer weather this can be wet to act as a cooler jacket.



Marcel Knobil, founder of VeryFirstTo says: "Thanks to Doggy Armour Doggy Armour: "You'll never see a more golden Labrador, dashing Dachshund, cavalier King Charles Spaniel, or pompous Pomeranian."

A percentage of proceeds from sales will help fund the making of highly innovative anti-poaching armoured jackets that protect specially trained dogs accompanying anti-poaching teams who keep our world's most precious animals safe including elephants, rhinos and tigers. The dogs encounter poachers with knives,

machetes, guns and spears, and the armour is designed to offer them maximum protection whilst also enabling flexibility, speed and ensuring the dog does not overheat.

Elodie A Sampéré of Ol Pejeta Conservancy says: "Ol Pejeta's K9 unit is an instrumental part in the fight against rhino poaching, as well as general security issues in the Laikipia area of Kenya. The dogs are always at the forefront of the battle."

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Hair & Make-up: Ruben Marmol for Kaastel Agency
Model: Anna@Viva models



Coat: guess



Shirt: les petites prairies
Trousers: Liu-jo



Total look: urban outfitters



Coat: Isabelle Marant



T-shirt: Adidas
Skirt & coat: Zara



Coat: Comme des Garçons
Dress: Graphie-Sud



Total look: Zara



T-shirt Adidas
Skirt & coat Zara
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LIFESTYLE

Fashion

Antwerp and fashion

This month we take a look at a city that oozes fashion

Photo © Shone Pulpia, graduate show 2016



Antwerp and fashion

The romance between Antwerp and fashion goes way back to its most famous 'love child' the Antwerp Six. Thanks to these designers, all spotlights shine on Antwerp's catwalks. And that reputation has not diminished – just look at their many remarkable successors. Antwerp has been investing in fashion for years. It is present here in all its forms: from an illustrious fashion programme and several ateliers to a fashion museum. That creative influence has spread across the city. You'll bump into many famous fashion houses and design shops.

Breeding ground for talent

De ModeNatie is the creative fashion heart of Antwerp. It houses the Fashion Museum (MOMU), the famous fashion department of the Royal Academy of Fine Arts and the Flanders Fashion Institute (FFI).

Important fashion city

The Antwerp Six took the international fashion world by storm and placed the city on the fashion map. Designers like Tim Van Steenbergen, Véronique Branquinho, A.F. Vandervorst, Kris Van Assche, Haider Ackermann and Bruno Pieters followed in shops.

Fashion

their wake. Today the fashion department attracts talent from around the globe and great prospects graduate every year.

Starting and established designers

Many designers remain in Antwerp and start their labels there. Their boutiques add to the famous fashion houses that settle in the city. That's good news for fashion lovers. They'll find everything they need to make a successful fashion statement.

Six of the best

You always know you're headed somewhere when you get a number – and the Antwerp Six, a group of fashion designers who graduated from Antwerp's Royal Academy of Fine Arts between 1980–81 are no exception.

The six artists (Walter Van Beirendonck, Ann Demeulemeester, Dries Van Noten, Dirk Van Saene, Dirk Bikkembergs, Marina Yee and Maison Martin Margiela) studied under Linda Loppa, who formerly served as the dean of Polimoda fashion school.

Antwerp at the time was not exactly one of the world's most easily identifiable fashion capitals. Not a particularly populous or cosmopolitan city, the Belgian city was, at the time, a far cry from Paris or Milan in terms of having a place in the upper echelon of fashion. But, this fashion collective presented a distinct, radical vision for fashion during the 1980s that established Antwerp as a notable location for fashion design. The breakthrough occurred in 1986, when the group rented a truck and set out for the London Fashion Week with their collections.

Martin Margiela, another Belgian contemporary, was not actually part of the group that showed in London, although he is often mistakenly described as one of the Antwerp Six; he had moved to Paris, and did, to be fair, initially work for Jean Paul Gaultier.

Under the supervision of Loppa, at the time of the collective's creation, the six designers' work represented a radical breakthrough. After the late 80s, the fashion team split to work individually, each developing a distinct and unique style and trademarks. Their legacy can still be felt today as



they set the example for generations of fashion designers who follow in their wake, such as Kaat Tilley, Raf Simons, Veronique Branquinho and many others at Flemish academies.

Reflecting on the famous six-some, Geert Bruloot, who helped to pioneer the group by way of his Antwerp boutique, Louis, which started selling the first collections of Martin Margiela, Dries Van Noten, Dirk Bikkembergs and Ann Demeulemeester, told the *New York Times*: "Before London, we went to Japan to introduce the graduates' collections to buyers and press. I got to spend two weeks with them in Tokyo and discovered they had real potential as designers. But at the time, they were not able to do what they wanted or to express themselves.

"London had a vibrant fashion scene in the mid-80s, with designers like John Galliano, Vivienne Westwood and Katharine Hamnett gaining prominence. I got Dirk to come with his shoes, Walter to design a new collection and Dries phoned me to ask if he could join us. Then I had the idea that it should be six of them and I contacted Marina Yee, Ann Demeulemeester and Dirk Van Saene who accepted to go to London, too."

And the rest, as they say, is fashion history. 📍



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www.flikflak.com/en



Bvlgari Omnia Pink Sapphire

Omnia Pink Sapphire is a festive floral eau de toilette that captures the essence of the frangipani, sparkling pink pomelo and vanilla musk. The vibrant scent is a daring reminder to run, jump and dance into every day with sweetness and spontaneity. Alberto Morillas, master perfumer and creator of Omnia Crystalline, composed Pink Sapphire as a whimsical combination of bright citrus and exotic florals. Omnia Pink Sapphire EDT 65ml: **€82**
www.bulgari.com

Gucci single running GG-mania

Gucci presents the new single earrings from the GG Running jewellery collection. The interlocking GG logo is the centrepiece of these sophisticated and eclectic creations, which combine precious materials with sleek, contemporary designs. These two new models are clip-on earrings designed to be worn on the right ear.

Simple and modern, one is made of 18-carat yellow gold, while the other offers a sparkling and luxurious touch by combining 18-carat white gold and diamonds. GG Running single earring in 18k yellow gold: **€790**, single earring in white gold, 0.66 carat diamonds: **€4,150**
www.gucci.com



OMEGA

OMEGA has launched an exclusive "Pop-Up Boutique" in Paris with a new interactive spirit. The concept is the first of its kind in the world and is 100% focused on the brand's colourful and diverse selection of NATO straps. Presley Gerber has helped to develop an exclusive "Presley Gerber" NATO strap, which is only available through the NATO boutique. The black denim and leather strap includes a stainless-steel buckle and features the word "Presley" embossed on the underside.
www.omegawatches.com



Jimmy Choo Blossom Special Edition

This is a fruity floral women's fragrance with woody facets. It was made for a woman who naturally sparkles; she can't help but seduce thanks to her elegant aura and joyful demeanour. Accentuating the vivaciousness of her personality and the exquisiteness of her style, the Jimmy Choo Blossom Special Edition Eau de Parfum Spray is her ideal fragrance match. This tropical perfume opens with a blast of exotic fruit accord, drenching the creamy facets of frangipani flower in sultry scent. **€36.63 - €48.84**
row.jimmychoo.com/en/home



Coach For Men

A new fragrance inspired by mavericks, rebels and all-American dreamers. The smoky, midnight blue bottle references many of our iconic codes—a gunmetal spray cap shaped like a turnlock, a distinctive hangtag charm, and a horse and carriage logo engraved into the glass. Notes: Green Nashi, Bergamot, Kumquat, Cardamom, Coriander, Geranium, Vetiver, Suede, Ambergris. **€35 - €75**
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- with rose petals - flower gloss from
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TO A JELLY -
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PETALS”**

Brussels by Designers, a new creative guide

Our design pages this month highlight another significant local initiative



Visit.brussels, in collaboration with 4 Brussels creators, has published an original guide for design, styling and aesthetics aficionados. It's a great way to get off the beaten track and discover original and authentic places.

Brussels is setting trends in design and styling, thanks to the growing number of talented creators and original initiatives such as the new Collectible fair, the Brussels Design Market, Uptown Design, Brussels Design September and Nationa(a)l. Not to mention the new MAD Brussels Fashion & Design Platform, the ADAM Brussels Design Museum and schools like La

Cambre/ENSAV, whose reputation continues to grow.

The guide aims to help people discover or rediscover Brussels through the eyes of four creators. For this first edition, visit.brussels asked three furniture designers, Jean-François D'Or, Damien Gernay, Marina Bautier, and stylist Gioia Seghers to share their favourites.

