

Together

magazine

Travel

Hong Kong
The Algarve
Responsible travel

TECHNOLOGY & POLITICS

FASHION
Rattan bowtie
Fashion shoot

BE SUCCESSFUL

FITNESS
Aquabike

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Spazio Nobile

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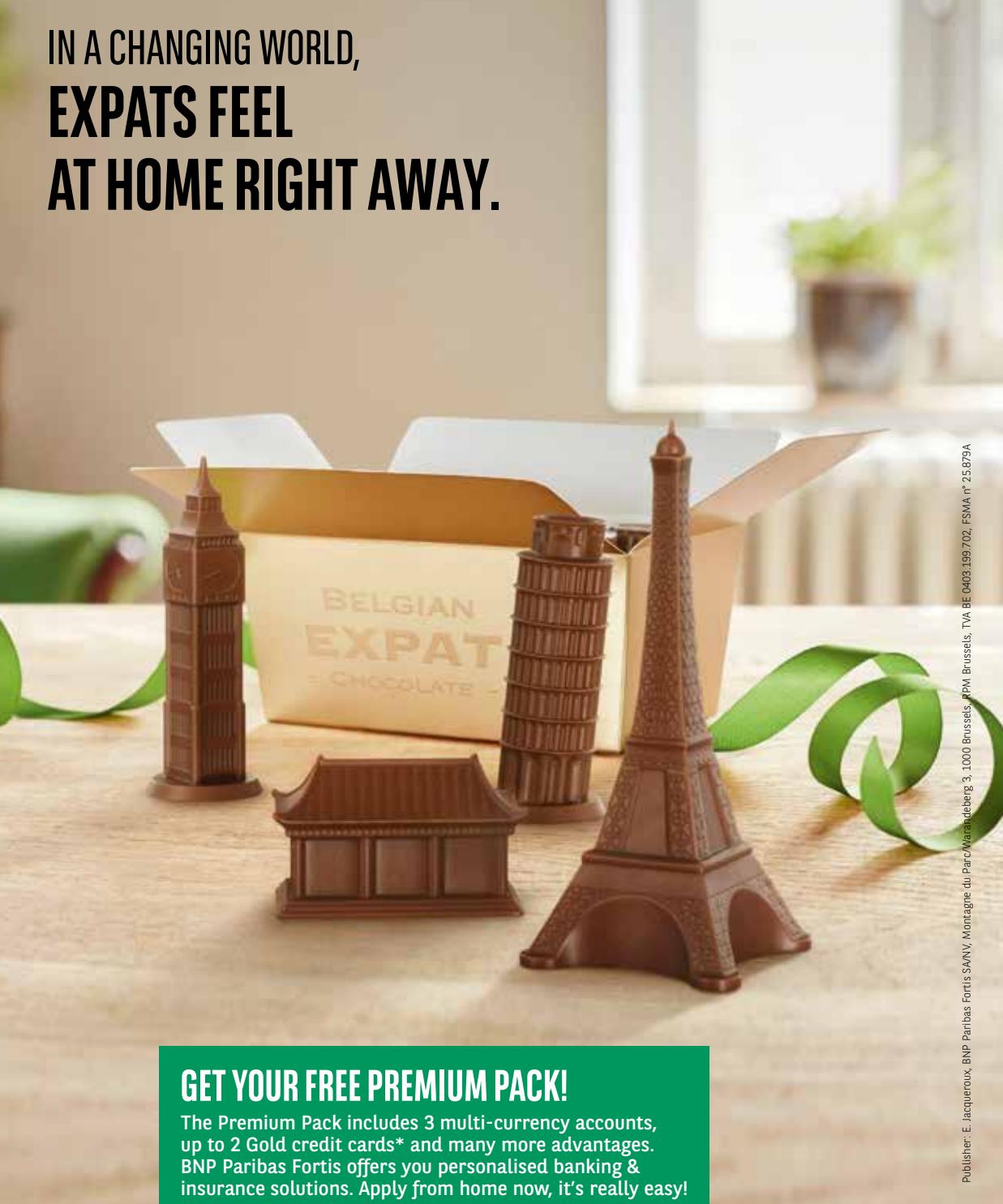
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**EXPATS FEEL
AT HOME RIGHT AWAY.**



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Editor's LETTER

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

ON THE COVER



Oprah Winfrey plays an angel in *A Wrinkle In Time*

SPIRITUAL BEACON

It's a real pleasure to welcome Oprah as our featured interview this month. Editing it was a joy but I must admit I found it difficult to decide which quotes to use – there were just so many great ones! Oprah fills a double-bill for us – we are strong on personal development at *Together* and she has spent her entire life inspiring those around her to reach their dreams and she is also a genuine movie star so can grace our leisure pages.

She talks about the people along the way who inspired her, even one angry boss who 'demoted' her to the chat show – the rest, as they say, is history. Throughout her life she has kept strong friendships but there is one that stands out above all the others: Maya Angelou, the woman Oprah refers to as "mentor-mother-sister-friend".

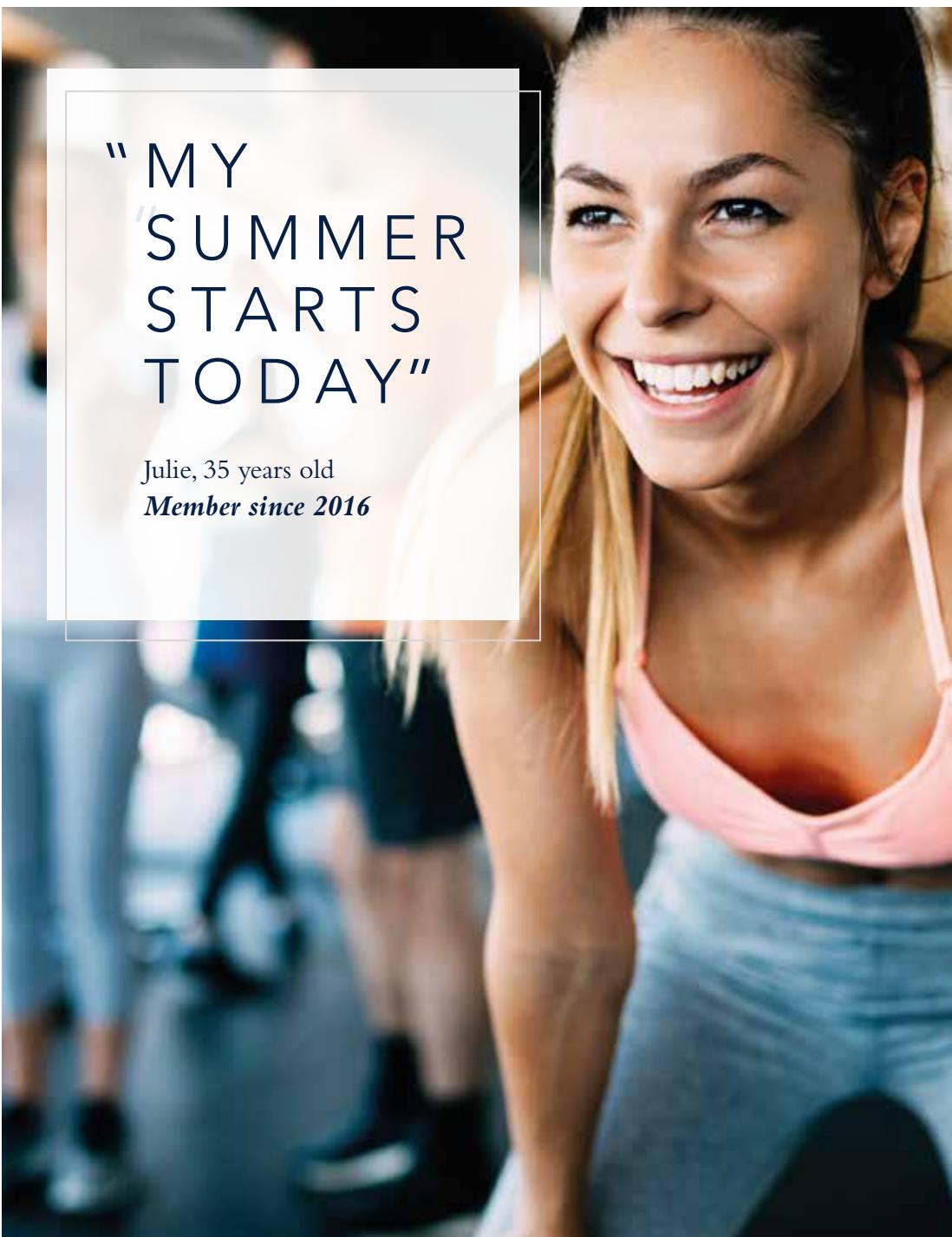
So, there was one phrase from Oprah in the interview that simply had to be a highlighted quotation.

"I became her daughter, she became my spiritual beacon."

Paul Morris
Editor



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Contents

MAY 2018

- 15 Welcome letter
- 18 Contents & contributors
- 22 Together online
- 24 Starring in Belgium
- 26 Charity: Lénaïc Fund



32

Self-help
Zero Waste



60

Politics
EU's Balkan project

PERSONAL DEVELOPMENT

- 29 Fitness: Aquabike
- 32 Self-help: Zero waste
- 36 Self-help: The conscious peace
- 40 Self-help: #INSTALOVE
- 45 Be Successful: The best books
- 50 Money: The elders of the village
- 56 Technology: 'Appy holidays
- 60 Politics: EU's Balkan project



70

Fashion shoot
My secret garden



93

Beauty
Spring-clean

LIFESTYLE

- 65 Luxury: World restaurants
- 70 Fashion shoot: My secret garden
- 82 Fashion: Rattan bowtie
- 85 Shopping
- 93 Beauty: Spring-clean
- 96 Design: SPAZIO NOBILE



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LIFE OF LEISURE

- 101 Celebrity interview:** Oprah Winfrey
- 109 Travel:** Club Med Algarve
- 111 Travel:** Hong Kong hotels
- 117 Travel:** Protecting sea turtles
- 120 Wine:** Loire Elysian fields
- 122 Dining:** Villa Lorraine, El Impasse
- 125 What's on Belgium**
- 132 What's on International**
- 134 Cinema news**
- 137 Le Chat:** Playing dog

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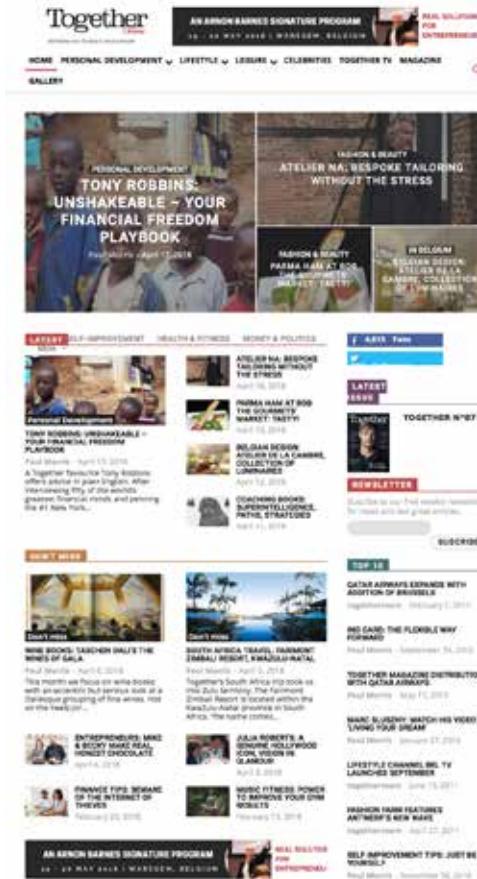
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Belgian design: Atelier de la Cambre, collection of luminaires

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

Atelier NA: Bespoke tailoring without the stress

Nathalie Marchal looks at Atelier NA, a tailoring firm that believes in technology and quality. Whether you are a neophyte or an unconditional adept of personalization, the garment made just for you is a fitted pleasure – but it has its pitfalls. Enter Atelier NA. By creating Atelier NA six years ago, François Chambaud and Nicolas Wolfovski started with a statement: the traditional tailor is expensive and difficult to approach, but also ready-to-wear is not



suitable is not everyone's cup of tea.

Coaching books: Superintelligence, Paths, Strategies

This month we take a look at another of our favourite coaching books that can inspire you to success. Nick Bostrom is Professor at Oxford University, where he is the founding Director of the Future of Humanity Institute, a multidisciplinary research centre which enables a set of exceptional mathematicians, philosophers, and scientists to think about global priorities and big questions for humanity. He also directs the Strategic Artificial Intelligence Research Center.

South Africa travel: Fairmont Zimbali Resort, KwaZulu-Natal

Together's South Africa trip took us into Zulu territory. The Fairmont Zimbali Resort is located within the KwaZulu-Natal province in South Africa. The name comes from its mixed heritage; 'KwaZulu' originates, believe it or not, from the Zulu phrase meaning 'Place of the Zulu' and

'Natal' comes from the name given to the region by European settlers. This province is the only one in South Africa that is named after its dominant ethnic group – the Zulus. •



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Starring in Belgium



Brussels Jazz Weekend: Boggamasta & Glü

For Boggamasta, Peter Vermeersch and David Bovée (both of Flat Earth Society fame) write an exuberant repertoire together and present their own direct, energetic and irrepressible music: sizzling, with drive, groove and lots of electro. A raw diamond discovered in Brussels' underground scene, GLÜ is a hybrid electronic machine. Connected by kilometres of cables, four musicians and a VJ brew electronic, drum and bass and breakcore into a living world. 26 May.

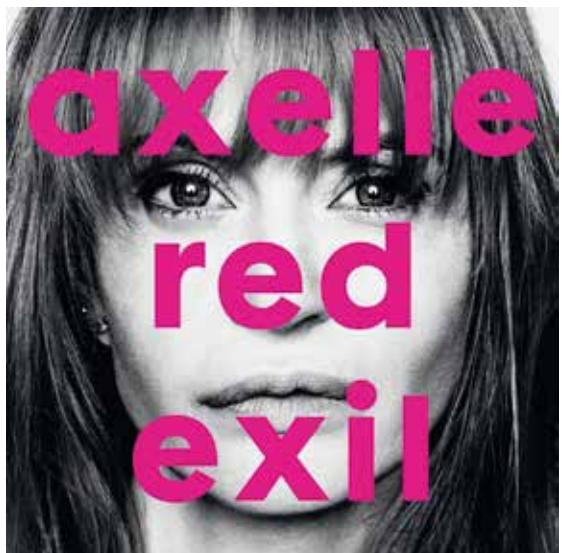
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Axelle Red

Axelle Red was born in Hasselt, in Flanders. Her first album *Sans plus attendre* in 1993 was a smash hit. Nowadays she is a committed artist and a militant humanist - in 2007, King Albert II presented her with the medal of 'Commandeur in de Kroonorde' for her social commitment. Axelle will perform songs from her latest album release *Exil* which came out this year. Ancienne Belgique. **€35**
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Shakira - El Dorado World Tour

The *El Dorado World Tour* is the upcoming sixth world tour by Colombian singer Shakira and will be staged in support of her eleventh studio album, *El Dorado*. Shakira urged her followers through her social networks to collaborate in the selection of the list of songs that could be featured on tour, in a desire expressed by her of "this tour to be particularly special for her fans".
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The Lénaïc Fund

Rory Watson takes a look at the Lénaïc Fund for Quality Journalism: Supporting young female journalists

Lénaïc was a highly talented young journalist. In just a few years, she became the leading Brussels-based reporter covering trade issues, widely respected by her peers, sources and audiences. She died from cancer in September 2015, aged 28.