Elegant and practical, the book is divided into five sections - restaurants, bars, hotels, shops and cultural venues - separated from each other by the creators' portrayals. From the specialist bookstore, through the concept



**“ THE GUIDE
ALLOWS YOU TO
DISCOVER OUT-OF-
THE-ORDINARY
PLACES ”**




store, to the neighbourhood café, the guide allows you to discover out-of-the-ordinary places and is both attractive and user-friendly.

With its 128 pages and graphic design with a strong focus on visuals, *Brussels by Designers* is bound to attract inquisitive Brussels people and first-time visitors in search of original places.

The Brussels by Designers guide is on sale at the reception desks of visit.brussels and in several Brussels bookshops.

Number of pages: 128

Language: English

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LIFE OF LEISURE

Not far from the town of Taos lies an Indian Pueblo open to the public



LIFE OF
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Interview

Martin Freeman: The unknown part of the job

Together met up with a hugely talented actor who spans the genres with ease



Martin Freeman's career has spanned the genres: comedy, sci-fi, action, costume drama, porn. Well, the last he has a little issue with. According to popular belief, his character in *Love Actually* was a stand-in on a porno. But Freeman wants to clear his reputation.

"We weren't working on a porno, we were stand-ins on a very high brow, sort of racy Merchant Ivory," he delivers with a sombre expression. "It's all a misconception."

The 46-year-old gives a stand-offish impression. In a comfortable, modish ensemble of jeans, white shirt and black waist coat, Freeman peppers the conversation with half laughs and titters and tends to look beyond my shoulder when formulating his thoughts. He's affable and friendly but it's clear the promotional trail isn't his desired territory. But *The Office* and *Sherlock* star has to sell his latest offering and potentially his biggest movie yet, *Black Panther*.

In the ground-breaking latest production from Marvel Studios, Martin plays Everett Ross, a slick CIA agent who comes to Black Panther's aid in his fight against Michael B Jordan's warlord, Killmonger. While we'd already met Freeman's clandestine operative in *Captain America: Civil War*, it's the first time we're catching the actor really flex his blockbuster muscles. And the star can more than hold his own. Reflecting on his experience, he chats about impressing his kids, working with his *The Hobbit* co-star and friend Andy Serkis, and why he hopes race will no longer be an issue in Hollywood.

He also talks about a reunion for *The Office*, the forthcoming series of *Sherlock*, fame and why he gets bored so easily. Freeman lives in London. He shares kids, Joseph, 12 and Grace, 9 with ex-wife Amanda Abbington.

Together: It struck me during that scene with Andy, it was like a *Hobbit* reunion. Was that cool for you?

Martin Freeman: It wasn't something on my



mind the whole time. I've known Andy for many years and I was very excited to work with him again because he's a tremendous actor. Yes, I do know, you could feel a buzz if you want to call it that, about the two of us doing a scene together, people were saying 'Oh, it's like *The Hobbit* again'.

Andy's my friend, but that wasn't even remotely in my mind when we were doing the scene because my main concentration was on doing the scene right.

Are your kids super excited with you being in this?

They're equally as excited about what I work on, but that's to say, they're not very excited at all [laughs]. So, it's however way you look at it. They're more excited by the people I get to work with, they're in awe of Danai and Lupita, Daniel, Chad.

Black Panther is being heralded as a Hollywood game changer and hugely important for socio cultural race relations. Was that a big burden on your shoulders?

I'm getting asked an awful lot about that and I'm keen to reiterate, it's not about just race

and just changing the structure of Hollywood, certainly the story isn't about that. Yes, it's a first of its kind with a cast of majority black actors and it's also a very empowering film for female actors but beyond that, that's not the crux of the action.

It appears to me, what an archaic notion to focus on and I know it's hugely significant but isn't that wrong? It shouldn't make cause for any headline, there are characters in the story, some are black, some are brown, some are white, and that's life. I hope this is it, we don't have to address this anymore when it comes to a film and look at it instead as a piece of entertainment that will engross the viewer, thrill them, challenge them, put forward yes, socio cultural

issues, but on the whole leave the audience exhilarated. Then we've all done our job right.

It will have broken boundaries though.

If it's broken boundaries, great. And maybe for younger audiences in particular, they can say in the future, 'this is how it always was, at least to my knowledge and memory.' We all want to get to stage where it's just a film and it's normal.



But we're not there yet.

It will take a couple more [movies], you're right yes. And I hope once that happens, people will simply say, 'oh, it's a film,' and nothing more.

From working on something like Sherlock or The Office to a mega blockbuster like this, must be so disorientating? Is there a huge chasm between the two with just being on set?

It's really similar to me [laughs]. The camera is the same and whether it's something smaller or something huge like this, the job is always the same for me. Filmmaking is a group of people coming together and trying to tell a story in the best way.

Yes, sure, on these movies with huge budgets, you're looked after very well, between accommodation, and travel, food, they want to make your environment as comfortable for you as possible so you can do your job to the best of your ability. So, there's the difference there.

So whether it's a small indie, or a giant Hollywood picture, it's just work to you? You don't feel like, 'Now, I've made it.'

I'm pretty proud of everything I've done. There's stuff I've done, and 20 people if I'm lucky have seen it, perhaps fewer and I'm so proud of those, as much as I am about the super popular projects I've worked on. I don't discriminate.

Of all your bigger projects, the ones with the huge following, do you feel like you have a slight favourite over the other?

No, not at all. They're all special to me for similar and separate reasons.

But if you had to pick.

I think I'm particularly fond of *The Office*, if I had to pick one and because you're asking because that's where it all took off for me. I wouldn't be here talking to you without it. At the time, it was the biggest thing I'd ever done and the first time I'd had that giddy excitement. It

changed my life, it was when I started getting stopped on the tube, I love it. If I catch it by chance, I'll always sit down to watch. Because it's my kind of show, it's everything I like.

Is that what you normally get stopped for even today?

For a certain age. People over 30, that's often

“ IT'S NOT ABOUT JUST RACE AND JUST CHANGING THE STRUCTURE OF HOLLYWOOD ”

“ IT'S A FORTUITOUS CURSE THAT WE'RE ALL SO VERY LUCKY TO BE SO DAMN BUSY ”



what they want to talk about but people under, they don't really know about *The Office* - they either haven't seen it or it hasn't had the same pop culture impact on them now, as it did 16, 17 years ago. They want to talk about what I've done since.

Your IMDB is a real mixture of different genres, not necessarily expected of you, given where you came from on *The Office*, was that something you fought against?

Of typecasting? It's been a mixture of, I think people thought I was genuinely a stand-up from doing *The Office*, particularly in the first few years after, and clearly I am not but I could have made a nice profession doing comedies and all that. I love comedies and love to make people laugh.

So how have you guided your career to new terrain?

I do say no which comes down to my own taste and what I would watch myself and what I wouldn't. But I also have people working for me whom I am very grateful for who have sort of cleared that path and shone a light on me by saying, 'He would be interested in doing

that.'

When will we be seeing the next series of *Sherlock*? Or are we in for a long, long wait?

It's the same story, every time, each time before every season, it's a fortuitous curse that we're all so very lucky to be so damn busy. It's a blessing, overwhelmingly a blessing but for *Sherlock*, it's a curse. It's not a curse [laughs].

But between Benedict, Steven, Mark and myself, we're a disparate group leading very disparate lives.

I'm not being cagey when I say I really don't know. It might happen yes. We take our time, like quality

control.

But you want to do more?

Sherlock is one of my favourite things I've ever worked on, maybe will work on, I love doing the show and I'm like a little kid when those scripts come through my letter box. I get genuinely breathless.

It's just a shame the series aren't longer.

I'm actually glad in lots of ways that we don't churn it out all the time, fifteen episodes a year. That would take away a bit of the magic for not



“ I'M HAPPY TO SAY, 'SORRY, THAT'S ENOUGH.' ”





only me but the audience too. I get bored very easily and the unknown part of this job is what appeals to me most. I like not knowing what's coming next, I like embarking on a new [adventure] and will it work out, maybe it will, maybe it won't.

Will The Office reunion ever happen? And would you be on for it now? I know you've had reservations in the past.

I no, I like the finite nature. I like the idea of leaving it alone, allowing the memory and the legacy to live on untarnished. You're running the risk of making something that won't be half as good as what we did before. I say, 'leave people wanting more. Not wanting less. No one wants to read a review, which so often happens, 'they should have stopped five years ago.' I'm happy to say, 'Sorry, that's enough.'

Will you and Benedict come together in

the Marvel Universe at any stage?

I really hope so, that would be fun. But I don't know how it would happen because they're very different worlds. If I had my way, yes please. But I'm not Kevin Feige, I'm not the boss man, out of my hands.

How do you handle your fame now?

I just think it's important to never believe it. Never actually taking any of it seriously, like it means anything in the grander scheme of things. When you do, that's when the problems start. ❶

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Radisson: Your Blu Heaven

James Drew takes a look at one of Côte d'Ivoire's leading hotels in Abidjan



As the economic capital of Côte d'Ivoire and one of the most populous French-speaking cities in Africa, Abidjan has quickly become the place to be seen in Côte d'Ivoire. Standing as it does at the cultural crossroads of Africa, Abidjan is characterized by a high level of industrialization and urbanization. With historical highlights such as the Vridi Canal (completed in 1951), which enabled Abidjan to become an important sea port, and almost all the political institutions and foreign embassies of Côte d'Ivoire located in Abidjan, the largest city in the country is undoubtedly its economic capital as well – the jewel in Côte d'Ivoire's crown.

And that is why the Radisson Blu Hotel at Abidjan Airport is the perfect welcome to the city, offering the sumptuous accommodation that one would only expect in such a

cosmopolitan, cultural enclave.

Modern landmarks include La Pyramide, a ziggurat-like building, while St. Paul's Cathedral is a swooping structure tethered to a massive cross. Artwork, cultural relics and handicrafts are also on display at Le Musée des Civilisations de Côte d'Ivoire.

Abidjan is a challenging city to move around – it's vast and connected by mini-motorways – and you'll have to get in the swing of hailing taxis, negotiating fares and buzzing down the busy roads in order to get from one spot to another. But each neighbourhood's distinct feel gives you an insight into the vast scope of Abidjan's character and contradiction – it's quite common for sharp luxury to exist adjacent to poorer areas. Make sure to dip into

the markets, street-food stops, art galleries and a sleek bar or two.

Radisson Blu® is one of the world's leading hotel brands with 300 hotels in operation in 69 countries and territories. Radisson Blu's vibrant, contemporary and engaging hospitality is characterized by a unique *Yes I Can!*SM service philosophy, and all of its first class hotels offer a range of signature features that are empathetic to the challenges of modern travel, including the 100% Satisfaction Guarantee. Distinguished the world over as the brand with *Hotels Designed to Say YES!*SM, Radisson Blu offers a vivid visual celebration of leading-edge style where the delight is in the detail. Radisson Blu hotels are located in prime locations in major cities, airport gateways and leisure destinations across the world.

To be found just 15 minutes by car from the city centre, the Radisson Blu Abidjan Airport offers 261 rooms and suites, with amenities such as irresistible on-site dining options, including an all-day dining restaurant with an international foods buffet and African specialties and the Lobby Café, which offers tasty snacks and pastries. Or, if being in the sun is more your thing, check out the Pool Bar, which includes a traditional pizza oven and grill.

Also, the Lounge Bar & Terrace is just the thing for an afternoon tippie, serviced constantly by a helpful concierge – and if perhaps you want to burn off what you have been enjoying at the hotel, a gym is also available as well as an

outdoor pool – and it is a very well equipped and spacious gym, offering the very latest in Technogym equipment.

Rooms and suites

Well-designed and spacious, the 261 rooms feature 195 Standard rooms, 50 Business Class rooms, 15 suites and a Presidential Suite offering first-class comfort, connectivity, and a restful night with soundproof windows.

Smoking and disabled rooms are available upon request.

Meeting rooms

The hotel's exceptional meeting facilities include up to 13 meeting rooms, perfect for delegates who need proximity to the airport.

In essence, what the Radisson Blu offers is a general feel of a 'home away from home' with excellent front desk attendees and friendly staff all round – in addition, the hotel has been described as an oasis in what is often a hectic city. Even the standard rooms are spacious, with beautiful crisp white

duvets provided every day, and the delicious variety of the breakfast buffet is apparently something to behold – what a start to your day!

For your first or frequent stay, you are unlikely to find better than the Radisson Blu in Abidjan, combining as it does good value, first-class service and wonderful cuisine – how long are you going to stay?

www.radissonblu.com/en/hotel-abidjan **1**





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Opio vs. La Palmyre: A Club Med duel with a French touch

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La Palmyre Atlantique Resort

Nine hours by car from Brussels, La Palmyre Atlantique Resort welcomes you to the Arvert peninsula, by the ocean and opposite the Cordouan lighthouse. The colourful bungalows in red, yellow and ochre are inspired by traditional oyster huts. The location is both

shaded by pine forests and refreshed by Atlantic Ocean spray. The sailing school and kite surfing expeditions will delight water sports enthusiasts, while the many land sports (tennis, fitness and volleyball) will reveal champions of all ages. To combine sport and nature, spend the day in the open air in enjoying horse trekking on the beach.

Ideal for holidays spanning the generations, the Resort offers a full children's programme, from the Petit Club Med® (2 to 3 years old) to the Mini Club Med® (4-10 years old) and the Junior Club Med® (11-17 years old). The Resort's location makes exploring the region easy. 17 kilometres away, the charming town of Royan is the perfect setting for a stroll through streets where Belle Epoque villas and modern post-war buildings stand side by side.



Opio Resort

A change of atmosphere! Cricket song calls you to Provence in the Opio Resort. In an ideal location in the heights of Cannes, on the Valbonne plateau, Opio brings you close to the glamorous ambience of La Croisette, while being nestled in the heart of nature among the olive groves and pine forests. Start your day by enjoying a delicious breakfast on the large panoramic terrace (covered and uncovered) of Le Provence restaurant. Then, why not try a new sport? Archery, fitness, tennis, Pilates... there's no lack of choice! Golfers will be delighted with the golf school and the sound advice given there.

If this seems too staid and you are looking for new experiences and sensations, discover Club Med CREATIV by Cirque du Soleil. In partnership with the world famous Québécois

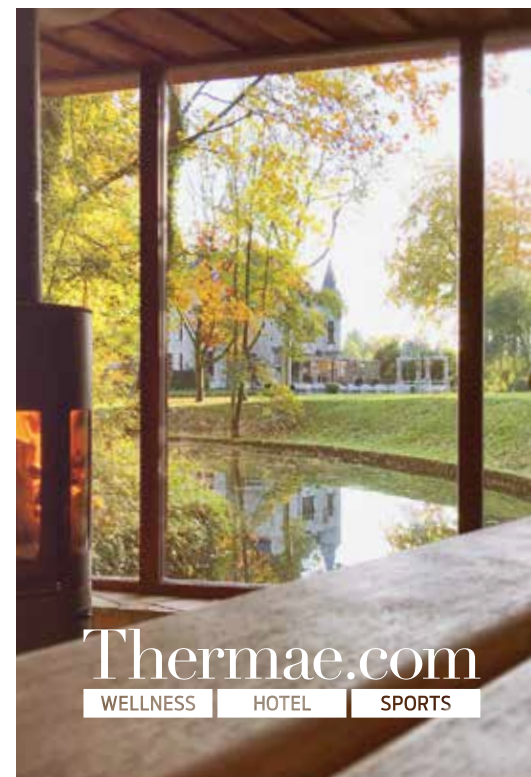
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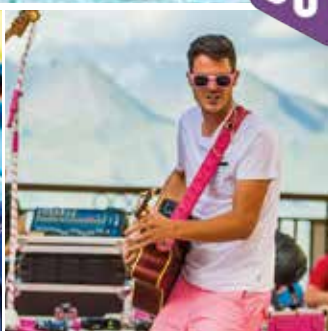
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LIFE OF
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Travel

Taos Ski Valley: Steep and deep



Mark Browne headed for a mountain of snow towering above the New Mexico desert

Far to the south of the many famous US ski resorts of Colorado and Utah another name is rapidly gaining international recognition as a premier winter sports destination – Taos.

Set in the Sangre de Cristo mountain range, 'steep and deep' is the motto of Taos Ski Valley and a glance at its snow stats or topography instantly reveals why. The resort, with a lofty base elevation of 9,200 feet (2,800 metres) is nearly as high as the peak of the Zugspitze, Germany's highest mountain, and is blessed with an average of 321 inches (8.15 metres) of snow per year. While there is a good selection of blue and green runs for the less experienced skier, a primary aspect of its attraction lies in the myriad more challenging

options available in its black runs, double diamonds and chutes.

Many of these flow down from the ridges towering above the main resort and pisted slopes. Access to these upper slopes is afforded both by the relatively new Kachina Peak lift, still now only in its third season of operation, which runs to 12,481 feet (3,804 metres), as well as by the more traditional route of hiking from lower lift accessible areas around the mountainside. This means that it is similar in altitude to the highest lift in Europe to the Matterhorn, yet it in turn is dwarfed by nearby hikeable Wheeler peak!