Her family, friends and colleagues established the Lénaïc Fund for Quality Journalism the following year. This helps young female EU nationals starting out on their journalistic careers develop their professional skills. The fund provides five-month paid fellowships in its media partners Mlex and Politico Europe – the two premier English language news organisations headquartered in Brussels.

As Lénaïc's parents Aulde and Charles Vaudin d'Imécourt explain, the idea for the charity came after they received an overwhelming number of fulsome tributes from a wide range of individuals and organizations on their daughter's dedication and professionalism.

"This encouraged us in the belief that her memory deserved to be perpetuated in helping other young female journalists reach and carry on the high standards of journalism she had achieved in her too short life."

The first fellow selected in 2017 was Maria Bofill Garcia from Spain. She was followed by Judith Mischke (Germany), while the third Zosia Wanat (Poland) is two months into her placement.

All point to the benefits of receiving a firm foundation in journalism and insight into EU issues in media with strong ethical and professional values – priceless commodities in



From left to right:
Maria Bofill (the 1st fellow of the Fund)
Zosia Wanat (the current fellow)
Judith Mischke (the 2nd fellow)

a world of increasing fake news. An added bonus is being part, albeit for a short period, of one of the world's largest international press corps.

"Being taught first hand by some of Europe's top journalists how to cover and report news has been a great experience for me," says Judith, now working as a journalist in Berlin.

The fledgling charity is entering a small team in this year's Brussels 20km to raise funds to ensure a solid footing for the fellowship's future. Alibaba and UPS have already pledged financial support and team members will be seeking individual sponsorship.

The fund is registered with the Roi Baudouin Foundation. Its ambassador is Dutch Liberal MEP Marietje Schaake.

Donations can be made via: lenaic.eu/make-a-donation

To learn more about the fund: lenaic.eu

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That space of bliss and allowance of what is, that connection to the divine, to the universal

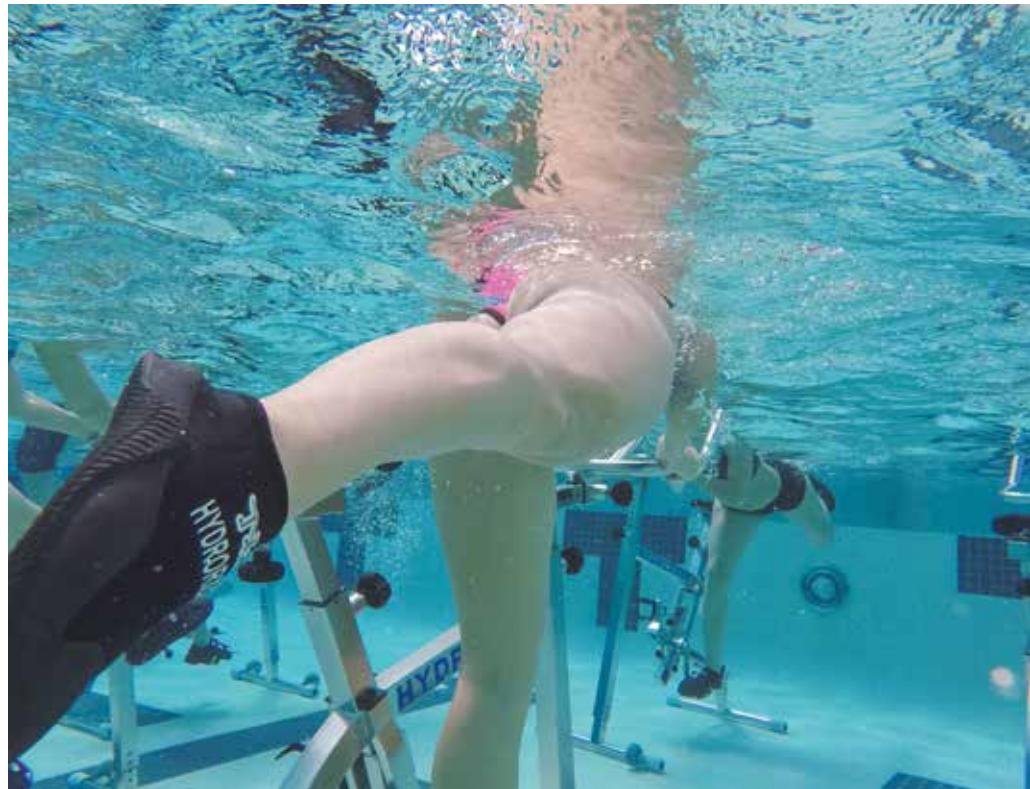
Aquabiking

This month we are suggesting you throw yourself into the water!



Wearing waterproof shoes, you pedal in the water on a bike placed on the bottom of the pool, with the water up to your chest. Funny idea? It's coming to us, straight from Italy. And far from being a fad, this sporting practice has been around since the nineties. The activity combines pedalling movements with engaging the upper body and core, and has proved a great success.

"The classes are always going to be put together in three stages," explains Florent Rivault, Wellbeing Manager at Aspria Arts Loi. "That's the principle of all our group classes: warm up, content and then cool down. After a



light warm up, the Aspria instructor prepares a more active section with choreography based on the songs he's chosen. It's a freestyle system, and each instructor will do something different depending on the theme he's chosen."

During the content section of the class, there's always a progression, from the easiest exercise to the most difficult one, changing the direction and rhythm of the pedalling and combining arm movements or modifying the position on the saddle to engage the body's core more. The class ends with a gentler pace and some stretching.

With aquabike, there's no need for classes at different levels. The instructor presents different options and you can choose the one that suits you. You can also select the settings on your

bike, for example by positioning the armrests to utilise the resistance and stability, according to your preferences. During the sessions, each person pedals at their own speed, level and resistance. This makes

aquabiking a class that's suitable for everyone, easy to do and adaptable to individual goals!

What are the benefits?

- Slimming the figure: aquabike works the leg

muscles, as well as the abs and upper body. It's a complete exercise which boosts muscle tone. The exercises are also gentler on your joints when performed in the water, helping to avoid stiffness and shock.

- Banishing cellulite: the movements in the water help to boost the circulation and have a draining effect. The massaging action of the

“THE CLASS ENDS WITH A GENTLER PACE AND SOME STRETCHING”



water improves the appearance of your skin. As you pedal, the pumping of your muscles improves your blood circulation. It's the perfect activity for heavy legs.

- It's fun! You pedal to the music, using a series of positions and varying the pace. There's no time to get bored: aquabike is a really fun way to train in a group.

Resistance!

Aquabike moves away from the classic concept of cycling classes, even if you are still on a bike. Here, there's no need to adjust the resistance on the bike with a dial as in a cycling class. It's the movement of the water which provides the resistance once you start pedalling. And since the resistance exerted by the water is 12 times higher than that of the air, the results on your body are visible. You work



harder, but without even realizing!

Aquabike classes are available in the three Aspria clubs in Brussels.

“IT'S THE PERFECT ACTIVITY FOR HEAVY LEGS”

Located in the European quarter, **Aspria Arts-Loi** is the perfect place to work out with like-minded people in an international community.

Aspria Royal La Rasante is a club devoted to your health, providing sports activities for the whole family and situated in

a green setting at Woluwe. **Aspria Avenue Louise** is an exclusive club with a tranquil atmosphere that's discreet so that you can unwind and relax with style and elegance. 

Zero waste

Karen Northfield looks at how pollution is seriously harming our wellbeing



Statistics show that pollution in cities is increasing and landfills are overflowing with trash. We are faced today with the consequences of poorly disposed items being washed up on our shores and causing the early death of sea animals. A new phenomenon called 'zero waste' could be the answer to putting an end to ecological deterioration. The problem starts with us and ends with us. Consuming has become so easy that when we buy a product, we discard its packaging and often think nothing more of it. Yet pollution caused by waste from plastics and other non-recyclable materials is not only detrimental to our ecosystem but also to our

health. Some individuals are creating awareness campaigns promoting "what goes around, comes around". It's the law of the boomerang. If we discard trash into the oceans, it will one day come back to us. Or if we heat a plastic container in a microwave and eat from its contents, it could increase our risk of developing cancer.

While the term 'zero waste' dates as far back as the '70s, it really gained popularity after the turn of the century. With the development of the internet came an increased awareness of societal behaviours and an understanding of where we are heading. The rapid expansion of

" NOT ONLY DETRIMENTAL TO OUR ECOSYSTEM BUT ALSO TO OUR HEALTH "



infrastructures, the increasing birth rate, the overpopulation of cities and the ever-increasing cost of living, have triggered a change in perception. Today more and more videos are going viral that portray landfills overfilling, seas polluted with plastic and beaches of holiday destinations washed up with trash. The awareness created by a few demonstrates that the consumption and disposal habits of society at large must change. Projects and initiatives are emerging around the globe - from individuals to communities - to promote the motto "waste less, save more." Creating awareness demonstrates that it is no longer good enough to just throw trash away and

expect it to take care of itself. It has gotten to the point that we have to teach ourselves new consumption habits.

Plastics in particular are an overwhelming problem. The fact that it can take plastic up to 1,000 years to disintegrate should be evidence enough to discontinue the production and consumption of plastic. So why buy groceries in plastic packaging if we know plastic can be toxic to our health and the environment? Why purchase items with packaging if it will generate more trash for us to discard? Purchasing raw items from the start allows us continue consuming without accumulating

excess waste. An individual alone cannot remediate the deterioration of mother Earth. However, the more people take initiatives to reduce minimal waste, the more collective the effort becomes. By making projects fun for the community, there is hope for change on societal level. Projects and campaigns as such are known under the term 'trash drives'. Videos show a group of individuals 'boycotting' packaging in stores by unwrapping each item before purchasing and leaving it in an empty shopping cart for the store to take care of. The amount of paper and plastic left behind is astonishing. In other areas, communities are starting to launch campaigns to clean their streets. In Scandinavian countries, campaigns have been launched to encourage joggers to carry a bag with them and pick up trash along their way. In warmer climates, scuba-divers and surfers are taking the initiative to clean rivers and oceans.



" IT IS NO LONGER GOOD ENOUGH TO JUST THROW TRASH AWAY "

Not only are these habits healthier but they are also economical. A motivating factor for businesses to produce toxic free material and manufacture less, enables them to reduce costs. Some grocery shops have stopped providing plastic bags, others sell without packaging. Organic shops take it a step further by selling in bulk. Some stores are even making their products out of recyclable and non-toxic chemicals. Some coffee shops will give a small reduction on your beverage when you use a reusable tumbler or thermos instead of their disposable paper or plastic cup. A new trend of shops called minimalist is starting to appear in cities that sell just a select few items to encourage people to buy, consume and live with the least waste possible. People who go minimalist generate

no waste and live off of just a select few items.

Reducing the consumption and production of waste is one thing, cleaning up streets and seas is another. But living 100% zero waste starts on an individual level. It starts with a change in our habits. It starts from the moment we buy something to the moment we consume it. Zero waste is focused on simple, organic living and no packaging. No paper or plastics needed. It is about selecting what you buy and only what you need. It privileges quality over quantity, space over clutter. Living a quality life also means knowing what you are buying and having a use for it. It is doing the math before you open your wallet.

We've produced so much waste over recent decades that it is coming back to us. We have so much of it that we don't know what to do with it. Today we own the consequences of our behaviour of decades ago. The good news is that you can create

change on your level. It may seem overwhelming to start, but there are a few simple things you can do that can make difference in your lives which can have an impact on others. Fill up your own reusable bottle. Shop with and reuse your tote bag. Buy items in bulk and store them in reusable materials. It's not just about consuming less but also smarter. Start by cleaning out your home, make small changes at work, take initiatives at your health club and lead community projects. The record holder for producing the least amount of waste in a year was able to fit her trash in a glass jar. What is your goal for reducing the amount of trash you produce? The world changes when you decide to change.

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The conscious peace

Intuitive Healer **Katarina Winslow** reflects on the conflicts in our psyche



What is peace? Could you say that peace is consciousness? To be conscious of yourself, others and life? Could we say that conflict and war are rooted in a lack of consciousness? Are the conflicts we see in the world a reflection of the inner wars we fight with ourselves?

The conflicts in our psyche are the result of division and separation. There is something that is hidden from our consciousness and

not understood. There is a part of you that you have failed to listen to, a part that is not being heard. There is something vague, misunderstood or even delusional. A forgotten trauma suppressed by the self and by others. Just as outer peace cannot exist in conflict and separation, inner peace cannot exist in an inner division. To be at peace with yourself is to embrace all parts of you, so that you can feel whole.

The conflicts we experience within are most often due to subconscious opposing forces that we are unaware of, discordant beliefs and ideas. It might be an inner combat between your mind and your heart. We are often conflicted about what we have been taught by our parents and caregivers. The inner battle might also be a separation between who we want to be and what the group we belong to, or society, tells us to be. What is certain, is that there is a kind of separation. Many people find it hard to attain peace because the truth has been kept hidden from them. The wrong you felt might be legitimate. Maybe your father is not your father? Maybe your mother wanted you to be a boy? Maybe there is family trauma or personal trauma that has been buried and silenced.

If you accessed the 'all-knowing' part of yourself, you would become conscious of that which is hidden. Lies and unconsciousness bring separation, while truth and consciousness bring wholeness. Inner conflicts are sustained by the fact that there is something we do not understand. In the same way, worldly conflicts are sustained by not understanding each other. In truth, you come to understand yourself better. You reach a higher level of consciousness. That which was fragmented becomes whole.

Peace is unity. It is the blessing you receive when you have worked through your inner conflicts. A conflict is, by definition, two opposing forces that refuse to unite. If you choose to embark on a search for truth within yourself, you will eventually end up being conscious about yourself. What divided you before will eventually be able to coexist and unite. Peace is not only the non-existence of conflict, it is also the presence of a union. To feel united is natural when you are conscious of yourself, your thoughts, your feelings and your actions. However, to be at peace with yourself you need more than an awareness of

your individual self, your ego. You also need the awareness of your soul, your higher self. To be yourself, but also to be able to observe yourself. Consciousness is an awareness that you are more than your body, and your ego - you are also your soul. Consciousness and soul is the part of you that is whole and indivisible, it is the part of you that never dies.

To keep us alive, the cells in our body live in peace with each other. If we were aware of our fellow man as being just another cell in the same body, we would be able to live in peace with each other. We would know that we all have a key role to play to maintain life. That we are living human beings with the aim to further life, to experience life from its greatest intention. The more conscious you are, the more at peace you are. The more at peace you are, the more humanity will be at peace. Peace

is the consciousness of connectedness to one indivisible unit, above all the unit that is our own individualization but also the unit we call humanity.