Despite the intense snowfall, the resort still averages 285 sunny days per year. This

incredible and enviable combination lends itself to alfresco lunchtime dining, both in restaurants scattered around the ski domain or back at the village itself. It also perfectly sets the scene for some well-deserved open air après ski at the end of the day's adventure back at the bowl-like opening of the resort village – watch as the evening sun slips down the pass at the valley's entrance.

In addition to new and improved lift developments the resort has been revitalized by a redevelopment programme of the main village plaza. Besides new shops and dining options, the centrepiece of this is the new Blake Hotel, currently celebrating its first anniversary. Designed by the renowned architects Zehren & Associates, who have worked on an impressive portfolio of hotel properties in top US SKI resorts such as Vail, Telluride and Beaver Creek as well as internationally, particularly in China, the new hotel sets the bar for convenience, luxury and elegance.

Blake Hotel possesses all the features to be expected of a world class ski hotel, including outdoor hot tubs with impressive views of the surrounding mountain range, full spa, wellness and fitness suites and a first-class finish. It is ideally located in the village but immediately adjacent to the slopes to facilitate the convenience of ski-in-ski out, and yet it manages to maintain the intimacy of a boutique hotel which belies its 80 room capacity. This is in large part due to the welcoming staff, their relaxed efficiency and the mantra that Steven Rose, Director of Hospitality, and Manager Eduardo Sampere have engendered in the team: all guests should be made feel like VIPs. A task they accomplish admirably!

However, it is also assisted by the intimacy of the rustic Austrian alpine design, featuring gabled roofs and timber balconies, and most

especially by the impressive and eclectic collection of original art works and photography adorning the walls throughout the building. This includes historic photographs of members of the eponymous Blake family which founded and formerly owned the resort and murals of the original European ski instructors who guided guests and famous personalities who have visited the area through the decades - it all lends an air of intimacy and local authenticity.

Historical memorabilia on display also includes the work of renowned photographer Edward

Curtis who sought to document the disappearing Native American way of life during the early part of the last century and a collection of artifacts and memorabilia from the 10th Mountain Division harking back to WWII. However, it also includes more contemporary handcrafted artisanal works from local artists throughout the hotel's public spaces, including carpets inspired by traditional Navajo rugs with stenciling of native symbols and an impressive collection of original art works, for

which the Taos area is justly renowned.

By celebrating the history and tapestry of myriad influences on the resort and its development since it was founded in the last century as a mining camp, the design team has created a sense of uniqueness which truly sets the Blake apart from the bland corporate lodging options sometimes found in resorts. Furthermore, not only has this been achieved without compromising on the comforts associated with a brand-new luxury destination, the attention to detail amplifies these.

Ensuring harmony with the history and guiding influences of the resort was not just a backward-looking gesture in the design process for the hotel - the building has

achieved the prestigious silver certification in the Leadership in Energy Environmental Design (LEED) program, ensuring that it will assist in maintaining its setting into the future.

The Blake is complemented at the centre of the village by the impressive nearby Edelweiss Lodge and Spa, built in 2005, as well as the St Bernard, dating back to 1960, which hosts gourmet ski weeks and holds a lively bar with live music. It is also surrounded by a good range of other accommodation options at various price levels.

Taos

The main town of Taos lies on the plain below the mountain highlands approximately 20 miles from the ski area. Although Indian communities have lived in the area for at least 1,000 years, Europeans first arrived in the mid sixteenth century and the current town dates from the seventeenth century. It contains a number of historical buildings, including a museum to Kit Carson, but its primary claim to fame derives from the artistic community who were drawn to the region from the end of the nineteenth century. There are now numerous galleries and museums dedicated to members of this community and their work, as well as regionally relevant art generally, such as the Harwood Museum of Art, which has an impressive collection of over 5,000 works of art and 17,000 images.

Other nearby attractions


Not far from the town of Taos lies an Indian

Pueblo open to the public and offering guided visits explaining local customs and traditions. There are a number of hot springs offering full spa facilities in the region, including at Ojo Caliente, which offers a discount to those with a Taos ski pass. Santa Fe, further to the South, is famous for its art scene and galleries, as well as featuring its own local ski area and opera.

Getting there

Taos Ski Valley is accessible from Albuquerque, Santa Fe and Taos airports, with transfer options and car rental available on arrival. Drive time from Albuquerque is at least three hours and two hours from Santa Fe. However, those electing for the self-drive options would be well advised to take a more leisurely approach to enjoy the fantastic views along one of the more scenic routes such as State Roads 76 and 518, rather than just taking the direct highway, State Road 68 (although it too affords some fantastic vistas and dramatic backdrops, particularly for the stretches where it winds alongside the Rio Grande, a river which has famously featured in a plethora of Western themed movies).

So, with a first-rate ski terrain complemented by stylish contemporary new resort developments and an intriguing artistic background, Taos Ski Valley is definitely a new horizon to be explored!

Mark Browne was a guest of the Blake Hotel, Taos Ski Valley.
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Wonderful Wallonia

We take an in-depth look at Belgium's beautiful South

Many people who come to Belgium for the first time believe what they have read or hear: that the country is flat. As soon as you set foot in the beautiful south and see its rolling verdant hills, you will have a very different idea about a region with a proud history.

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Wallonia offers endless possibilities for hiking, with day trips and multi-day itineraries available online. More than 26 hiking trails – some long distance - have been created in Wallonia. Bikes are welcome! Wallonia lends itself perfectly to cycle tourism - browse 45 loops online with your family.

In order to discover and experience the Walloon culture in all its forms, you must go and check out its towns and cities! Each has its own identity, and all of them have pleasant surprises to offer. The region is also packed with wonderful castles, some of which dominate the hillsides.



Photo © WBT-DenisErroyaux

Wallonia was the scene of important battles that marked the history of Europe. Visit these historical sites, museums and monuments, which you can browse by theme. For fans of the little white ball there are nearly 40 golf courses designed by renowned architects in Wallonia await.



Photo © WBT-DominikKetz

Thanks to gourmet itineraries and thematic maps, you can go and meet producers and craftsmen of who are proud of their know-how. Brewers, cheesemakers, winemakers, chocolatiers, pork butchers, confiturers... You can visit companies in Wallonia and discover the innovation and expertise craftsmen participating in Visit'Entreprise.

With 87 vouchers for visits and stays, Escapades en Wallonie is the essential brochure for preparing holidays, weekends or day trips in the south of

Belgium. Discover all that Wallonia has to offer! For more information or other ideas for your visit go to the website, where you will also find €1,250 worth of coupons.

In the pages that follow you can find out more about what Wallonia has to offer, including the trail of 'Amazing Wallonia' with suggestions of just some of the places – including one-day trips - that will no doubt surprise you, and a look at the Wallonia tourist centre in the centre of Brussels.

www.walloniabelgiumtourism.com
www.walloniebeliquetourisme.be

Follow the trail of 'Amazing Wallonia' in 2018

This year, Wallonia and its tourist activities will astonish you. Your footsteps will take you through an unusual region, leading you off the beaten track and into the unknown. You will visit museums that house offbeat collections, amazing natural locations and monuments or even go on enchanting fairy-like walks. In short, you will discover our country in a whole new light.

The unexpected aspects of Wallonia are to be found in the form of activities and unusual places, many of them perennial must-haves which you will be able to take part in whenever you want - all year round. Unusual Wallonia is also a calendar of one-off events in the form of an agenda. For example, visits to Blegny-Mine with gastronomic stop-offs or the night trail at the Château de La Roche-en-Ardenne.

Finally, do not miss out-of-the-ordinary accommodation throughout the whole of Wallonia. Huts, bubbles or caravans - fans of a change of scenery will be thrilled. And lovers of history and heritage will be spoiled by grand old buildings that have been transformed into hotels or lodgings, such



Photo © Sphair-Camping Le Val De Laisne



Photo © Sentier De L'Etrange
Delleze (c) J.DHondt-Visitwapi.be

as the splendid Moulin du Ya at La Louvière, completely refurbished as a comfortable loft, or the Dream Hotel in Mons, a restored former chapel.

To name but a few curiosities...

Always inventive, **Liège** houses a museum dedicated to the illustrated tin box where Yvette Dardenne reveals her impressive collection of 60,000 boxes. Always eclectic, **Hainaut** offers a stroll along strange, folky paths in Ellezelles. Always fairy-like, **Luxembourg** offers visits to The Fairies' Farm in Bouillon or The Fairy Hole at Virton. Always natural, **Namur** boasts, in Fondry des Chiens, a true geological curiosity - a natural chasm 20 metres deep. And always improbable, **Walloon Brabant** is home to a huge

four-tonne stone at Court-Saint-Etienne, which is associated with strange legends.

www.amazingwallonia.com

Espace Wallonie de Bruxelles boutique: Wallonia's Showcase in Brussels

The internet is a wonderful thing but sometimes it's great - and fun - to find things out old school - by dropping by a tourist information shop. Wallonia's showcase is right in the heart of Brussels, a breath away from the Grand'Place. And it's not all about brochures - it's also a shop selling the very best produce of the Wallonia region. And it has so much to offer: Walloon wines, beers, aromatic oils and vinegars, homemade mustards and herbal teas. And, of course, souvenirs and a bookstore lined with good reads on many of Wallonia's assets, such as cycling and hiking and also the works of the region's many tourist partners.

And, yes, there is a lot of information on hand to point you in the right direction for your trip.

The Gardens of Annevoie

One of Nature's pearls and just one hour from Brussels, the Gardens of Annevoie are located in Upper Meuse between Namur and Dinant. It was in 1758 that Charles Alexis of Montpellier began to realize his dream. Come and take a walk with the whole family in these beautiful gardens and enjoy the magic of the water and the purity of the gardens, which blend perfectly together with style and taste. Each detour unveils a new landscape: discover the beautiful views of the French Garden, the fantasy of the English style and the intimate charm of the Italian style. Browse freely though this exceptional place where water has been spouting without the aid of machinery for more than 250 years.

In the spring, witness Nature coming back to life, smell the tulips and enjoy chocolatey Easter events. In the summer you will appreciate gardens with vegetables and berries, then in autumn see it bursting with warm colours as the vapours rise from the surface of water. It's pure magic. You can eat

Photo © Espace Wallonie



into those southern rolling hills. There's nothing ephemeral about the locale - this is a permanent all-year-round window onto Belgium's most luscious, green areas, it's quaintest villages and towns and its finest food and drink. Not forgetting the best fresh air around.

Espace Wallonie de Bruxelles boutique is more than just a tourist information bureau - as are the other boutiques throughout the region. It loves to organize regular events and exhibitions that reflect Wallonia and its culture. Until 29 April you can see the large format photo exhibition presenting all the tourist attractions of Wallonia. So, drop by and be inspired.

Espace Wallonie de Bruxelles
25-27 Rue du marché aux herbes
Brussels 1000
02 899 0478, Tuesday-Sunday



Photo © Daniel Fouss

there and small children have a playground, while in the background five sheep maintain the meadows. New: Picnic with music by torchlight in summer.
www.annevoie.be
info@annevoie.be

Ardennes-Etape: So good, it'll blow your mind

Experience magical moments in the heart of the Ardennes nature, in the Ardennes-Etape holiday homes!

City life can be tiring for all of us. If you have children, there's the school run, their after-school activities and looking after the home. If not, there's the long working day, the stress of the job. The city atmosphere is gripped by smog and poor air quality and the traffic is regularly at a standstill.

Wouldn't it be nice to get away from it all? You might be thinking that would mean getting to the airport, getting a plane, the transfers, the stress of air travel in general. Well, you could do that. Or, you could take a short journey by car to an oasis of rolling green hills, rivers and



Photo © Ardennes-Etape

fresh, clean air, right on your doorstep, the Belgian Ardennes. Take an early finish on a Friday and you could be there in time for dinner, your comfortable accommodation awaiting you, thanks to Ardennes-Etape. [More info on en.Ardennes-Etape.be](http://www.en.Ardennes-Etape.be)

Abbaye de Stavelot



Abbey of Stavelot

From the history of one of the oldest monastic foundations in Belgium to that of the most beautiful racing circuit in the world, to the artistic world of one of the most remarkable personalities of the 19th century, the poet Guillaume Apollinaire - come and discover the Abbey of Stavelot and its surroundings, a location that is listed in the Exceptional Heritage of Wallonia.

Spa-Francorchamps Circuit Museum

Nestled in lush greenery between Stavelot, Malmédy and Spa, scene of so many motoring feats and daring motorcyclists, the circuit of Spa-Francorchamps is still considered by many drivers as "the most beautiful circuit in

the world". In the superb vaulted cellars of the abbey, the museum traces the prestigious history of the circuit. Exceptional vehicles trace the passion of competition, from the early pioneers to the present day: Ferrari, March, Chevron, Porsche...

Photographic exhibition: Magnum Contact Sheets

Magnum Contact Sheets is a major exhibition produced by Magnum Photos, the legendary photographers' co-operative founded by Robert Capa and Henri Cartier-Bresson in 1947. It is being presented for the first time in Belgium at the Abbey of Stavelot. **29 March-2 December** www.abbayestavelot.be/en

Logis de Belgique

For all those who are seeking novelty, authentic pleasures, unique atmospheres and hoteliers with restaurants Logis de Belgique offers everything your heart desires.

Our Chefs, who are mad about their terroir, offer you fresh, seasonal produce which they cook with pleasure to help you discover all the flavours of the land.

At Logis, we await you with a great deal of passion, to make sure you enjoy only beautiful experiences in the heart of our regions. We will gladly share our advice so that you best discover them. We will show you the most beautiful routes to take and events that are simply not to be missed.

Themed stays include Gourmand, Terroir, Unusual, Wellbeing, In Love and Hiking and Walking. Discover Logis hotels and restaurants for a memorable stay.



Photo © Logis de Belgique

Our loyalty program 'O'Logis' offers you many exclusive benefits. The accumulated points on your spend in the hotel and in the restaurant, whether during the week or at the weekend, allow you to benefit from loyalty coupons.

On business trips or family stays, the Logis de Belgique will always surprise you... www.logis.be

Tournai

Tournai is not only the oldest city in Belgium. Thanks to Childéric and Clovis, it is also the cradle of France.

Endowed with a rich history of over 2,000 years, it has its origins in Roman antiquity. Tournai has retained the evidence of this long and prestigious past by restoration work that befits these witnesses to its history: classified facades, historic districts, picturesque streets and two buildings classified in the UNESCO World Heritage list, the country's oldest belfry, the huge cathedral with five bell towers. On its triangular Grand-Place, gently rocked by the sound of water jets, immerse yourself in the warmth of a city animated by the terraces of the many bistros and restaurants.

Capital of Picardy Wallonia, the City of Five Bell towers is a green place full of wooded spaces, parks, gardens and squares of all kinds. A stone's throw from the city centre, you can reach its villages along the Scheldt by the green pathways - the local countryside is the ideal backdrop for many very beautiful bike rides. www.tournai.be



Photo © Jan D'hondt



Dolce La Hulpe Brussels

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

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

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

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

We like

The service and a locale that offers the highest quality.

www.dolcelahulpe.com - 02 290 9800

Photo © Prehistorium



Prehistomuseum: The prehistoric adventure park

The Prehistomuseum in Flémalle, Liège (one hour from Brussels), is a quadrilingual museum (FR, D, ENG, NL) in the heart of a forest of 30 hectares! This new and unusual place allows you as a family to explore 12 different worlds between nature, culture, heritage and adventure.

- 1 classified cave to visit in the dark with a headlamp
- 2 permanent exhibitions
- 1 hyper active temporary exhibition to compete with Cro-Magnon
- 9 wilderness experiences: barefoot trail, plant labyrinth, animals, hunting course for lance and bow, prehistoric re-enactments, walks
- practical workshops led by archaeologists: flint cutting, pottery, lighting a fire, making jewellery
- 1 mammoth playground
- Forest walks
- 1 nice shop

Each visit can be combined with a meal at the Archéorestaurant. The museum is open every day of the year except Saturdays and school holidays, 24, 25, 31 December 2018 and 1 January 2019.

www.prehisto.museum

The Waterways of Hainaut

Embark on an amazing adventure in Belgian Hainaut, with boat lifts that are unique in the world.

Explore these river structures on a guided tour of the historic Canal du Centre, a UNESCO World Heritage site, or take a 73.15-metre drop into the water by boat on the largest boat lift in Europe, the Strépy-Thieu funicular.

More unusual, drive an electric boat independently on the old canal, or rent a bike to ride peacefully along the towpath!

At the Ronquières inclined plane, visit the 'Boat, a life' show-trip devoted to the world of inland waterways. At 150 metres high, at the top of the tower, you might well see the Atomium or the Lion of Waterloo!

Choose your excursion or event and live



unforgettable moments with family, colleagues or friends!