**" THERE IS
SOMETHING
THAT IS HIDDEN
FROM OUR
CONSCIOUSNESS "**

When we are unaware of these profound truths, we make quick, spur-of-the-moment decisions without any thought

of the long-term consequences. The world is full of unconsciousness, giving rise to decisions just to 'fix' the moment. To lie, to cover up, to compromise ethics and morals, to camouflage emotions, to pretend. We all succumb to unconsciousness at moments, both as individuals and as a society. Are you at peace with yourself when you are making unethical decisions? We as humans cannot sustain peace within ourselves when we lie to ourselves. In a lie, there is a conflict, a duality. Because even if you are not conscious about lying, one part of you knows. The divine part of you knows that there is one part that is true and another part that is false. It is really that simple. Peace involves wholeness. War involves separation.

Consciousness is to be the cell and the body



at the same time. To be the ego and the soul at the same time. To be our individual selves and to be our higher selves. The peace you find when you are conscious of yourself, is the peace we would find in the physical world if we were truly conscious of each other as one humanity.

“ TRUTH AND CONSCIOUSNESS BRING WHOLENESS ”

To be conscious of the fact that you are a soul in a body having a human experience. To be humble in that knowledge.

Consciousness involves curiosity. Peace involves curiosity. All people who have attained the blessing of inner peace have at some point been curious about themselves. To raise

yourself to love yourself more is to consciously ask yourself questions about what prevents you, and why you don't allow yourself to be at peace.

To be conscious is to be able to not react emotionally from an unaware place. In the moment of anger, it is as if the conscious part of us goes out the door.

Consciousness is to be grateful for the gift of life.

Let us aim for peace, within ourselves and in the world.

KNOKKE-HEIST, WHERE THE WEEK IS MILES AWAY

No hustle on the horizon, no bustle to be seen. The fun takes its distance from the functional and the pressure steams off. Stare into space or meet a loved one's gaze, take the sea's bait and procrastinate. Beauty, good moods and attention are passed around a rich table full of weekend. Hello child, hello brother, hello spouse, hello mother. This week you have done your part, this weekend you can be Young at Heart.

YOUNG AT HEART
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KNOKKE-HEIST

#INSTALOVE

Sarbani Sen wonders what on Earth has happed to yoga!



Coming across the #yogaindustry campaign recently, I was surprised to encounter kindergarten stories of who did what and how they did it. Apparently this campaign aims at “bringing back yoga to the yogi, the real ones”. Arguably, for these practitioners of the famous Indian physical health technique, more and more people advertize themselves as yogis and show extreme physical flexibility allowing them to do almost all the postures (that even Patanjali would blush) and selling yoga as a marketable and sexy activity. I’m not sure I actually felt the beauty of yoga in their campaign, that space of bliss and allowance of what is, that connection to the divine, to the universal, that space of vulnerability where we all strive and do our best, but are in total awareness of our

limitations and challenges. In this piece, I’d like to stand up for more allowance in yoga (and dance too). I feel there is a need to open hands and let go of the supremacy.

I agree that using the word yoga in crucial activities such as beer drinking has been pushing it a bit too far. I mean at least we could keep the healthy side of yoga. In terms of new yoga developments, I personally love the Art of Accro yoga, the mother and daughter yoga, Yin Yoga, Vinyasa yoga etc. All have their own tone of voice and their beauty, although total extrapolation of the ancient Vedic scriptures. Even Indians started doing so: Bikram yoga to start with – which is yoga in a 45°C heated room.

Although I agree that it is important to explain the deeper intentions of yogic practice, I think the initiators of this campaign badly need to face reality, and welcome a series of new experts, beginners, lovers, followers that weren’t there before. Before this practice was limited to the initiated only. You could call yourself a yogi or a dancer after 10-20 years of yoga or ballet. Today you are dancer if your mind is set on that frequency and I believe it’s the beauty of our lifetime: anyone can become anything at any moment. It’s just a question of following the flow, the inspiration, the desire to choose exactly what you want to live at each moment of your life.

I believe there is space for self expression and for creation for everybody. Enough of the diktat of work, effort and sweat: ‘to be’ is a huge challenge already. To have the courage to show who you are, above all critics, above all trends and esthetics, that’s the true power of self expression today. Violence to the body is completely obsolete. Let people follow the flow and just be what and who they are. There is no such thing as right and wrong, as good and bad, especially not in yoga. At the end of the day, it is you that is responsible for your body, and only you know how far you can take it, and the real challenge is to be a ‘body whisperer’.

So why did these people behind the #yogaindustry campaign launch such a stressful and critical campaign? To me it has been launched from a space of fear. Fear to lose their position, their status, fear that people would be mistaken about yoga, or maybe fear that people would quit yoga for that same reason. In their video they mention the young Insta girls with 200,000 followers that started yoga last year and manage to lift their leg behind their ears. That requires a lot flexibility which most yoga teachers don’t have. I agree that it is ironic to see yoga leave the caves and get to the catwalk, but hey that’s fine too! At least people are practicing around the globe, showing and sharing their evolution, the way

they work on their bodies, and to be honest I think it’s beautiful.

That’s a healthy path which will bring humanity out of overeating, poor exercise and poor eating habits with the wrong food in the plate. The yoga industry does all that for you: it helps you stay fit, tone your body, eat better, do cardio, think better, be kinder to yourself and to others. To me when you enter a space of anger or fear (which is the case when criticizing others) it is dangerous to communicate. We really need to be careful about how we express our thoughts (wow the challenge is on me now!).

Instagram is a major life changer for socialization and communication enthusiasts. Social media in general is a wonderful tool to connect with the world, meet like-minded people that you don’t get to meet on the street, in your home or village. Everything goes faster and deeper somehow. Yoga girls from all around the world unite around the same topic. Why demonize it? May I add that in the last couple of years, people on Insta and FB have added more into my day to day than actual friends, lovers or family.

Bottom line, I agree with the #yogaindustry’s movement to re-inform the population about the spiritual roots of yoga but I am not sure we need to do it in a negative way. Let me try and show you.

“ IT’S JUST A QUESTION OF FOLLOWING THE FLOW ”

First of all, to be a yoga teacher you don’t need to be flexible to start with because the whole point of yoga is to work daily on yourself using your breath. Looking at your limitations, personal allowance and knowledge. Getting to know yourself better and more is the only goal in secular Europe. Very few fellow teachers sing mantras and perform pooja at their sessions. Maybe the Kundalini yoga movement is more straight forward and demanding on the personal hygiene and life philosophy. It has real implications on your daily life. But this is an exception. Most of the Vinyasa girls have a



pretty mat and outfit bought in a fairly expensive shop, and are probably sponsored too. I even have to agree to that! Why not? Why not enjoy and be even more happy if you have a pretty mat and outfit? It is a motivator and the outcome is most important - to get to the mat day after day and train your sedentary bodies to stay fit.

Secondly, to 'teach' yoga is a funny concept anyway. You can teach the proposed sequences and poses proposed, but you cannot be in the body of the other so it will always be a question of how it feels for the pupil. At the end of the day, it is us with our bodies. Of course there is a question of getting hurt you might say but then I believe it is time we got back our responsibility for our own bodies.

"VIOLENCE TO THE BODY IS COMPLETELY OBSOLETE "

Indian society, the case of Allahabad, UP". He was 98 then, had been a doctor and had left his practice to take care of a small and jewel like Ashram in Allahabad. He took personal care of his rose garden, a dozen of cows, the crops and the cooking team. In the morning he'd sip a cup of tea and teach us for two hours from six to eight. Then he'd go and give instructions in the kitchen, probably eat some chocolate and light a cigarette before going to watch the news on TV. This same man, who goes on pilgrimage to the Himalayas by foot (!) once a year, sleeping in cave with only a thin cotton cloth wrapped around his body, told me after a week of practice that I was ready to go and teach people around Europe. Why not? After all I would be a student of my own body all my

life. He had given me the basis of attention, taught me what exercises he proposed in his routine. His was a mix of hatha in apnea. So for me, this says it all. Let's not be more Catholic than the Pope as they say here in Belgium! Let's live and let live! Allowance should be our main mantra in spiritual practice. Insta girls amuse me and challenge me to take myself to the next level. Amen. **❶**

Thirdly, coming back to the Insta girls, I want to share that Bhimolanandaji, my old Yoga Master in Allahabad, would have loved them! He – like many Indian gurus, or any man actually – really enjoyed the sight of a beautiful woman. He was my master when I was 24 years old finishing an MA in Anthropology on the "the social relevance of a yoga institute in modern

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The Compound Effect

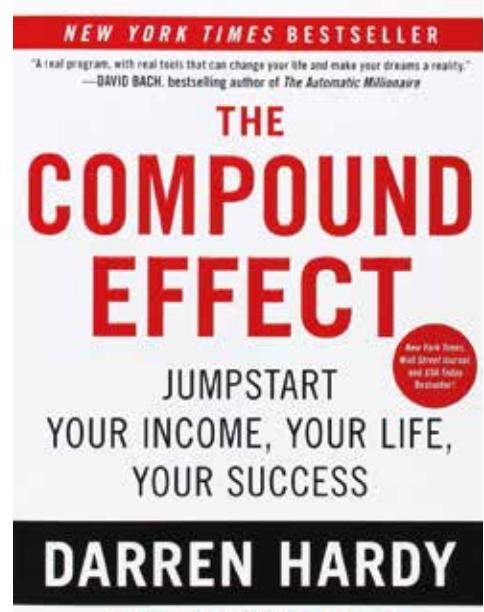
We look at two more books that will change your life

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The Compound Effect is based on the principle that decisions shape your destiny. Little, everyday decisions will either take you to the life you desire or to disaster by default. Darren Hardy, publisher of *SUCCESS* magazine, presents *The Compound Effect*, a distillation of the fundamental principles that have guided the most phenomenal achievements in business, relationships and beyond. This easy-to-use, step-by-step operating system allows you to multiply your success, chart your progress and achieve any desire. If you're serious about living an extraordinary life, use the power of *The Compound Effect* to create the success you want.

Hardy is an American author, keynote speaker, advisor, and former publisher of *SUCCESS* magazine. He is also a New York Times best-selling author, who also wrote *The Entrepreneur Roller Coaster* and *Living Your Best Year Ever*.

Hardy started his first business at the age of 18. He has been a central figure in the success media business for 20+ years. In 2007 he became publisher of *SUCCESS* magazine and Success Media. In December



2015, Hardy announced he was leaving *SUCCESS* magazine as publisher to pursue new opportunities. Prior to this position, Hardy held executive positions at two personal development-focused television networks. He was executive producer and master distributor of *The People's Network* and president of *The Success Training Network*.

On his website he states: "I remember this like it was yesterday. It was a defining moment. My family and I were in Tahoe skiing Heavenly Valley. I was six years old. It was the end of the day, and I couldn't wait to see my

dad. I saw him at the bottom of the hill packing up my little sister's skis. I unclipped my skis and ran toward him. "Dad! Dad!" I said proudly, "I skied by myself all day long and didn't fall down one time!" Without looking up he simply said: "Well, then you didn't get any better." I stood there stunned. It was not the response I expected. A few seconds passed, he looked up at me and said, "Look Darren, if you don't push yourself PAST your current ability, then you can't grow. You have to fall to improve. Falling is part of getting better."

www.darrenhardy.com

The Monk Who Sold His Ferrari: A Fable About Fulfilling Your Dreams & Reaching Your Destiny

The Monk Who Sold His Ferrari by motivational speaker and author Robin Sharma is an inspiring tale that provides a step-by-step approach to living with greater courage, balance, abundance and joy. *The Monk Who Sold His Ferrari* tells the extraordinary story of Julian Mantle, a lawyer forced to confront the spiritual crisis of his out-of-balance life, and the subsequent wisdom that he gains on a life-changing odyssey that enables him to create a life of passion, purpose and peace.

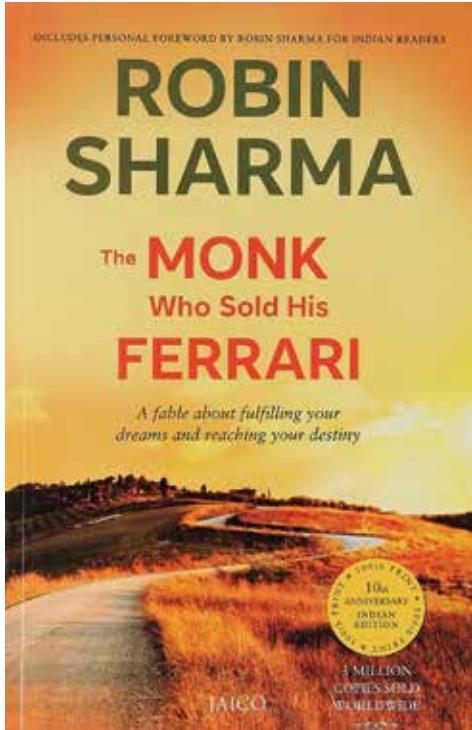


Photo © Sharmaleadership

Robin Sharma is a Canadian writer and motivational speaker known for his *The Monk Who Sold His Ferrari* book series. Sharma worked as a litigation lawyer until the age of 25, when he self-published *MegaLiving* (1994), a book on stress management and spirituality. He initially also self-published *The Monk Who Sold His Ferrari*, which was then picked up for wider distribution by HarperCollins.

Sharma has published 11 other books and founded the training company Sharma Leadership International.

Robin Sharma is considered to be one of the top 5 leadership experts in the world. His work is embraced by rock stars, royalty, billionaires and many celebrity CEOs. As a presenter, Sharma has the rare ability to electrify an

audience yet deliver uncommonly original and useful insights that lead to individuals doing their best work, teams providing superb results and organizations becoming unbeatable. For nearly 20 years, many of the most well-known organizations on the planet, ranging from Nike, GE, Microsoft, FedEx, PwC, HP and Oracle to NASA, Yale University and YPO have chosen Robin Sharma for their most important events, when nothing less than a world-class speaker will do.

Sharma's books such as *The Leader Who Had No Title* have topped bestseller lists internationally and his social media posts reach over six hundred million people a year, making him a true global phenomenon for helping people do brilliant work, thrive amid change and realize their highest leadership capacities within the organization so that personal responsibility, productivity, ingenuity and mastery soars. Sharma has been ranked as one of the Top 5 Leadership Experts in the World in an independent survey of over 22,000 businesspeople and appears on

platforms with other luminaries such as Richard Branson, Bill Clinton, Jack Welch and Shaquille O'Neill.
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Advertorial

Let your events reach the heights

James Drew takes a look at the events, conferences and meeting facilities of The Hotel Brussels, which are among the city's very best

With its 27-storey tower overlooking the chic Boulevard de Waterloo, The Hotel combines sophistication and cosmopolitan ambience in the heart of Europe's capital. Re-opened in 2013 under a new name and sporting a sleek new look thanks to the Spanish architectural firm GCA, The Hotel has quickly established itself as a destination of choice for guests from all over the world, seduced by the alliance of excellent service, style and a room with stunning views.

And, for your meetings, events, conferences and receptions, The Hotel offers a unique experience in the heart of one of the most prominent districts of the European capital.