Follow us on Facebook

Information and reservations:
+32(0)78/059.059
info@voiesdeau.hainaut.be
www.voiesdeau.hainaut.be


Domaine de Mariemont

Take a break in the Estate of Mariemont, near La Louvière, a mere 25km from Mons, Nivelles or Charleroi. When you enter the 45-hectare park (free entrance all year long), you will discover huge trees, some of which are a hundred years old, exotic specimens, sculptures and statues by renowned and local sculptors - and even a few sociable animals.

In the heart the park you will find the Royal Museum of Mariemont, a museum of art and history focusing mainly on antiquities that will take you from ancient Greece to the Hainaut, through China and Gaul. Most of the artefacts exhibited in the permanent collections were collected by Raoul Warocqué, a rich coal magnate from the 19th century, who was passionate about art, antiquity, books, education and history. At the beginning of the 20th century, he decided to bequeath his collections to the Belgian state,



along with his castle and his park. The museum is a scientific institution of the Wallonia-Brussels Federation and organizes many temporary exhibitions put together by different curators.

www.musee-mariemont.be 

The Restaurant by Pierre Balthazar

It's all about sharing

Pierre Balthazar is a chef who knows how to welcome his customers!

With a superb view of the Egmont Park, a veritable haven of greenery in the heart of the very lively Louise district, Pierre welcomes his guests from his open kitchen to a comfortable, warm and cosy setting whose clean lines set the tone for a contemporary atmosphere.

For Pierre Balthazar, cooking has always been a way of sharing. Sharing in the kitchen, certainly, but above all, sharing at the table! Because what he offers first and foremost to others through his cuisine is himself.

At The Restaurant, he lets the produce do the talking, never choosing his ingredients in advance – it's all about being in the moment and being inspired by what's available to the breeder, the fishmonger or the market gardener. And so this creative chef constructs his menu in close collaboration with his suppliers, happy to trust their expertise and be surprised by the happenstance of a sudden suggestion.

Pierre's cooking is no frills, gourmand, lively, generous, authentic, passionate and full of heart, a description that is a perfect reflection of the values that he holds dear. It can't be pigeonholed as Belgian, French, Mediterranean or any other gastronomy - it is the fruit of a rich



multicultural background, above and beyond all other current cuisines. And the daily produce are the stars of the show.

He offers a weekly menu which is never the menu of the week before, nor the week after - it's here and now. And there isn't a moment that goes by when he's not planning how best to share once more with his customers.

Pierre pays careful attention to the different needs of his customers, taking into account their schedules and whether or not they have a big appetite – so you can choose one, two or three-course lunches from Tuesday to Friday. If you're in a hurry you can order just a main dish for €23. The two-course version – starter and main course, or main course and dessert – for €29. If you have the time to kick back and relax you can enjoy the three-course version for €35. A big plus point is the The Hotel's free parking. Local gastronomic scribes – and they know a good deal when they see one - have noted that The Restaurant by Pierre Balthazar is the best in town for its quality-price ratio at lunchtime.

www.therestaurant.be ❶

Singita

*Luxury African
Safari Lodges
& Reserves*

THE PERFECT COMBINATION BETWEEN LUXURY AND FAMILY HOLIDAYS

Singita, arguably the most well-known brand when it comes to luxury safari accommodations, is the trusted guardian of a million acres of pristine land in Africa and responsible for successful community development projects.

Six properties located in Tanzania, South Africa and Zimbabwe have been selected to enter The Little Guest Hotels Collection: Serengeti House, Serengeti Explore, Castleton, Ebony Lodge, Lebombo Lodge and Pamushana Lodge.

These exclusive lodges offer many options for family holidays: surrounding schools visits, mini-ranger workshop, kids menus, excursions, sports activities, crafts, cooking classes, babysitting, spa for kids...

OFFICIAL MEMBER OF



MORE INFO & RESERVATION: WWW.LITTLEGUESTCOLLECTION.COM

Brighton at Stanhope: A new wine cellar

James Drew takes a look at the latest vinicultural additions to the Stanhope Hotel's Brighton Restaurant

There isn't much that has not already been said in praise of Brussels' Stanhope Hotel, which is to be found just a hop, skip and a jump away from the European Parliament – world-class cuisine, superb décor in the bedrooms and service to match.

Well, now there is a brand-new reason to get excited about paying a visit – always looking for new ideas and quality services for its demanding national and international clientele, the Stanhope Hotel has now enriched its Brighton Restaurant with a new wine cellar.

Truly, this is set to be a cellar with great wines, with prestigious and singular labels, but also, thanks to the careful selection, these are wines that are not easily found, and, elsewhere, are generally unaffordable. That's why the Stanhope Hotel, through this new initiative from director Frédéric Hill, is offering its new selection of bottles at particularly affordable prices, with wines from France and elsewhere.

Wine aficionados or curious novices will now be able to enjoy an elegant bottle at very affordable prices at the Brighton Restaurant for lunch and dinner, either during the day, during a business lunch, or a prestigious meal. It's



worth noting that the restaurant welcomes non-residents.

While the wine cellar is in the form of an air-conditioned cabinet near the entrance of the restaurant, the wines can be chosen in the dining room from the new wine list, which has been perfectly prepared by the Hotel's F & B Advisor, Michel VanHecq. It is then the turn of Maitre d'Hotel Eric Di Giorgio to provide clarification and information to customers concerning the choice of their wine, which will then perfectly accompany the elegant and refined dishes of Chef Laurent Gooze.

By way of example, the Brighton wine list, in addition to its usual classic wines such as Château Yquem, Mouton Rothschild and Condrieu, also offers other wines that are even more affordable but just as rigorously selected. Why not try the excellent Côtes du Rhône Condrieu André Perret, or perhaps allow the Borgogne Corton-Charlemagne Grand Cru Henry Clerc to tickle your fancy?

There can be no doubt – as far as the best is concerned, the wine in Stanhope's Brighton Restaurant is where it's at.
www.thonhotels.com

[GOURMET DAYS]

BE PART OF THIS UNMISSABLE TASTING EXPERIENCE!

IN-STORE TASTINGS ON 20 AND 21/04/2018



On 20 and 21 April, from 11 AM to 5 PM, you can taste our seasonal delights and novelties, all of exceptional quality and carefully selected for you. Seize the opportunity to

meet our small producers, passionate artisans who enjoy sharing their love for good products. Make sure to attend this unmissable event!

Find our detailed programme on www.rob-brussels.be



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28 boulevard de la Woluwe - 1150 Woluwe-Saint-Pierre
Tel: 02 771 20 60

TOUT N'EST QUE PLAISIR !



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

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



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



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

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



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



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



7:30-22:00

OPEN 7/7

www.delitraitteur.com

Penedès

This month we head for Catalunya

Wine and cava are a part of Catalan history. Each glass preserves a small piece of the past, which is why wine tourism in Catalonia is about much more than wine tasting. Enjoy the experience of taking a sip of wine alongside the vineyard, sleeping in a winery, getting a vinotherapy treatment or exploring the vineyards on a burricleta or a segway. When you have a glass of wine again, all the memories will come back.



Wine tourism in Catalonia has many faces, since it is a land of contrasts: the agricultural landscape of Priorat, where the elevated terrain in terraced llicorella soil requires the planting of small plots, which gives the wine that unique taste; the vineyards by the sea that are twisted by the winds of the Empordà DO; grapes grown at 1,000 metres altitude on the Vi de Lleida route; or the vineyards of Bages, protected by the bulk of Montserrat. There are 11 wine Designations of Origin and one cava Designation of Origin, which means there are twelve ways of understanding life in the region, separated by landscape.

You can also learn about the Catalan architectural and cultural heritage through wine tourism. Have you heard about the wine cathedrals? The Penedès Designation of Origin, the biggest producer in the whole of Catalonia, has a lot to teach and offer you. Of course, you'd like to taste its intense red and

rosé wines, not forgetting the light, aromatic whites made with traditional "xarel·lo", "macabeu" and "parellada" varieties which are also used to make cava.

If you visit the area you will find a load of ideas for an enriching... and surprising experience and contact with the world of wine. You can learn to prune the vines (under the guidance of the professionals of the winery), the children can participate in label workshops, or you can go for an electric bike or Segway ride through the vineyards. These are just a few of them.

**“ THE LIGHT,
AROMATIC
WHITES
MADE WITH
TRADITIONAL
"XAREL·LO" ”**

And if you are looking to spend a sunset barefoot on a chill-out terrace among the vines with friends, you can do that here too!