Meetings with a view

A few minutes from the Grand Place, European institutions and the Brussels-Midi train station, The Hotel is a must for groups who are looking for a stylish, but comfortable setting for their meetings and receptions. In the 420 rooms and suites, everything is planned to make it easy and comfortable for business travelers. No bulky furniture, instead a wide beige leather sofa side window and a functional oval table



at which to work. All rooms at The Hotel have free Wi-Fi, a Nespresso machine and a minibar (free drinks). Those staying in suites and Panorama Deluxe can visit the Panorama Lounge, perched on the 24th floor, for a drink or breakfast and enjoy stunning views of the capital.

For those holding meetings, The Hotel offers eight elegant multipurpose rooms located on the 25th, 26th and 27th floors, with windows providing a stunning view of the city.

With a total surface area of 1,000 m², they enjoy state-of-the-art technical facilities (LCD projectors, screens, electric curtains and unlimited Wi-Fi), and the largest rooms can accommodate up to 160 people. As a bonus, on the first floor, there are two reception areas, a 400-seat Grand Ballroom and a 250-seat Park Ballroom, overlooking the Egmont Park, which are both ideal and festive settings for parties.

When it comes to making an impression on your key clients, ensuring that your events run like clockwork and providing post-work relaxation, The Hotel Brussels is truly difficult to top. See you there!

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The elders of the village

Dave Deruytter asks what employers should do with their 50+-years-old employees



Many, particularly large, companies struggle with the question of what to do with the older generation of employees or workers they have. Until a few years ago they could rather easily 'sweat-out' the 55-year-olds until they reached the age of 58 or 60. Then, they could put them on a pre-pension scheme until the legal retirement age of 65. These pre-retirement schemes were often fiscally or socially facilitated. It was common practice in Belgium.

Because state pensions have become unaffordable at those young retirement ages, the pension age has been increased and the conditions for early retirement have been tightened substantially in recent years. Even in Belgium the official retirement age is now 67 and early retirement typically requires at least 42 years of working. On top of that, the conditions for what constitutes a year of working have been tightened too. Before,

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periods of long illness and even sabbaticals counted for your pension too.

Although 67 years looks old to take one's retirement, the original age of 65, introduced after the second world war, was at that time the average life expectancy of a man in Belgium. Holding to that logic, then the retirement age for men today should be some 78 years. Men are still at least 11 years better off now.

Research has shown that people who stop working too early more often develop bad habits than those who retire at 65. Subsequently, on average, they pass away before their time. The best thing for a healthy long life is to have a regular occupation at any age. Some of the elders, who have green fingers and a farmer's spirit, start to plant lettuce and other vegetables in their garden or green house in spring. Then they foster the plants to maturity, eventually harvesting them in summer or autumn. Followed by letting the soil rest in winter, before they start all over again the following spring. A regular activity can just as

well be helping to run a club or association, or to do consultancy in your field of work. Then you even add an extra positive component: meeting people. One can also assist his or her children with their work or do the garden, yours or theirs. With age, it may be clever though to outsource some activities, or at least start to do less in general.

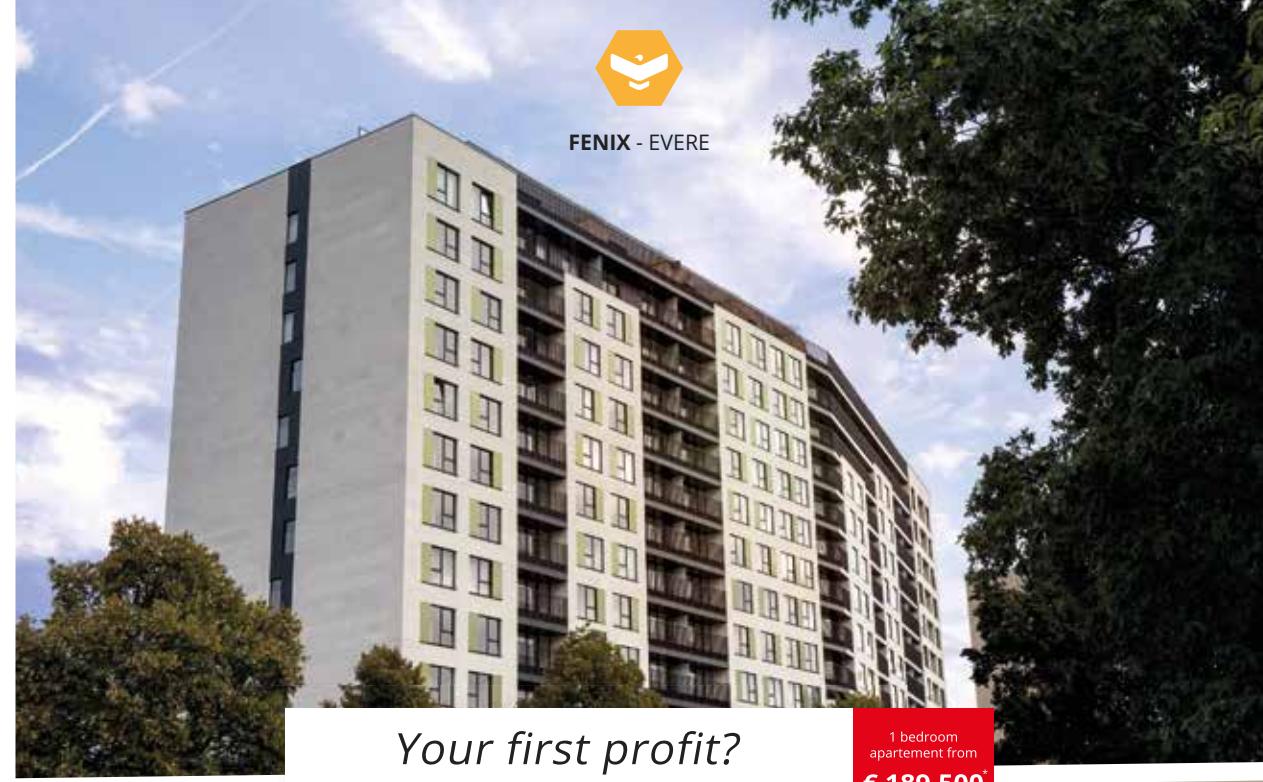
Give someone of 50 years young a new challenge or promotion and you will be surprised with the results that person will bring.

Employers should try to keep their older experts or experienced people, particularly those that embrace the digital world. If the company has too many of them, then send some of such employees to smaller companies for support there, via a temp agency for example. If the job content changes in your economic sector, you

can also retrain your 50+ staff with potential, for the next 25 years of their careers.

Quite a few companies would be willing to do all of that, were it not that salaries of the 50+ employees quite often are very high because of compound yearly wage increases. As such

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it is always tempting to attract young employees instead. Because many companies are doing that, the starting wages of the good youngsters are getting high too. To the extent that one can wonder what their salary expectations or levels will be when they eventually turn 50.

The solution to the 50+ population of employees or workers is surely not to make them 'obsolete' for the next 30 years of their average remaining life. That would lead to early depression and premature death. As a retiree, one cannot always travel, eat, drink or play. Even that becomes boring. There really is a need for a regular occupation alongside the daily routines. That has many physical and psychological advantages. Plus, it stimulates curiosity and social contact, which certainly are important spices of life and should lead to longevity.

An obvious way to keep your older good employees longer is to reduce their work schedule with increasing age. Allow them to work four days per week as from 65 years old, half time as from 70, one day per week

"GIVE SOMEONE OF 50 YEARS YOUNG A NEW CHALLENGE OR PROMOTION"

that has value, because if there is one lesson that man has learned from history, it is that man does not learn from history. Still, the Americans claim that one should never trust anyone over 30 years old. Conclusion: we need age diversity!

thereafter? To give them the responsibility to coach the younger employees is also a logical option for a valid occupation for the elder colleagues. In general, it is important to keep on stimulating the senior people to make sure they keep an appetite for working and getting the job done, whilst enjoying the journey and the pleasure of being with colleagues of all ages.

If we put the diversity of our workforce high on the agenda, then certainly age diversity should not be forgotten. Anyway, in the old days the chief of the village was the village elder. Although that is no guarantee for success, it certainly has the advantage of putting a person with a long experience at the helm of a team, company or village. Such a person is invaluable to prevent historical bad experiences from happening again. And

Viva RIVA!

James Drew investigates the latest classy residence complex to spring up in Brussels

There is a new locale to be found in one of the most iconic parts of Brussels – since autumn 2017, RIVA has come to Tour & Taxis, and it's an apartment complex that is second to none.

You know that kind of place that springs up out of nowhere, then everyone wonders how we managed before? Perfectly located on the waterside, by the time of its completion, RIVA will have 139 apartments, seven commercial residences, underground parking, and your pick of the amenities and facilities just waiting to be discovered, in and around the iconic site of Tour & Taxis.

There is a wide selection of shops, lifestyle features, events and cultural hot spots just waiting for you and, with one of the best views over the water and the skyline of Brussels from your high-end studio, apartment or penthouse, you can truly discover living the RIVA way.

The apartments come in Studio and 1,2,3-bedroom sizes, with a price range that will not break the bank.

The decor comes with beautiful facades in natural stone with aluminium window frames, and your interior will be finished to a tee with such high-quality names as Belgian MAPE kitchens and appliances including Miele, Villeroy & Boch plumbing and modern Grohe brassware.

And the RIVA project will shortly be fully linked with Tour & Taxis, on the other side of the water, with the construction of a brand-new



Picard bridge, which you can be crossed by foot, bike or bus.

It is RIVA's intention to create a new focus for the community, drawing local people together: professionals, creative innovators but also singles, families and senior citizens. Also well-served by public transport, RIVA's unrivalled location is extremely convenient for commuters.

And should you choose to join the RIVA world, your timing could not be better – the Tour & Taxis site is also benefiting from a full makeover, as it prepares to become the very latest urban hub in the heart of Brussels.

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'Appy' Holidays

Our tech guy **Colin Moors** runs the rule over the latest seasonal apps



With the summer holiday season looming larger than a thunderstorm over Brussels, I thought it was about time to cast a fair weather eye over some of the newest apps that claim to make finding a holiday or quick break an easier task. We've all heard of the usual suspects in this field but the smart money may well be away from the likes of *booking.com* or *tripadvisor.com* because their market share is both a safeguard and a roadblock to finding the deals you want. Trip Advisor don't require someone to have experienced the hotel, restaurant or event in order to leave a review, all you need is a free account. They say that their regular

users' reputation is enough to lend credibility to a review but news reports of 'hit and run' bad reviews are rife. Such attacks can permanently stifle competition. Booking is different, as users need to have stayed at the hotel in order to file a review but their sheer clout means you'll have a hard time finding anywhere else to book your hotel - including the hotel site itself.

Because of such virtual monopolies, you may have a hard time being the independent traveller you perhaps wish you were. Hopefully, some or all of these recommendations will help you make more informed and even offbeat decisions. It's either that or go to a travel



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The screenshot shows two travel deals on the Holiday Pirates website. The first deal is for a late summer holiday in Costa Brava, including 4* beachside apartments and flights, starting from £200pp. The second deal is for a Rhodes holiday for 14 nights from £198pp, including flights and an apartment. Both deals include a 'Show deal' button.

agency and pick up a plastic bag full of brochures like some kind of caveman.

We all have to get where we're going and undoubtedly the cheapest way to get there, if it's far enough away, is to fly. Brussels Airlines (now owned wholly by Lufthansa, should that skew your opinion) has always offered some pretty good deals within Europe and several to the US. However, to know there was a cheaper Finnair flight to the same place, you'd need a lot of patience and a huge data plan on your phone. The best thing is to use a flight aggregator site - and the best one of those at the moment is *momondo.com* (web site but apps are also available for Android and iPhone). If you made it past the word 'app', you'll be just fine here. Plug in the details of where you want to go, then mess around with all the checkboxes, sliders and assorted doodads until you're either satisfied or even less decisive than when you began.

A good feature is the ability to just throw a city at it and it'll automatically pick the nearest airport. It will handle multiple destinations and, as is de rigueur these days, offer you a hotel

“ YOU'D NEED A LOT OF PATIENCE AND A HUGE DATA PLAN ON YOUR PHONE ”

If finding a flight and a hotel is just too much effort or if you just want a no-brainer holiday, you could perhaps try Holiday Pirates. If you are a French or Dutch speaker they have a site for you too - although a little strangely, they offer 'The Netherlands and Flanders' as an option but simply 'France'. Presumably, one should speak Dutch in Brussels? Only joking...

Geographical jiggery-pokery aside, the site is pretty good at the last-minute deal and the

and a hire car as well. The one thing I didn't like was that it wouldn't allow me to choose Zaventem, opting for 'Brussels (all airports)' which means that, in order to give you the cheapest option, means that you could begin in Zaventem and end up back in Charleroi. I cannot think of a single instance in which this would be a useful scenario. If you want fewer bells and whistles but still want a cheap flight,

skyscanner.com still scores very highly in independent reviews. It also has the option to select 'Everywhere' as a destination, adding that frisson of the devil-may-care attitude of the independent globe-trotter you clearly are.

The screenshot shows the Skyscanner website interface. A search is set for a return flight from Brussels (Zaventem) to Brussels (Charleroi) on 28/04/2018 and 05/05/2018 for one adult in economy. The results show various flight options with prices and departure times. Below the search bar, there's a section titled 'Recommendations for you' with a link 'Flying from Brussels'.

too-good-to-miss all-inclusive blowout. The keyword with this site is flexibility. If you want to leave on a Saturday, from Zaventem and return on a Sunday at a time that won't frighten you, you may do well to look elsewhere. The prices are, of course 'from' a certain amount, which should start bells jangling with the canny shopper straight away. Flying from Zaventem at 04.30 may seem bad but then you realize that you will also need a 45 km transfer from the airport to the hotel. Psychologically, if you're already committed to a cheap deal, you could be forgiven for thinking that the €35 apiece was reasonable. It even might be, at local rates. Hang on though, did you want to check a bag?

Ah, well that'll be another €45 per case, please. Be flexible, have a fair price in mind and read the terms and conditions very carefully and you can easily snag a fine deal. Their site can be found at *holidaypirates.com* and apps are available in multiple languages for your iPhone or Android device. What could be better than getting a notification about two weeks in Jamaica when you're stuck in the third strategy meeting of the week?

“ HELP YOU MAKE MORE INFORMED AND EVEN OFFBEAT DECISIONS ”

The final app (iPhone and Android) is something different. Very different. Called *Holiday Swap*, it is touted as being like 'Tinder for holiday accommodation'. Signing up and using the app is free and the idea is that you post pictures of your house, flat or even just a bedroom and people can decide if they like it and would like to stay in it. If you also like theirs, you can arrange a swap. Each night you stay will cost (both, presumably) you one dollar US and that's the only fee you pay. There are the usual chat features and the omnipresent but all-important rating system, whereby you can build your reputation, which should ideally give you access to more opportunities. There's no limit to what you can swap either.

If both you and the other party are willing, you could swap your 1-bedroom flat in Schaerbeek for a 9-bedroom colonial house in the Bahamas - at least, theoretically. The app is very much in the experimental stage at present, so I'd wait until it's officially announced before diving in. We can only hope that it isn't completely like Tinder and that the person you hooked up with doesn't bale because 'their dog got sick'. Travel safely.

Europe's Balkan project

Gerry Callaghan looks at the European Commission's intention to get accession talks under way with Macedonia and Albania



The European Commission wants to open talks with Albania and Macedonia to allow the two countries to join the European Union. It said in a statement that both countries had made "progress", but added that further reforms were necessary for membership. The proposed accession negotiations would be the first to be launched for almost five years, coming as the EU vies with Russia for influence in the region.

The EU's expansion efforts have seen renewed urgency amid concerns over Russian influence in Eastern Europe. In February, the EU unveiled its new strategy for the region, which aims to give membership to Serbia and Montenegro as early as 2025.

EU High Representative for Foreign Affairs

60 | togethermag.eu

Federica Mogherini said the recommendation "is an encouragement to these countries to continue on the path of reforms." Mogherini said the two countries had made significant progress in implementing the reforms demanded by Brussels and that they could join their neighbours Montenegro and Serbia, which are already in negotiations.

She suggested that Bosnia and Kosovo had more work to do before talks could start with them, but did not rule out their future accession, stating that "the Western Balkans are Europe, and will be part of the European Union's future".

"Over the past year and beyond partners from the region have delivered very important reforms across the board and have

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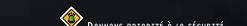
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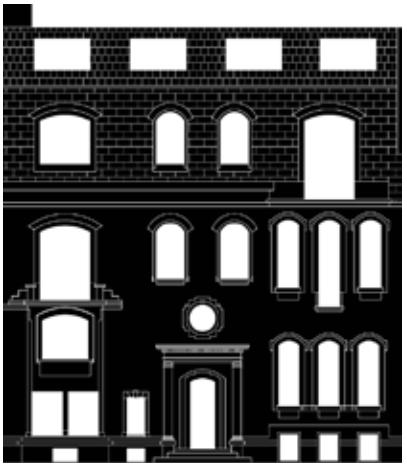


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PERSONAL DEVELOPMENT

Politics

for our people and all neighbouring peoples."

However, for Albania, the Commission said the country has more work to do before it can meet the membership criteria, and it specifically needs to go further in addressing concerns surrounding the rule of law.

Macedonian Prime Minister Zoran Zaev welcomed the decision and promised to press ahead with reforms in the justice system, public administration and anti-corruption arena to bolster his country's chances of joining the EU. The country's Foreign Minister Nikola Dimitrov said on Twitter that it was a "great day for all Europeans from Macedonia," adding that "the long journey to make their country a true European democracy has restarted today."



"THE WESTERN BALKANS ARE EUROPE, AND WILL BE PART OF THE EUROPEAN UNION'S FUTURE "

modernised their economies. Out of six Western Balkan partners, two, Montenegro and Serbia, have progressed well in the negotiations," she said.

"Today the Commission recommends that the Council decides to open accession negotiations with Albania and with the Former Yugoslav Republic of Macedonia."

The recommendation would need final approval in June by the EU's heads of government, who will have to weigh expansion against concerns including organized crime, corruption and bilateral disputes in the region.

The move comes ahead of a major EU summit in Sofia next month to discuss the Western Balkan countries' relationship with the union, and the week a pro-EU president was elected in Montenegro.

Hailing the announcement "an important day in the history of our country", Albanian Prime Minister Edi Rama said the Commission's backing shows that the tiny West Balkan country has "at last come out of a crossroad between the past and the future".

"Over the last two decades, Albania has listened and learned, made mistakes, corrected them and steered deep-rooted change. A lot has been achieved so far, but much remains to be done," Rama added. "We are reforming our country not only in the perspective of one day becoming a member of the European Union, but more importantly to provide lasting peace, stability and prosperity

Commission said Macedonia "needs to address remaining challenges" regarding freedom of expression and corruption, which "continues to be a serious problem".

The accession talks can only start after EU member states endorse the European Commission's proposal, and that may prove difficult. Just hours after the announcement, French President Emmanuel Macron told the European Parliament that any expansion of the EU needed to be preceded by reforming the bloc at its current size.

LIFESTYLE

On one side is the glassworker, his hands, his knowledge of the traditional technical alphabet, his self-assurance



The top 100 restaurants in the world

Elite Traveler has announced the restaurants that billionaires voted for

Photo © Fat Duck



Now in its seventh consecutive year, *Elite Traveler's* Top 100 Restaurants gives the magazine's jet-setting readers the chance to vote for their favourite fine dining destinations across all seven continents.

Seven British restaurants have been named in the Top 100 Restaurants in the World,

according to the seventh annual poll of its readers by private jet lifestyle publication *Elite Traveler*. The highest ranking British restaurant is Heston Blumenthal's The Fat Duck in Bray (10), while Sat Bains's two-Michelin-starred restaurant in Nottingham (92) was also on the list.

The US heads up the list with 28 restaurants in



Photo © Anne-Sophie Pic



Photo © Hof Van Cleve



Photo © Patricia Niven



Luca Piscazzi, Chef La Dame de Pic London

the Top 100, followed by France with 18 restaurants; Other standout countries include Spain with eight winners, while Italy and the UK were joint fourth with seven winners from both countries. Belgium's Hof Van Cleve by Peter Goossens in Kruishoutem comes in at #33, the same spot as last year.

The number one spot was awarded to Grant Achatz's Alinea in Chicago. On receiving the prestigious honour, he commented: "It's been a busy year, but this recognition by *Elite Traveler* and everything we've accomplished

makes all the hard work worthwhile."

New entries on the list include La Dame de Pic (100), Bibendum (97), Smyth + The Loyalist (96), Brae (95), Masa (94), Le Coucou (93), The Modern (90) and Single Thread Farms (86).

The British restaurants to feature on the list include The Fat Duck (10), Dinner by Heston Blumenthal (15), Restaurant Gordon Ramsey (22), The Ledbury (35), Sat Bains (92), Bibendum (97) and La Dame de Pic (100).



Bibendum London



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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

Gordon Ramsay



The Ledbury



This year's Lifetime Achievement Award was received by Daniel Boulud, who describes his work in the kitchen at Daniel as collaborative as opposed to an individual project based around the ethos of one chef. "Dishes are not coming from one individual. They're coming from everybody's collaboration together. It's a collective work. It's definitely a form of partnership the way we are working here."

The top 10 restaurants in the *Elite Traveler* Top 100 Restaurants 2018 include:

1. Alinea, Chicago
2. Azurmendi, Larrabetzu, Spain
3. Eleven Madison Park, New York
4. Per Se, New York
5. Osteria Francescana, Modena, Italy
6. Robuchon au Dôme, Macau

7. The Restaurant at Meadowood, St. Helena, USA

8. Le Bernardin, New York

9. Restaurant de l'Hôtel de Ville, Crissier, Switzerland

10. The Fat Duck, Bray, UK

About *Elite Traveler*

Elite Traveler Media Group is a leading luxury lifestyle media group targeting ultra_high net worth consumers.

Now in its seventh consecutive year, *Elite Traveler*'s Top 100 Restaurants gives the magazine's jetsetting readers the chance to vote for their favorite fine dining destinations across all seven continents. 

A photograph of two young girls sitting on a weathered wooden bench in a garden. The girl on the left wears a wide-brimmed straw hat and a dark green dress with a large white floral print. The girl on the right has long blonde hair and wears a similar dark green dress with a smaller yellow and white floral print. They are both looking towards the camera with serious expressions.

My secret garden

By Maria Dawlat

Total looks H&M
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Vest Liu.Jo
Shirt Hilfiger Denim
Sunglasses Balenciaga



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Jewels Diamanti Per Tutti
Kid: Top twinset
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Vest Liu.Jo
Shirt Hilfiger Denim
Trousers H&M Conscious Exclusive



Dress Massimo Dutti Limited Edition
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Body Zara

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Dress H&M Conscious Exclusive



Photographer Maria dawlat

Art direction nicholas Sirot

Make up artist Sabine Peeters

Model: charlotte @ www.flagmodels.com

Kid model: Zoé @ www.promokids.be

Special thanks to Patricia, Marie & Catherine for the location
and the shop: Boucle d'or www.boucledoronline.be Phone: 02 649 96 39

Racso Jugarap: Inspiring others

This month we feature an inspirational local fashion entrepreneur



Every entrepreneur has his or her Eureka moment - this one belongs to Racso Jugarap who describes himself as a "basement artist".

Why a basement artist?

Well I started this career in our small, dark and damp basement a year ago. Living in a small apartment in Brussels I barely had any space in it to express my creativity without soiling the couch. That's why I worked in the basement. But later when my art started to get noticed and bigger projects came from different directions, I decided to leave the basement and rented a bigger and spacious atelier. Something that has changed the game for me.

Now I never have to worry about space for the productions or angry neighbours complaining about the smell of the materials that I use.



A bowtie made of rattan? Really?

This idea of a bowtie made of rattan came up while I was thinking of new ideas for a piece that I could add to my sculptural collections. I was busy doing a bow tie made of wire at the time, a material that I love to use in my sculptures.

Then suddenly, Stomae's song Evora played on the radio. I played it really loud even if I barely understood the lyrics because I was so drawn to its cultural and island vibe. And DING! My light bulb illuminates. Why not create a bowtie with an Island feel on it? Made from a material that is abundant in the archipelago where I came from. Then the Rattan Bowtie was born. Later I learned that the song was about Cesaria Evoria, the Barefoot Diva from Cape Verde."

Ups and downs

I also had my fair share of failures and





disappointments, especially when I was starting this career. Those were really though days. But I guess if you're really passionate and love what you are doing, you could train your mind to see those mistakes as lessons and challenges not as failures. It could really toughen your skin and make you learn how to enjoy the process: pick up the nuggets of knowledge along the way - deal with it - never whine and complain.

Past life

Before pursuing this passion, I was a chef for five years. It gave me the chance to travel around the world and see the energy, beauty and culture the world has to offer beyond what I knew growing up in a small city in the southern part of the Philippines. It has really showed me possibilities that I would have thought impossible.



Inspiring

I have always been that person who loves to inspire others to follow their own dreams. I believe that if you're really passionate about something, you will do whatever it takes to achieve it. If it doesn't, just keep following your dreams anyway, because nobody will.

Things I love to do on my free time are: reading books, dancing (I was a fire dancer at some point. Youtube Kalayo Racso. That's me in those videos skinny years ago, lol) Preparing a hearty meal (I've been trying to be a healthy eater). I love to meet interesting new people, going to art expositions (Brussels has a lot of those), sharing deep conversations about life to strangers in the train... [①](#)



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world.coach.com

**Courreges Mini Jupe**

French fashion house Courrèges has launched Mini Jupe, a new fragrance for women celebrates the role of designer André Courrèges in popularizing the miniskirt. The fragrance is based around candied mandarin and jasmine, with additional notes of grapefruit, watermelon, sandalwood, hazelnut, vanilla and musk. Eau de parfum: 50ml: **€73**, 100ml: **€93**
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Spring-clean your skin

Our beauty expert **Delphine Stefens** marks your card for the new season

Indeed, fine lines and sunspots are evened out and hydration levels are up. You can go steady and opt for a mild cream, serum or lotion that you apply every (other) night or a more concentrated formula or pads that do the trick when used once or twice a week depending on the sensitivity of your skin. In a hurry? Go for a peel-off mask. Be sure to moisturize your radiant skin and protect it with a sunscreen. Do a little touch up if needed and add some colour and glow. You're ready to go!

That you should clean your face every night to wash off any make-up, sunblock or traces of urban pollution is a given. Sometimes, however, your skin may need a little extra cleansing to reboot itself. Don't rough it up though, not even occasionally, for that may lead to inflammation, which will break down collagen thus speeding up the ageing process and that's definitely not what you're going for. Try being gentle but thorough instead and go for a peeling with AHAs or alpha hydroxy acids (glycolic, lactic and citric among them). They speed up the removal of dead skin cells and improve the overall texture of your skin.



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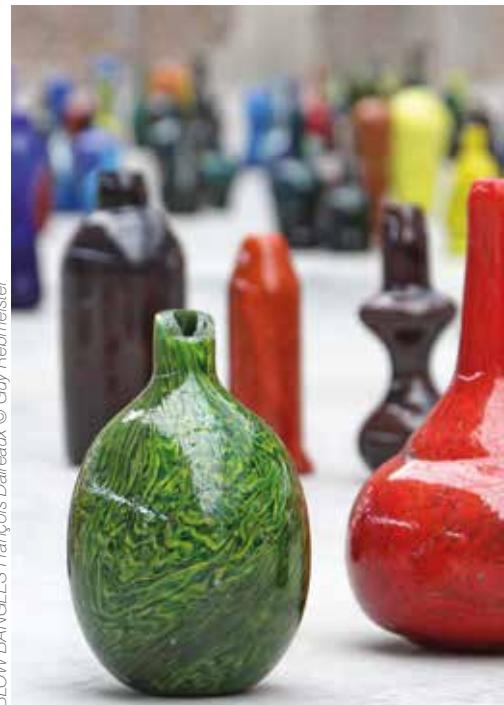
On the 13th of May we all celebrate our mums. And there's no such thing as a mum who does not enjoy a little me-time now, is there? Give her that day of well-deserved relaxation with this promotion. A full day of enjoying the sauna and wellness with two blissful treatments to make it complete!

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SPAZIO NOBILE: The Age of Glass

This month in our design pages we take a look at a unique exhibition



Blown Bangles François Daireaux © Guy Rebmeister



Douglas cabosse _design François Azambourg © Guy Rebmeister

By opening Spazio Nobile in Brussels in April of 2016, Lise Coirier and Gian Giuseppe Simeone united their passions for design and art history, initiating a dialogue between contemporary applied arts, design and photography. Commissioning unique pieces, limited editions and installations which are both experimental and artistic, with particular sensibility to everything 'nature and mineral', the gallery organizes four to five exhibits each year, without creating borders between the applied and fine arts.

Season VIII Meisenthal - The Age of Glass is a group exhibition showcasing a curated selection of recent and new art and design works created by more than 25 creatives around the theme of contemporary glass and highlighting the renewal of contemporary glass art and design practices that are all made in Meisenthal, France.

The Meisenthal glassworks was founded in 1704 in the massif des Vosges du Nord, in eastern France. The factory, which counted

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Fabrication verre Collision design V8 designers © Guy Rebmeister



François Daireaux

650 staff, closed its doors in 1969. In 1992, the International Glass Art Centre (Le Centre International d'Art Verrier, or CIAV,) of Meisenthal restarted the first kiln on the brownfield site.

CIAV's objective was to preserve the technical heritage of the region and to reinstate the traditional glassworks production by welcoming contemporary designers into the workshops. On one side is the glassworker, his hands, his knowledge of the traditional technical alphabet, his self-assurance. On the other is the designer, his universe, his questionings. And between the two, the desire to write, together, new stories of the objects. For the designers, beyond the glass itself is the entire village of Meisenthal, which becomes building material. The residents, the brownfield land, the ghosts of its workers, its morning mist, the majestic forest... in other words, the spirit of the sites, which generates a unique, endemic energy that is reflected in the objects that are born there.