In the Penedès, some wineries offer areas where you can relax sipping a drink to the sound of music and even with open air theatre and cinema.

www.enoturismepenedes.cat

What's on Belgium

Atomium and ADAM-Brussels Design Museum: Celebrating the 60th anniversary of the iconic building of Brussels

To mark its 60th anniversary, the Atomium is launching various activities during 2018. These will include exhibitions, events and products honouring this ever-iconic symbol of Brussels and Belgium. The programme of activities will feature several events that will take place at intervals throughout the year, including a rock festival, summer firework displays and a large vintage bric-a-brac fair. A splendid concert given by the Royal Chamber Orchestra of Wallonia will round off the programme in the autumn of 2018.

Galaxy 58

Three exhibitions will be held at the Atomium and at the ADAM-Brussels Design Museum, collectively entitled Galaxy 58.

Graphic 58 at ADAM – Brussels Design Museum. 23 March-2019

The innovative visual world of Expo 58 captured people's imaginations. For this occasion, the Brussels Design Museum re-



focuses attention on its key elements such as forms, colours and textures, and on the importance of their influence in 1958, particularly regarding design.

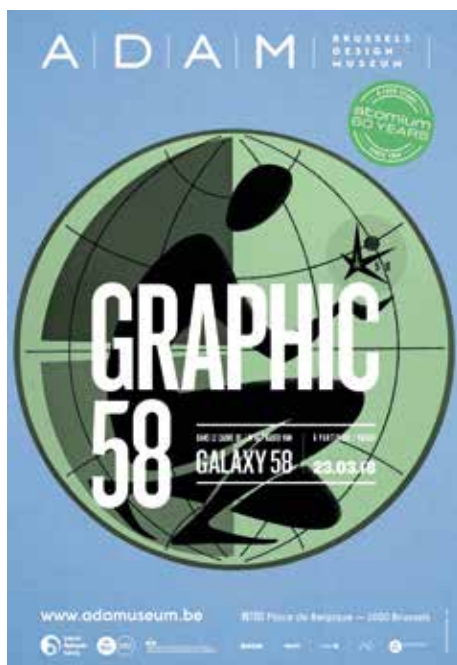
Podium 58 at ADAM-Brussels Design Museum. 23 March-2 September 2018

Presented in collaboration with the Museum of Fashion and Lace in Brussels, this exhibition displays images of visitors strolling around Expo 58 in their Sunday best on the eve of the Swinging Sixties, at a time when the old and the new confronted one another in a dramatically changing world.

People of 58 (at the Atomium). 23 March-2019

Through a large number of mostly unseen photos from the period – not forgetting the costumes worn by the famous Fair Hostesses – this exhibition at the Atomium will be of particular interest to people who actually visited Expo 58, enabling them to re-live their experience there.

www.adamuseum.be
www.atomium.be/60



KNOKKE-HEIST, SEA-SALTY SWEET

An exquisite fresh fish with a view on the sea, star spangled menus, this is how food heaven must be. Time ticks more slowly as the red sun sets, to savor the moment, this is as good as gastronomy gets. A healthy outdoor breakfast, a savory snack, ice-cream and waffles, they come as a pack. Four o'clock coffee and exceptional tart, life is good for the Young at Heart.

YOUNG AT HEART

#gustronomy #myKH



MYKNOKKE-HEIST.BE

KNOKKE-HEIST



The House of European History: Family Discovery Spaces

The House of European History opened in May 2017 in the European quarter of Brussels. The permanent exhibition galleries offer a unique experience, immersing visitors in the history of the nineteenth and twentieth centuries and an exploration of the development of European integration. Visitors can discover the origins and evolution of Europe, learning about both the continent's diversity and history's many interpretations of its story. The education of the museum takes a trans-European viewpoint that explores the historical memories, diverse experiences and common ground of the peoples of Europe and how these relate to the present day. Available in 24 languages, entrance to the museum is free.

In March 2018 the House of European History officially opened its Family Discovery Spaces, providing 6-to-10-year-olds with fun and engaging exhibits about aspects of European history. Princess Europa and her brother Cadmus are the two characters leading children on a time-traveller experience across 400m² and four floors of immersive content. Along the way children will smell, feel and live history as never before, through for example, role-play games in a 1960s Travel Agency, walking in the shoes of an astronaut or a 1940s nurse in the Costume Gallery, or grappling with robots and exploring submarines as imagined from the past in Europe. The activities represent a discovery-based learning approach, placing emphasis on inquiring, inventing and, crucially, having fun. www.historia-europa.ep.eu/en

GALAXY 58

3 EXPOS

- > PEOPLE OF 58 ATOMIUM
- > PODIUM 58 ADAM
- > GRAPHIC 58 ADAM

2 LOCATIONS

ADAM

BRUSSELS DESIGN MUSEUM

FROM 23.03.2018

A LOVE STORY
atomium
60 YEARS
SINCE 1958

www.atomium.be www.adamuseum.be

© photo: coll. Guy Cobbaert

www.designbysign.com



I Love Science Festival:

The free science and new technologies festival has unveiled its programme. The first edition of the I Love Science festival will be held at Tour and Taxis. Little scientists in training will get to participate in many educational and fun activities, allowing them to learn while having fun and stimulating their minds. It's time to unveil the weekend's science and technology programme. This educational event immerses visitors in the world of science and new technologies. The I Love Science Festival is also the result of a collaboration with Brussels operators including Bruxelles Environnement and BOZAR, which will organise several activities around the theme "When Art Meets Science".

From creating a drone to programming a robot, or even constructing a rocket, young and old can become participants in the festival by taking part in the many original activities on offer. For the Science Trucks Festival, some fifteen trucks, vans and other vehicles will be transformed into mobile laboratories will gather to spread scientific culture. Sciencinfuse - UCL (FR) reveals all the secrets of electricity and different energy sources to help understand the issues of this hyper-connected world. **27-29 April**. Tour & Taxis, Brussels. **Free**
www.ilovescience.brussels



The McBride magic experience

Widely acclaimed as a foremost innovator and among magic's most exciting performers, Jeff McBride combines masks, martial arts, kabuki theatre, world class sleight-of-hand, myths & stories from around the world, grand illusion - and more - to create electrifying performances that thrill a wide range of audiences.

Founder of the McBride Magic & Mystery School, Jeff is an accomplished creative consultant, teacher and lecturer, in addition to his amazing capabilities as a performer. For this unique, one-time, never to be repeated event, Jeff McBride has designed a magical experience just for us in Brussels

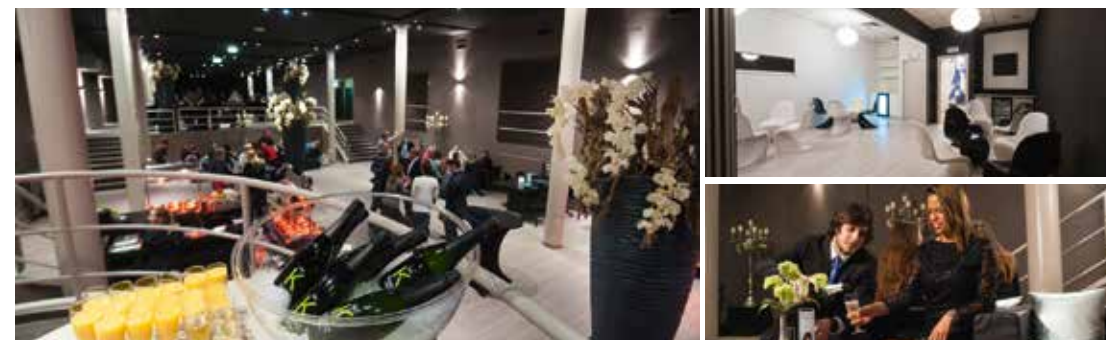
He'll start the evening by performing a public evening show. Exciting, innovative, and transformative magic at its best Jeff will then follow with a public lecture on how magicians think and how this can help you solve seemingly impossible problems. This lecture is suited for both adults and children, with or without knowledge of magic. But even professional magicians will learn something new. **5 May**. Op-Weule Cultural Center, Brussels. Check website for prices.
www.jeffmcbride.be

ENJOY FOREST NATIONAL AS A VIP

Treat yourself and your partner to a worry-free and entertaining night; celebrate an occasion with friends; invite your business partners to network in an informal setting; or motivate your staff with an original reward. It's all possible at Forest National.

Our VIP area offers plenty of possibilities and can be customized to your needs. Whether you want to roll out the red carpet or keep it more low key, our VIP experience fits all!

Check out our range of VIP offers and turn your next visit into an unforgettable experience.