CIAV edits, under the Meisenthal-France brand, small series of glass objects that fulfil the mechanics of the crossover between traditional multi-secular technique and the



Mini_design Mark Braun © Guy Rebmeister



MESH_design Werner Aisslinger © Guy Rebmeister



Verres COLLISION design V8 designers
© Guy Rebmeister



Vase Mesh © Ikonphoto
dreams of the contemporary creators. The pieces presented in the exhibit were conceived by artists or designers. They are produced in either open or limited series or may be unique pieces or prototypes. By Pro Materia Gallery Contemporary Applied Arts, Design & Photography, Brussels. **24 May – 9 September**. 2018.

www.spazionobile.com

LIFE OF LEISURE

The ethics and practices of turtle hatcheries are not widely discussed



Oprah Winfrey: Legend

Together sat down with a genuine icon and one of the most inspiring women on the planet

When she stood on stage at the Golden Globes in January, proclaiming "a new day has come", Oprah became the leading charge for the #MeToo and #TimesUp movements. And a contender for the 2020 US presidential election, which the icon has repeatedly rubbished, claiming, she's "not built for a career in Washington".

That doesn't mean the chat show goddess can't still dish out her trademark wisdom when it comes to the seismic shifts within Hollywood and around the globe. And when Oprah talks, you listen. "It is a significant moment in history for all of us," she utters soundly in that rich tone of hers. "Society as an entity, will never be the same again, and will never revert to how it was. It can't and it won't."

It's a surreal experience sitting in front of the legend. Surreal in that it quickly becomes far from surreal. Something about this woman has the overpowering, unique gift of putting those around her completely at ease, which is exactly why she conquered US day-time television, reigning supreme for over 30 years.



Today, she's glamorously regal in a gold duffel mac style gown, with her hair slicked back in a high pony and her two-tone specs slightly obscuring her features. Despite a lengthy tour promoting Disney spectacular *A Wrinkle in Time*, Oprah at 64 is energetic and enthusiastic. She wildly gesticulates, hops off her chair, grimaces and grins. She's fun and friendly while discussing her role as Mrs Which, one of the three Mrs' [Mrs Who played by Mindy Kaling and Mrs What'sit played by Reese Witherspoon], celestial beings from another dimension who guide young heroine, Meg [Storm Reid] on her quest to rescue her father [Chris Pine].

Full of eye-popping effects and startling CGI, the soul of the action lies in the lessons taught

by the trio of goddesses, of self-worth, inner security and self-belief. It's also representative of the shift in Hollywood towards female dominated blockbusters told from a female perspective, a shift mirrored in the transformation happening in society.

And Winfrey seems so pleased to be at the forefront. Arrestingly charming and wise, she chats about her involvement in the film, why it's the *Wizard of Oz* for a new generation and why her talk-show history will soon be forgotten. She also talks fame, being star struck, struggling with despair as a teen and her accidental mentor.

She has been in a relationship with Steadman Graham since 1986.

Together: So how did you get cast as Mrs Which?

Oprah: I wasn't even supposed to be in this movie.

And yet, here you are!

Here I am [laughs]. So, I'm friends with Ava since I worked on *Selma* with her, she's a wonderful close friend of mine. I was planning on tagging along with her while she shot in New Zealand which is the most gorgeous country. I visited last year for a talk I was doing and the energy is incredible - if you don't feel it when you're there you're not alive.

And we were talking and she told me she was planning on shooting this movie there and I



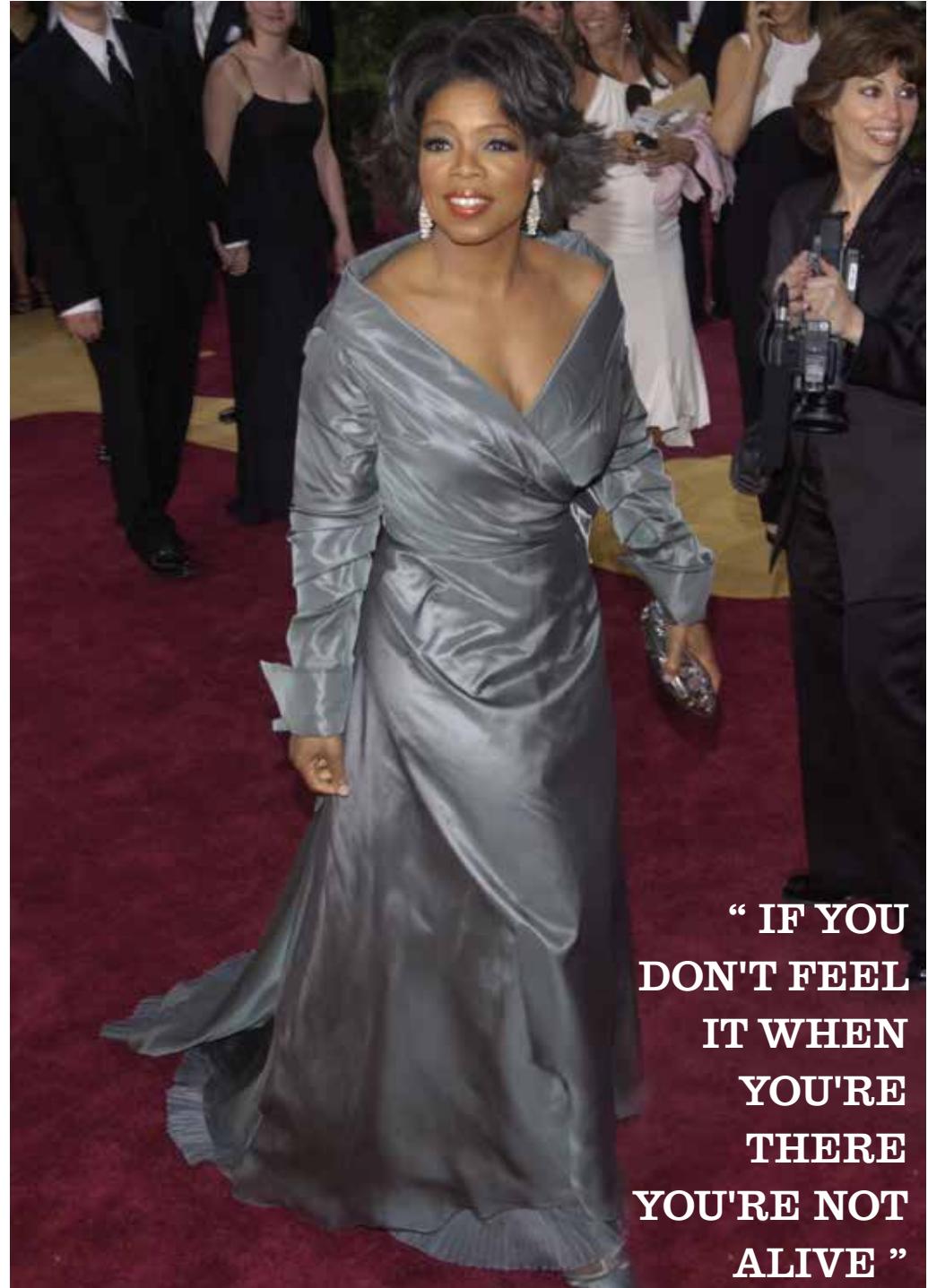
said, 'I'd love to come there with you to watch.' And she says 'if you're going to do that, would you like to read this part and see what you think.'

And it all happened from there, I got a job, and a free vacation [laughs]. And the chance to touch hearts and be part of a story, a visual story which casts a light on the world, that was the greatest gift to me. To help paint that power in the light. Because light is truly more powerful than darkness and always will be. And just a small amount of light can overcome any darkness. So there was that [laughs]. And the free trip to New Zealand [laughs].

"SOCIETY AS AN ENTITY, WILL NEVER BE THE SAME AGAIN"

This is such an empowering movie for everyone, but specifically for young girls. A movie centred around a 14-year-old brown girl. Do you know how much I would have cherished that when I was a 14-year-old brown girl. Because there was no one who looked like me doing anything like this. I was just looking for white girls with dark hair, I was happy with that [laughs]. Or a white girl with a round nose, I was happy if I got that.

But today, young brown girls and white boys will have someone to look up to in Storm and Levi, where they can dream and hope and aspire, where the power play is switched around and the brown girl is the leader. It's inspiring for me to be involved on the periphery and support a project like this where so many young kids will see the reflection of themselves up on that screen and what impact that will have and in the future.



"IF YOU DON'T FEEL IT WHEN YOU'RE THERE YOU'RE NOT ALIVE"

And 14 is a tough time for kids. There's so much self-doubt at that age, there's insecurity and a lot of susceptibility to outside influences, be it bullying or magazines and through all that noise, you have to find a way to hear your own voice and learn to trust that voice and understand you are who are meant to be, you are not meant to be anyone else. This is your plan. When Mrs Which says to Meg, 'You have to find your own frequency,' what a remarkable lesson for all of us especially today with social media, there are so many other frequencies happening around us. You have to find your own and have faith and loyalty in that. That will serve you better than anything in your life and anything becomes possible.

How would this movie have affected and guided you at 14?

Well 14 was a very difficult time for me, it was rough. And to have guidance at that age, my life might have been very different. But I do believe, the lowest moments in your life, the deepest pits where you don't understand it then, when you've been around now for as long as I have, you know every single moment of emotional destitution, where you couldn't see a way out, every single moment is a building block and another step in your journey to being who you are meant to be and you are meant to become.

One of my favourite quotes from the movie was when Mindy [Mrs Who] says, 'a wound is when the light enters you.' We see our struggles so often as experiences that make us weaker but it's the opposite, they make us stronger.



Who were your 'Mrs'? Did you have mentors?

I had a couple. Some accidental. An editor when I was working in the newsroom in Baltimore, and every night, he used to yell, 'WINFREY, where's my copy!' And I was petrified of him. I used to go to work every day shaking with fear, saying, I know I'm going to be fired,' because I wasn't a great writer, I wasn't fast enough. So, I didn't get fired in the end, but I did get demoted to the talk show, which was seen as a big demotion in those days. And that's where it all began. So, I thank him. He was inadvertently a guiding light.

And the other I will say is my great mentor, my treasured mentor and

mother, Maya Angelou. I became her daughter, she became my spiritual beacon. And I actually modelled much of Mrs Which on Maya, that's where my inspiration came from. Maya Angelou and Glinda the Good Witch from the *Wizard of Oz* [laughs].

And I will be forever known as Mrs Which. I'll get asked, 'weren't you Mrs Which?' and I'll say, 'Yes but I did have a successful talk show for a long time. Doesn't anyone remember that [laughs]'



" YOU HAVE TO FIND A WAY TO HEAR YOUR OWN VOICE "

" LIGHT IS TRULY MORE POWERFUL THAN DARKNESS "



During your time hosting the show, or even now, have you ever found yourself star-struck?

I don't think I've ever really gotten star-struck or get star-struck because I tend to live like we are all the same, because we are. Nobody is more or less than the next person which is akin to Mrs Which's ideology.

But I also can't get away from the fact that we have heroes and lights we look up to and for me, I had a few moments that come to mind.

Nelson Mandela was a very defining moment in what he represents for freedom and equality. Sidney Poitier, because I had watched him my whole childhood and his winning the Oscar in 1964 was earth-shattering for me and little brown kids everywhere. And I always remember Diana Ross. That was an overwhelming moment, a lot of tears, a lot of hyperventilating, because I had dreamed of being a Supreme [laughs].

You're one of the most famous people on the planet, you've got first name fame, which is the biggest of them all. Did you give any advice to young Storm, given she's at the beginning of it?

Fame is an interesting state of mind. Because you yourself, you don't change, it's everyone around you who changes. You stay the same. And she will stay the same, she won't change. It's who you are within before the fame that becomes magnified. And she is a lovely young kid with a gorgeous heart. That won't change. ❶

“ I BECAME HER DAUGHTER, SHE BECAME MY SPIRITUAL BEACON ”





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Club Med Da Balaia

Mélanie Hollebecq looks at a unique all-inclusive experience in the heart of the Algarve

Overlooking the Atlantic, at the top of impressive ochre cliffs, the resort of Da Balaia (4 Tridents) invites travellers to enjoy a complete experience with highlights including wellbeing, gastronomy and golf. In southern Portugal, the Algarve is an enchanting region, popular among golfers and nature and relaxation lovers. The resort is ideally located 7 km from Albufeira, a small village considered as the St Tropez of Portugal, and 35 km from Faro, capital of the Algarve, where the traditional way of life is the best preserved.

Renovated rooms

Completely renovated between 2015 and 2018, the resort's rooms are spread across three buildings named after famous Portuguese cities: Coimbra, Belem, etc. The rooms are cosy and modern, enhanced by notes of colour and all equipped with balconies so you can enjoy the warm rays of sunshine.

A reinvented restaurant

The Vasco Gourmet Lounge combines a restaurant, a lounge bar and a cellar. Throughout the day, enjoy a late breakfast served at your table, a gourmet lunch based on fresh local product and delicious fish and meat, a snack based on local flavours in the afternoon or a fine meal in the evening. For tea or dessert, treat yourself to a *pastel de nata*: this famous Portuguese pastry is a small





custard tart served warm or cold. The wine cellar awaits you at aperitif time, offering you the best local and international wines to the rhythm of live music. The fourth largest producer in Europe, Portugal offers a wide variety of wines: light Vinho Verdes, red wines from Portimao, Muscat Setubal and of course many Portos. Balaia, the main restaurant, serves up delicious buffets and offers magnificent views of the ocean and pool from its terrace.

A golf experience fit for the most beautiful PGA courses

Since its creation, Da Balaia has been delighting golfers by offering access to more than 30 different courses less than 30 minutes from the resort. The Club now also houses a golf concierge for greater customization. This will allow you to combine free practice sessions, courses with friends and courses with professional golfers.

Happy children, successful holidays!

From 4 months to 17 years old, children are looked after by a team of dedicated and professional *Gentils Organisateurs®* (organisers). From 4 years, toddlers can explore a wide variety of sports such as tennis or flying trapeze. From 6 years old, they can also try their hand at archery, like little Robin Hoods. Creative novelties: the Mini Club®

music academy and the art studio for budding artists to express their talents.

A timeless moment of relaxation...

After a long day on the golf course, the spa, initiated by Cinq Mondes, is waiting for you. The resort has an ecological zen pool (in addition to the main pool), alongside which a healthy bar serves fresh fruit juice.

Our best picks

Over the week of 17 June, the Amazing Sport by Club Med x Lacoste experience will take place in Da Balaia. During this special week, famous sportsmen are invited to the Club for high-class demonstrations but also to coach you! This year the famous French footballer Alain Boghossian will share his passion with you and will even have the thrill of joining you on the golf greens.

New excursion: a guided tour of the Ria Formosa Nature Reserve and its rich and diverse wildlife and plant life. At noon, lunch is served in a charming restaurant on the little Ilha Deserta island.

Info and bookings: www.clubmed.be
Tel: 070 660 660

The Langham: Luxury Redefined

James Drew has a look round Hong Kong's The Langham Hotel



Announced earlier this year, The Langham has retained its five-star rating from the Forbes Travel Guide Awards for the fourth consecutive year. It numbers among the top 199 hotels in the world.

The Langham's Managing Director Shaun Campbell is certainly pleased: "Only the best of the best achieve the coveted Five-Star by the Forbes Travel Guide. This is a tremendous achievement and remarkable recognition of the team's commitment in showing genuine interest and caring on our guests, delivering impeccable service from the heart which goes above and beyond their expectations, and thus creating memorable experiences for them."

It has been good times all round for The Langham of late – in March 2015, the hotel completed its \$30 million renovation project, an extensive facelift that covers 230 stylish rooms and suites, and also the elegant Palm Court and award-winning Artesian bar in the iconic lobby.

"This major initiative repositions The Langham, Hong Kong at the top end of the city's leading luxury hotels," said Campbell. "New facilities and amenities enhance our brand as the luxury hotel of choice in vibrant Tsim Sha Tsui, for discerning guests looking for supreme comfort and convenience."

The renovation has transformed 230 rooms and suites, and the three Signature Suites that

are part of The Langham's grand facelift, including the Chairman Suite and the Director Suite, both feature distinctive living spaces with playful character pieces and lofty views of Canton Road.

As a whole, The Langham is the epitome of European elegance and is located in the heart of vibrant Kowloon. There are 498 luxurious guest rooms and suites finished with the finest fabrics, hardwood floors, and hand-woven carpets, and fully equipped with Blissful Beds, iHome docking stations and wireless broadband internet connection. Attractions range from the legendary three Michelin-starred T'ang Court Cantonese restaurant, 'The Langham Afternoon Tea with Wedgwood' and artisanal cocktails. Guests can relax at the rooftop swimming pool or retreat to The Langham Club lounge that offers all-day canapés and refreshments.

The Palm Court is the hotel's lounge, glamorously restyled after its namesake at The Langham, London where traditional British afternoon tea was first served in the hotel over 150 years ago.

And also making its arrival from London is the hotel's Artesian, which has been Voted 'The World's Best Bar' for three consecutive years in 2012, 2013 and 2014 by Drinks International – it is a truly chic bar with the emphasis on glamour, featuring interiors that combine a nostalgic romance of Art Deco details with alluring contemporary touches.

Surrounded by luxury designer stores, the Chairman Suite (125 square metres) is an opulent two-bedroom suite with soft colour tones of cream, silver and touches of red-violet, incorporating a living room with a decorative fireplace and a dining room that can accommodate up to six people.

The Director Suite (89 square metres) features jewel accents and polished veneer, finished with high gloss, nickel, Lucite and glass. Adjacent to the living room is the dining room where up to six guests can be seated for intimate parties. The suite also has a luxurious bathroom with an oversized bath and an



independent rain shower.

Inspired by the glittering Victoria Harbour, which is within walking distance, the Harmony Suite (86 square metres) elegantly references the flowing shapes and waves using reflective quality materials with glass and metal. A sense of calm pervades the suite where the surroundings both stimulate and calm the senses.

The One Bedroom Suite (55 square metres) offers a luxurious guest experience in a larger space, incorporating a lounge area and bedroom suite with an exceptional bathing area and dressing space.

The Langham Club (36 square metres) features a light, refined scheme with a palette of soft greys, golds and beige that infuses subtle references to 1920's glamour.

In the hustle and bustle of modern Hong Kong, The Langham offers an escape, to a time that combines the wonderful flavours of two lost empires, with its decor taking you back to the elegance of Victorian-era London, and its amazing service and world-class cuisine offering you the very best of Cantonese hospitality. A world-beater!

www.langhamhotels.com/hongkong



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A heavenly hotel

Together takes a tour of the Kowloon Shangri-La Hotel in Hong Kong



Kowloon Shangri-La is a five-star hotel of the Hong Kong-based Shangri-La Hotels and Resorts, overlooking Victoria Harbour and the Hong Kong island skyline.

It is a hotel with a rich history – the group's story began with the opening of the Shangri-La Hotel Singapore in 1971 and, to celebrate Kowloon Shangri-La's 30th anniversary in 2011, the hotel held an exhibition of photographs submitted by the public, from guests who had visited from around the world during the three decades since its opening.

In a pleasingly 1980s feature, the two-storey lobby has a big indoor fountain, massive

Austrian chandeliers and there is a constant bustle of people checking in and out, plus a lively Filipino band in the evenings. The young staff are particularly attentive to children, and every guest is made to feel special.

The interior design includes a lobby created from Italian Statuario marble and two murals of the Shangri-La Valley by UK artist Malcolm Golding, and a particular attention to detail includes the changing of carpets in the elevators at midnight every night, to mark the days of the week. Malcolm Golding, who painted the hotel's original murals, used bamboo scaffolding to repaint his vision of Shangri-La as a "lush tropical valley hemmed by startling mountains, with colourful birds and



huge flowering plants surrounding a stylised Chinese palace."

Conde Nast Traveler has honoured Kowloon Shangri-La, Hong Kong, by naming it one of the best hotels in the world – the rooms of the hotel number 688, of which 646 are guest rooms, and 42 are Suites. The rooms, which average 450 square feet, are some of the largest available on the crowded peninsula of Kowloon and many of the rooms directly overlook Hong Kong Island waterfront, most elegantly furnished guestrooms and suites.

Contemporary art, marble bathrooms and sleek furnishings are complemented by floor-to-ceiling windows with sweeping views of Victoria Harbour and Hong Kong's metropolitan skyline. Every guestroom and suite features a smart phone with complimentary local and international phone calls (to select countries), as well as high-speed mobile internet access, to be used for the duration of your stay.

The hotel plays host to six speciality restaurants, serving a variety of cuisines under Executive Chef, as well as a lounge and a bar, Lobby Lounge and Tapas Bar, and the restaurants also include the two Michelin-starred Cantonese restaurant Shang Palace and a popular tapas bar that serves 66 wines by the glass. The breakfast buffet at Café Kool has to be one of the most diverse in Hong Kong: as well as the usual fare, it serves delicious South Indian dosas, sushi, dim sum, bespoke vegetable and fruit juices.



For children, there's a chocolate fountain with marshmallows and ice-cream. Chef Alessandro Angelini leads the hotel's Italian restaurant and has more than 20 years of experience in the culinary industry, specializing in a gourmet world that spans Europe, North America and Asia.

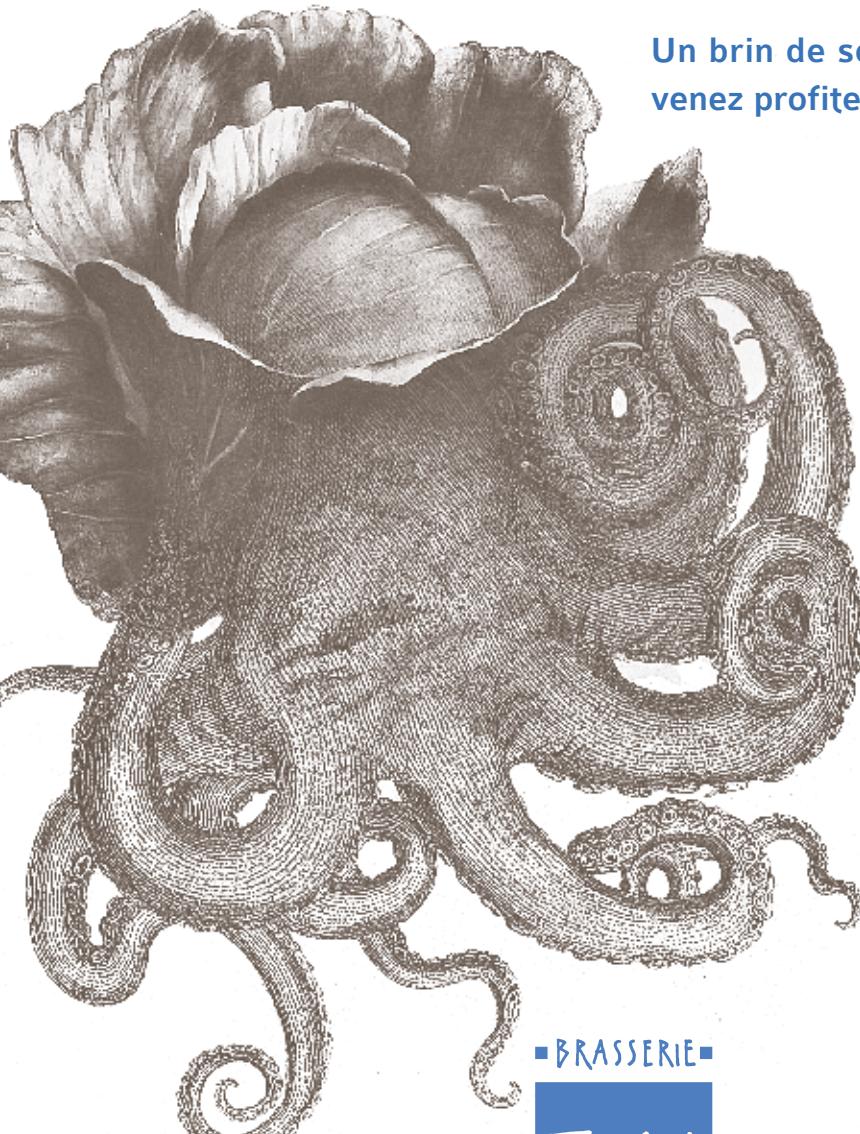
For meetings, Kowloon Shangri-La's extensive banquet and meeting facilities are available to meet functions of any size or type. The Grand Ballroom can cater for an elaborate banquet or theme party for over 700 people. For corporate meetings, seminars or major conventions, its services and products are flexible enough to accommodate anywhere between 10 to 600 persons. All of the conference and function rooms feature state-of-the-art audio-visual equipment, including LCD projectors, DVD/VCD/MD players, the latest equipment including satellite and teleconferencing, with a simultaneous translation system available upon request.

**" A LUSH
TROPICAL
VALLEY
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MOUNTAINS "**

And, if keeping fit while at your leisure is your aim, the hotel's Health Club offers state-of-the-art fitness equipment and facilities, supported by a team of experienced staff. The hotel also offers an indoor swimming pool with badminton, sauna, steam bath, Jacuzzi, solarium, massage and facial services.

In short, the Kowloon Shangri-La Hotel is a corner of paradise in Hong Kong – and the happiest memories await you.

www.shangri-la.com



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Turtle conservation

Responsible Travel raises questions around turtle hatcheries



Online travel company Responsible Travel has recently conducted an investigation into turtle hatcheries around the world and as a result, has removed some trips from its collection and has worked with other operators to modify trip itineraries. This is the first time a travel company has taken a stand on turtle hatcheries.

The move comes as a result of a review from a concerned traveller and prompted the company to investigate the issues more

deeply. After speaking with NGOs and researching further, the company has drafted its own guidelines on what travellers, and travel companies should look out for.

CEO and co-founder of Responsible Travel, Justin Francis said: "The ethics and practices of turtle hatcheries are not widely discussed or written about. However, as we delved a little deeper, problems such as overcrowding, the negative impact of handling turtles and eggs, the detrimental effect of keeping hatchlings in

tanks and many other issues quickly became apparent.

"It is clear that some establishments are 'cashing in' on oblivious tourists who are being led to believe they are helping with turtle conservation during a volunteer project or holiday when in fact, quite the opposite is true."

"Turtle hatcheries should be a last resort; if the threat to the eggs from poaching or erosion is so great they can no longer remain in situ. We hope our new guidelines will help raise awareness of the importance for both travel companies and travellers to ask questions of the places they wish to visit, in advance of going there."

For those wanting to see/work with sea turtles on their travels, the company continues to support responsible projects that meet the new guidelines. One exemplary destination is Costa Rica which is known for its admirable

commitment to the environment, and the astonishing range of species living within its compact borders. The sea turtles that nest here are threatened by poaching, fishing and egg theft; volunteers on turtle conservation

Responsible Travel's full collection of turtle conservation holidays can be found at www.responsibletravel.com/holidays/turtle-conservation. 



"SOME ESTABLISHMENTS ARE CASHING IN"

holidays can live beside the beach and guard hatchlings, monitor nests and contribute to data collection that will be used to protect the turtles and create new regulations to save them.



HOTEL CASA 1800

Hotel Casa 1800 Sevilla is a mansion-palace located in the historic center of Seville.

Built around a courtyard, this luxurious four-star boutique hotel is set in a restored 19th-century mansion beside Seville Cathedral, in the Santa Cruz district.

Its elegant rooms feature original balconies and beautiful hand-carved furniture.

The hotel offers a rooftop terrace and swimming pool with stunning views of the Giralda. Free WiFi is available, as well as tourist information. The hotel also offers a free snack in the afternoon.

The Loire: Elysian fields

This month we look at a region that is very much in the pink

The market share for rosé wine doubled between 1997 and 2007 from 14,8% to 32,2%. Today, France is the biggest rosé wine consumer in the world, just ahead of the US. Rosé is the only colour that holds onto its customers. In other words, the purchase of wines per year per household tend to decline except for rose wine. Among non-sparkling wines, rosé wine contributes more in the value to the market in comparison with the average non-sparkling wine.

The Loire valley is a leading player among the rosé wines, with 14 appellations produced on 9,500 ha, in second place in the AOP rosé production in France. Cabernet D'Anjou is the uncontested leader and represents 72% of the total of rosé wines. It's one of the best-known names in France with an awareness of almost 70%, the same level as the Provence.

Elysis

Elysis is a symbolic vintage from the revival of Les Caves de la Loire. It represents the best parcels of the Loire vineyards. The name reminds us of Elysium, the final resting place of the souls of the heroic and the virtuous in Greek mythology and religion and of Lys, a lily that became a powerful symbol in France and is often associated with the Loire Valley. With an annual production of more than 800, 000 bottles, Elysis is one of the leading brands of the Loire Valley.

**“ ONE OF THE
FUTURE PEARLS
OF CENTRAL
FRANCE ”**



Sustainable development

The rebranding of the well-known rosé wine from the Loire brings a better understanding of it, especially showing off the vineyard sustainable development certificate, something the brand proudly emphasizes. Elysis, a vintage that was created at the beginning of the 21th century and known for its Cabernet and Rosé D'Anjou, is positioning itself as one of the future pearls of central France, in a region rich in wine and history.

The rosé D'Anjou Elysis is for sale in Colruyt or via their webshop for €4.99. The Cabernet D'Anjou is for sale in Spar shops for €5.99. You'll find advice and hints on the wines on www.colruyt.be ☺

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info@aureposdeschasseurs.be
11 Avenue Charle-Albert, 1170 Watermael-Boitsfort - 02 660 46 72
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Parking aisément accessible - www.au-repos-des-chasseurs.be

CICCIO BELLO



Ce restaurant, situé au coeur de la commune de Watermael-Boitsfort, propose une cuisine italienne aux saveurs du sud, un large choix de pizzas cuites au feu de bois et de délicieuses pâtes maison. En été, vous profiterez d'une vaste terrasse au soleil pour vous échapper le temps d'un repas. Chaque midi, optez pour notre lunch à 12,50€ (une entrée + un plat). Pizza Party de 15 € pp. Pour vos fêtes familiales telles que mariage, communion, fêtes d'anniversaires ou autre, le Ciccio Bello dispose d'une lumineuse salle de banquet, pouvant accueillir plus de 40 personnes, avec une agréable vue sur la place Wiener.