Jeff Panacloc 02.06

Lara Fabian 09.06

Billy Idol 18.06

Il Divo 29.06

Julien Clerc 13.10

Bon Iver 25.10

Charles Aznavour 26.10

MC Solaar 16.11

Stars 80 16.12

Music Show Scotland 12.01.19

Disney on Ice – Crois en tes Rêves 23&24.02.19





Menu Pâques 31 mars, 1er et 2 avril 2018 à €43,50

Le Brioché Périgourdin et sa Gelée au Porto
ou Carpaccio de Saint Jacques à l'oseille

Asperges de Malines sauce Mousseline
ou Ravaioli à l'Homardine

La Selle d'Agneau et sa Bouquetière de Légumes
ou le Marcassin aux Groseilles et Cerri Merry
ou la Lotte aux fines herbes et ses petits légumes vapeur

Assiette de Fromages Transalpine
ou Salade de fruits frais de saison ou Délice de Pâques

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

info@aureposdeschasseurs.be

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

Ouvert tous les jours de 11h à 23h

Parking aisé – au-repos-des-chasseurs.be



Miriam Dowling at Arthus Gallery

Rodolphe de Spoelberch's Arthus Gallery is delighted to exhibit an Irish artist for the very first time. The very talented young rising Irish artist Miriam Dowling encapsulates the atmosphere, wonder and magic of the Irish countryside in her painting. A city girl, Miriam was born in Dublin but spent much of her childhood holidays around Ireland. The freedom of the landscape excited Miriam and invigorated a passion and love for her country. She continues to travel around the country, absorbing the beauty, mystery and atmosphere.

In 2016, Miriam undertook a course in 'Creative Entrepreneur Course for Artists and Makers' run by renowned artist Róisín O Farrel. Since the course, Miriam has concentrated on building and marketing her business as an artist, participating in numerous exhibitions including Art Source RDS Ireland biggest art fair. Her work is available at the Doorway Gallery in Dublin 2. Miriam has built her social media persona and has worked at involving herself in the Art Community which she believes has been a massive support to her in driving her business. And now she is heading to Belgium, bringing works that are redolent of the unique Irish landscape. **8 May-30 June.** Arthus Gallery.

www.arthusgallery.com

www.miriamdowlingart.com



Dirk Braeckman

Dirk Braeckman was invited to the 57th Biennale di Venezia, where he showed a selection of monumental works in the Belgian pavilion. His black-and-white photographs convey a sense of stillness, and combine intimacy and distance to create a private, secluded world whose meaning remains undefined. For BOZAR, Braeckman adapts the project to the architecture of Victor Horta. From Venice to Brussels, from one iconic interbellum building to another.

In parallel, the M-Museum Leuven presents a complementary exhibition on Dirk Braeckman - the starting point of this double project was the exhibition of Dirk Braeckman at the Belgian Pavilion during the Venice Biennale 2017.

Until 29 April. BOZAR.

www.bozar.be

Ciné-Arts Gala Dinner, Cannes

Attend this exceptional gala dinner and help raise funds for people with reduced mobility

Created in 2008, the VIP BELGIUM agency is celebrating its 10th anniversary this year. It is a key player in the event industry in Belgium and abroad, concentrating most of its activities on developing and setting up private parties, galas, corporate events and charity events.

Since its beginnings, VIP BELGIUM has distinguished itself by organizing no fewer than 40 events during the Cannes Film Festival, in prestigious locations such as yachts and private villas, the Palm Beach and the most famous luxury hotels in the world that grace the famous Croisette: Majestic, Martinez, Carlton and Grand Hotel.

The VIP BELGIUM agency is recognized in its field, which has earned it the praise of an increasingly loyal, selective and international clientele. It was founded by Alexandre Bodart Pinto who has made a name for himself in the prestigious event business.

Wheeling around the World

Since 2013, Wheeling Around the World (WAW) has been the preferred spokesperson for people with reduced mobility in terms of business trips and holidays. WAW aims to change mentalities, raising awareness so that there is a genuine understanding in the tourist industry and in institutions about the importance of making public places, transport and housing accessible to the greatest number of people and prove to everyone that "nothing is impossible to the one who walks in his head" - the slogan of the association. More info on www.fondationwaw.org.

Wheeling Around the World's new mission is the creation of a large motorhome, a coach



that will enable people with reduced mobility to travel easily throughout Europe and offer the possibility of going on holiday to those who cannot afford it.

Driven by professional drivers, the Wheeling Around the World motorhome will be able to travel throughout Europe with a different group every week. It offers total freedom of movement, allowing participants to tailor their trip according to their wishes, without having to worry about finding accessible accommodation during each stage of the journey. The association therefore relies on charitable events and the generosity of partners, sponsors and donors to finance the project - the total cost is approximately €600,000.

You can help by attending in the star-studded 2018 Ciné-Arts Gala dinner which will take place from 19h30 to 01h00 on Sunday, 13 May 2018 in Cannes' most beautiful palace, Hotel Barrière Le Majestic Cannes. There are various levels of participation and you can find all the details on the website. www.vipbelgium.com



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A stone's throw from the leafy Bois de la Cambre and just off the ultra-chic shopping of Avenue Louise, Callens Café has become a firm favourite of diners steeped in the Brussels culinary tradition and newcomers to the town.

If you had told Jean Callens back in 2004 when he opened the doors that it would still be thriving - and evolving - in 2018, he would have planted a big bisou on your cheek. And it's Jean himself who is at the heart of this well-oiled machine, ensuring that the kitchen is fired up day and night to conjure up cosmopolitan dishes that always respect local produce. And, while he enjoys the challenge of never standing still, he keeps an eagle eye on guarding the heritage that is synonymous with the name.

Just one of the things you'll love about Callens is: the space. It's wide and airy and there's enough room between the tables for leg room but not so much that you can't raise a friendly glass to your neighbouring diners.

Definitely worth mentioning: at Callens they love it when you come to have a party!

Avenue Louise 480, 1050 Bruxelles
+32 (0)2 647 66 68 www.callenscafe.be

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



The Third Murder

Japanese legal thriller, directed by Hirokazu Kore-eda (*After the Storm* (2016)) - Tomoaki Shigemori (Masaharu Fukuyama) is a lawyer tasked with defending client Misumi (Kōji Yakusho) who faces the death penalty if found guilty in a murder trial. Misumi has previous convictions for murder and has confessed to the crime, but evidence in the case leads to Shigemori having doubts about what really happened.

124 mins. In Japanese.

Mountain

Astonishing documentary, narrated by Willem Dafoe, featuring breathtaking cinematography from some of the world's most beautiful mountains. Jennifer Peedom (*Sherpa* (2016)) directs.

74 mins.

Final Portrait

Stanley Tucci brings an all-star cast to this tale of Paris in 1964, when famed painter Alberto Giacometti (Geoffrey Rush) meets his old friend James Lord (Armie Hammer), an American critic, by chance and asks him to be a model for his latest portrait in his studio for a couple of days. Flattered, Lord agrees, but there are 'interesting' times ahead...

90 mins.

Bad Samaritan

Director Dean Devlin (*Geostorm* (2016)) brings a cat-and-mouse thriller starring David Tennant, no less, to our screens - Tennant plays Cale Erendreich, a poor restaurant valet who breaks into the homes of his restaurant clientele. One night, he breaks into a home and finds a woman imprisoned there - and a very nasty game with the psychotic home owner begins.

Running time TBC. ●



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Allow us to transport you for a moment. You've just touched down in Tokyo with Japan's only 5-Star airline. You've arrived and bursting at the prospect. The sights, sounds, mix of ancient tradition, cool innovation, mouthwatering food and spellbinding aromas. You could pinch yourself.

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Go Brussels – Tokyo Non-Stop Daily

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ANA Inspiration of JAPAN

A STAR ALLIANCE MEMBER



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philpugeluck 2010

LE CHAT by Philippe Geluck

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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

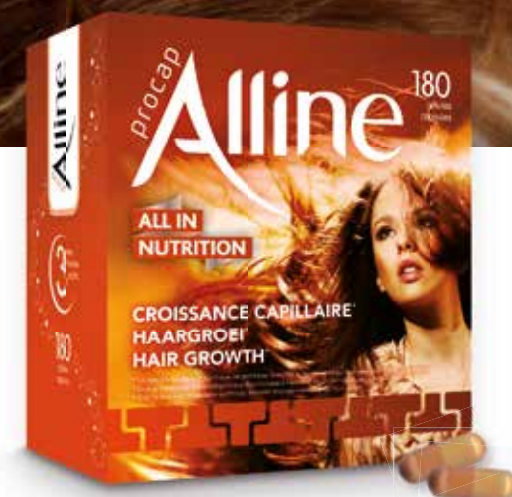
* Beer C. et al. (2014). A Clinical Trial to Investigate the Effect of Cynatine HNS on Hair and Nail Parameters. The Scientific World Journal, Volume 2014.

** 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

”



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