4 Place Léopold Wiener, 1170 Watermael-Boitsfort - 02 672 32 30
Ouvert tous les jours de 12h à 24h - Petite restauration l'après-midi
www.cicciobello.be

Dining



El Impasse del Sablon

Tucked away on Sablon's Impasse Saint Jacques and surrounded by the luxury shops that make the reputation of this district located in the heart of Brussels, this gourmet restaurant takes you on a voyage through its typical Spanish cuisine. It was inaugurated by the famous starred chef Marcos Morán, heir from father to son of the casa Gerardo, an Asturian restaurant that has been going strong for more than 135 years.

Carlos Mancheño, straddling the Channel between London and Brussels, is an exceptional Asturian chef and Morán's right hand man. On offer is unique produce such as red mullet (*salmonete*) or suckling lamb (*cordero lechal*) as well as dishes such as Brittany lobster in heart of tomato soup (*Bogavante de Bretaña en sopa de corazones de tomate*) a firm favourite for my wife, which will leave an indelible stamp on your taste buds as well as your eyes! The restaurant also offers two formulas, a 5-course for €75 and a 7-course for €90.

All this in a luxurious setting and a top-class welcome by the staff, who constantly catered to our every need. A shout out for Jean-François, the Maître d'Hôtel and Rubén our waiter. A big thank you to the chef for the attention he gives to the customers as he tours the tables with a professionalism worthy of this establishment! Roberto Rodriguez Mier
www.elimpassedelsablon.com



La Villa Lorraine

This Brussels legend is on the very edge of the Bois de la Cambre but is still very much 'in town' in both a literal and metaphorical sense. This year it celebrates 65 years of high quality fine dining with a special celebratory menu at an attractive price. The first restaurant outside France to achieve a Michelin star, La Villa rose, in its heyday, to *le cerise sur la gateau*, the coveted third Michelin star. Family bereavements and an ownership change saw it stripped of all its stars, leaving some work to be done.

Happily, it's hard to keep something so good down and over the past seven to eight years, they have fought back and rebuilt their well-deserved reputation with some solid classical French cooking with a few modernist nods and some flamboyant, yet restrained presentation.

The talent behind the stoves, Gary Kirchens is seamlessly paired with award-winning sommelier Antoine Lehebel who provides more than one 'unusual bottle' to match the subtlety and flavours of the food. If the first bite is indeed with the eye, the experience at La Villa is a feast before you even sit down. The lunch menu comprises an apéritif, a three-course lunch with two glasses of wine, water and coffee. There are also little surprises in the shape of the *amuses-bouches* and the *petits fours* with coffee. All this in a Michelin-starred restaurant with impeccable service for €99. Treat yourself - but be quick. Colin Moors
www.villalorraine.be



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or pay a visite to our centres

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

What's on Belgium

Give Music A Chance: Charity music festival

The non-profit organization Waterloo Sessions invites you to a family-oriented, charity music festival at the beautiful Campus Argenteuil in Waterloo, Belgium. All profits from the festival will go to support Music Fund's work in Congo.

About the festival

20 bands on three stages - including Great Mountain Fire, Piano Club, Pale Grey, BallMurphy, David Leo, William Hut, Romy Conzen, le 8e Groupe, Samir Barris, LouLou Players, Zappeur Palace, Monday Penny, Alex Lucas, Torrent and more. Family friendly – wide selection of children's activities including children's music, street performances, face painting and balloon art, bouncy castle, sports activities, rock workshop, youth disco (age 6-12) from 7pm to 10pm, and more. Food trucks offer a variety of excellent food and drinks for sale all day. Used instrument collection – bring a used instrument and donate it to Music Fund at the festival. Children under 12 enter festival for free.

Waterloo Sessions and Music Fund work together to give young people in fragile circumstances an opportunity to create and perform music, and the ability to connect, unite and reconcile through music. Help us Give Music a Chance. **26 May.** 12h00 to 0h30. Waterloo.

www.givemusicachance.eu
or www.facebook.com/givemusicachance2018



Charlemagne Palestine: AA SSCHMMETRROOSSPPECCTIVE

The internationally-acclaimed New York musician and visual artist Charlemagne Palestine has been living and working in Brussels for over 20 years. 44 years after his legendary performance in the Horta Hall, the artist is presenting his first major solo exhibition in Belgium. A unique opportunity to see his totemic animist sculptures and discover his magic musical universe, constructed with fascinating shapes and sounds, which creates a Sacred Bordello – mesmerizing and radical.

Charlemagne Palestine is a very active artist on the international arts scene, who lives in Brussels. Born in 1947 in New York, he was part of the Soho and Tribeca creative underground scene in the sixties and seventies. During his career, he shared programmes in the same venues as artists and musicians like John Cage, Robert Rauschenberg, Andy Warhol, Laurie Anderson, Gilbert & George, Gordon Matta-Clark, Philip Glass and Steve Reich.

He has always been an unpredictable and provocative multidisciplinary artist whose work defies classification. Recently, he has been best known for his 'Gesamtkunstwerk' installations that present all aspects and dimensions of his artistic personality including his use of iconic soft toys. **18 May.** BOZAR. www.bozar.be



Ommegang procession

Relive the procession organized in 1549 for Charles V and his son, the future Philip II. 1,400 paraders will help you to relive a historic moment on the streets of Brussels: musicians, singers, dancers, horsemen, uniformed guards and flag-carriers will all contribute to recreating the Renaissance atmosphere of the region. Charles V's carriage will set off from his former palace in Brussels on Place Royal at 20h15. The historical groups will start from the Brussels Park around 20h40 to join the members of the guilds of crossbowmen, archers, arquebusiers and fencers at the Sablon. The full historical procession, led by the carriage, will set out from the Sablon at 20h50 and parade through the streets of Brussels to the Grand-Place where the festivities will have been warming up since 20h45. **Wednesday 4 July and Friday 6 July.**

Sablon, at around 19h20: Crossbow Shooting. The Ommegang festivities present a shooting competition between the two Brussels guilds of crossbowmen in front of the church of Notre Dame in the Sablon. Around 20h25, arriving from Place Royale, Emperor Charles V will make his entrance into the church. Visitors can then attend a historical reconstruction of the Virgin being taken out by the guilds.



Carolus V Festival

Carolus V Festival brings with it a series of events showcasing Europe's Renaissance heritage and history. The festival highlights the important role Brussels played in this history. The name Carolus V refers to Charles the Fifth, the most powerful sovereign of the 16th century, whose main place of residence was Brussels. This city, where he received his first legacies in 1515, has since become the capital for over 500 million Europeans. Parc Royal, Place du Grand Sablon, streets of Brussels and Grand Place.



Renaissance village /jousts/royal break

The paths of Brussels Park will be transformed into a real village. A host of activities will enliven this reminder of the Renaissance, including armed combat and jousting. The jousting knights will put on a thrilling show for young and old alike. Opposite the Palais Royal, in Brussels Park, a temporary patio will be set up beneath an elegant open marquee. A place of relaxation, ideal for lunch or drinks after work! Parc Royal, 4 to 7 July, from 12h00. www.carolusfestival.be

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What's on

Josef Koudelka Invasion Prague 1968

Marking the fiftieth anniversary of the Soviet tanks rolling into Prague in 1968, this summer the Botanique is hosting one of the living legends of contemporary photography. Josef Koudelka is the creator of several sequences which have become iconic. His dark prints, his rigorous framing and his sharpness of eye made him one of the undeniable fathers of humanist photography.

Associated with the agency Magnum Photos since 1971, with Invasion Prague 1968 he has brought us the most journalistic work of his career. Koudelka's lens transformed the shocking Soviet military intervention in the streets of Prague in 1968, a turning point in Czech history, into a universal



Photo © Josef Koudelka

symbol of resistance. Originally published anonymously, these pictures have since been seen around the globe. Both observer and participant, he captured images of tanks in the city streets and the population standing against them. **14 June – 12 August**. Botanique Museum. botanique.be/en

Ruy Blas

The scene is Madrid around 1699, during the reign of Charles II. Ruy Blas, an indentured commoner and a poet, dares to love the Queen. The Queen is upset about Don Salluste, a nobleman. She asks him to leave Madrid. Don Salluste is hence left completely destitute and he wants revenge... The story centres around a practical joke played on the Queen by Don Salluste, in revenge for being scorned by her. Knowing that one of his slaves, Ruy Blas, has secretly fallen in love with the Queen, and having



previously failed to enlist the aid of his scapegrace but chivalrous cousin, Don César, in his scheme, Don Salluste disguises Blas as a nobleman and takes him to court. Intelligent and generous, Blas becomes popular, is appointed prime minister, and begins useful

political and fiscal reforms, and conquers the queen's heart... The show is in French. Adapted from Victor Hugo's play. **Until 26 May**. Theatre Royal de Toone, Brussels. From €9 www.toone.be



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D festival

Three Brussels theatres (Théâtre Marni, Les Tanneurs and Le Senghor) come together to offer you a month-long festival of contemporary dance, live music and photograph exhibitions. For its seventh year, D festival offers a programme of contemporary dance that brings together artists from numerous and rich horizons and disciplines. The choreographers for this edition each tackle, in their own way, the different constitutive parts that make up our world and what it is to be human and how they interact. A highlight is *Murmurô*. Through the body's 'murmurs' the



movement of muscles, blood, and breath, this piece traces the portrait of a woman living on the fringes, who through her body, her energy, her movement, points to the possibility of freedom. **1-9 June**. Théâtre Marni, Les Tanneurs and Le Senghor, Brussels.
www.lestanneurs.be/saison/d-festival-4

Orfeo & Majnun

La Monnaie invites residents and artists from different communities in Brussels to draw inspiration from the myth of Orpheus and Eurydice and the Persian love story of Layla and Majnun for a period of two seasons. In a range of workshops, we will work together on the music, text, images, and movements of what will be a major music-theatre production. Here, everyone can put their talent and creativity to use! Following the first phases, Sounds of Longing and Songs of Longing, this community project will reach its twin apotheoses in June 2018. During the *Parcours Love, Loss & Longing*, you will be able to attend the presentations of all the participating groups in several locations in and



around La Monnaie. You will also see some mythical animals, brought to life in several workshops, that will be released along a route through the city. There will also be a collective singing moment at Place de la Monnaie and last but not least, the opera *Orfeo & Majnun* will have a festive opening at La Monnaie. **29-30 June**. La Monnaie. **€8 to €38**
www.lamonnaie.be

What's on international

Treasures of the Collection: 30 years of acquisitions

30 years after its very first collections were assembled in 1987, and 20 years after it was founded in the Les Rhums villa in 1997, the Christian Dior Museum offers visitors the chance for a unique journey through its collections in 2018. The exhibition, the first of its scale, is spread across all of the museum's spaces. This exceptional selection includes almost 60 Haute Couture dresses, as well as accessories, numerous archival documents and personal possessions of Christian Dior.

Treasures of the Collection: 30 Years of Acquisitions illustrates the remarkable heritage of the Christian Dior Museum, which became a Musée de France in 2002, then obtained the Maison des Illustres label for sites associated with famous figures in 2011.

Visitors will discover how the museum's



collections are put together, and how they continue to grow and live. At the end of the exhibition, visitors can admire miniature reproductions of 30 Haute Couture dresses, specially made for the occasion by the Dior fashion house workshops. **Until 6 January 2019.** Christian Dior Museum, Granville. Full price: €8, concessions: €5 musee-dior-granville.com/en

Laurel Nakadate: The Kingdom

For almost twenty years, Laurel Nakadate has created performative videos, films, and photographs that explore chance meetings and first encounters with strangers. In *The Kingdom*, she focuses inward on the depiction of intimate bonds and the creation of familial histories—both real and imagined. Taking its title from the last words spoken to the artist by her mother, who died shortly after the birth of Nakadate's son in the summer of 2016, the exhibition centres on a series of 34 snapshot-size photographs in which Nakadate envisions a physical connection between her son and his grandmother who never had the opportunity to hold him. Nakadate hired anonymous technicians on the Internet to merge photographs of her mother, spanning the course of her life, with images of her infant son. Her only direction to these technicians was to place the baby in the woman's arms. **Until 9 June 2018.** Galerie Tanja Wagner, Berlin. tanjawagner.com



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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



Unsane

Now Steven Soderbergh (*Logan Lucky* (2017)) has a bash at horror as well, or would that be psychological thriller? Apparently filmed in its entirety on the iPhone 7 Plus, this sees Sawyer Valentini (Claire Foy) as a troubled businesswoman who has started a new job in a new city to escape a stalker who has been terrorizing her for two years and finds herself unwittingly confined to a mental institution. Uh-oh...
98 mins.

Gringo

Harold Soyinka (David Oyelowo) works for Cannabax Technologies Inc, a company that has developed the 'Weed Pill', medical marijuana that has been simplified into a pill. Harold gets to know the rumour that the company will be going forward with a merger but is denied by his boss who also happens to be his friend. Harold's bosses, Elaine Markinson (Charlize Theron) and Richard Rusk (Joel Edgerton), travel with him to Mexico to handle the manufacturing of the product. Harold fakes his own kidnapping to benefit from the company policy of two million dollars should anything happen to him in Mexico during a business visit. One outrageous situation after another follows in Nash Edgerton's tight, gripping drama.
110 mins.

Solo: A Star Wars Story

And another one - just how many tangential directions can the *Star Wars* franchise take, do you think? Well, this one is from big director Ron Howard, and it tells the story of a young Han Solo and Chewbacca (starring Alden Ehrenreich as Solo), and it's described as a 'space Western'. Hmmm, well, we'll see...
143 mins.

A Quiet Place

Proper horror this one, from director John Krasinski (*Brief Interviews With Hideous Men* (2008)), who also stars alongside Emily Blunt, his real-life wife. We are in 2020, and a post-apocalypse Earth has been overrun by sightless, extra-terrestrial creatures with extremely sensitive hearing. The creatures use sound detection to hunt and kill the remaining human population - it's not looking good for any survivors...
90 mins.

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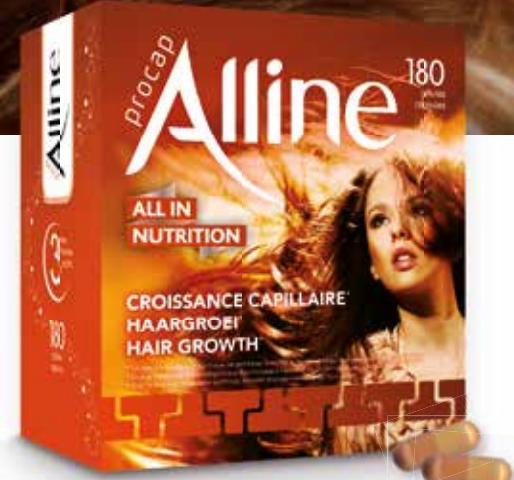
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