

JUNE 2018 #89

Together

magazine

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Italian homes

TECHNOLOGY
& POLITICS

LUXURY CASTLE

PERSONAL
DEVELOPMENT

Fair play
Motherly love
Keys to the kingdom

FASHION
Irresistible attitude
RUSÉE bags

TRAVEL
Masai Mara
Club Med Italia

Chris Pratt

INTERVIEW

ING Private Banking, but especially Marchand Banking

Danielle Marchand,
Director of the Foundation "Growing up with ADHD"

Danielle Marchand has devoted her life to helping children who suffer from attention deficit hyperactivity disorder and founded a primary school fully adapted to their needs. And when it comes to her own personal banking, Danielle finds this same level of commitment in her ING Private Banker. Discover our very personal approach to private banking at ing.be/privatebanking

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Editor's LETTER

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

ON THE COVER



Chris Pratt stars in *Jurassic World: Fallen Kingdom*

ALL IN A DAY

Some days that are not as well-known, as mainstream such as Father's Day, which will soon be upon us. So, I went surf-about on the internet to find out some of the more unusual commemorative days. And there are a fair number. One of the first I came across was World Penguin Day, which you have just missed - it is observed (like bird-watching, I suppose) worldwide on 25 April. Little-known fact: the fastest penguin swimmer can reach 22mph from a standing start.

International Table Top day is another one that stood out - it is of course a moveable feast so you never quite know when those earnest geeks will descend on a town near you with their table top games. Of clear interest to those living in Belgium are World Chocolate Day (7 July), International Beer Day and, of course, International Waffle Day, which "soon spread like batter throughout the world" (not my joke).

One of the strangest must be According to Hoyle Day. Edmond Hoyle (1672 – 29 August 1769) was a writer best known for his works on the rules and play of card games - his knowledge was so great on the subject he was known as 'the father of whist'. I have no idea what whist is but I also came across International Fairy Day when the pixie dust is the air and all good folks are staring fixedly at the bottom of the garden - it by far the best name for a cooperative day... according to Paul.

Paul Morris
Editor



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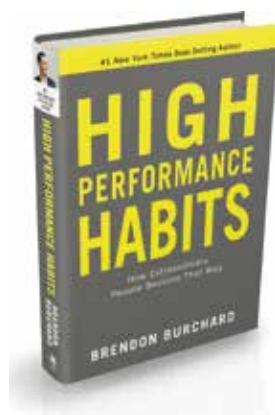
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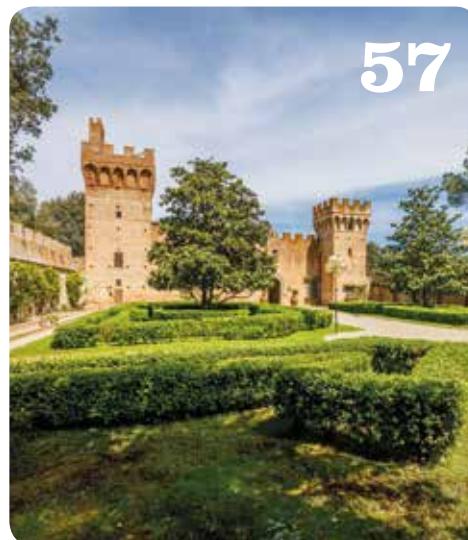
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Together magazine

PUBLISHER

David Mc Gowan

david@togethermedia.eu

KEY ACCOUNT DIRECTOR

Renaud Philippart

renaud@togethermedia.eu

+32 494 64 67 93

ACCOUNT DIRECTOR

Caroline Dierckx

caroline@togethermedia.eu

+32 479 47 47 77

MANAGEMENT ASSISTANT

Suzanne Ofner

suzanne@togethermedia.eu

EDITOR

Paul Morris

paul@togethermedia.eu

DESIGNER

Xavier Bostem

xavier@togethermedia.eu

CONTRIBUTORS

James Drew; David Deruytter
Philippe Geluck; Mélanie Hollebecq
Simon Leysen; Colin Moors
Paul Morris; Karen Northfield
Sarhani Sen; Delphine Stefens
Taschen; Katarina Winslow

ART DIRECTOR

Nicholas Sirot

FOUNDER

Jérôme Stéfanski

jerome@togethermedia.eu

Together Media

Boulevard St Michel, 47

B-1040 Brussels

+32 2 400 00 24

info@togethermedia.eu

www.togethermag.eu

For advertising sales rates please consult

www.togethermag.eu

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Self-help: A happy life in the age of urgency

Dave Deruytter's latest self-help article suggests we slow down our speedy lives. Relax... You can only do as much as you can at any given time. Do not worry about things you cannot influence, cope with them and work on those things you can influence. Plus, you need to get away from it all now and then, even away from the digital world that is always awake and changing fast. The fittest person or organization is not the one who keeps on running fast until he or she hits the wall.

Motoring: Citroën DS, an icon since 1955

Since 2014, DS has been a full-fledged and distinct brand of Citroën. As proof, the DS3, DS4 and DS5 products are marketed in dedicated spaces: highly polished boxes where the lighting of vehicles is carefully calibrated. But how to summarize the DNA of the DS logo? The DS product incorporates several important markers. In addition to a remarkable design, including the ubiquitous DS 'wings' radiator grill and a luxurious interior refinement...



Personal coaching books: Pitch Anything by Oren Klaff

The full title of this personal coaching book is *Pitch Anything: An Innovative Method for Presenting, Persuading and Winning the Deal*. When it comes to delivering a pitch, Oren Klaff has unparalleled credentials. Over the past 13 years, he has used his one-of-a-kind method to raise more than \$400 million - and now, for the first time, he describes his formula to help you deliver a winning pitch in any business situation.

Belgian dining: Le Rêve Richelle and Café Caberdouche

James Drew found a café that takes its beer and food very seriously. "Myself and my dining partner discovered it on a recent visit, where we were greeted by co-owner Bertrand Delubac - it's lively because the emphasis here is on great beer, food, service and ambience. They are

cooking up a storm on Thursday nights with regular live music, and their weekend brunch buffet (served Saturday and Sunday 11-15h) is excellent value, with plats du jour served Monday to Friday." 🍴

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Starring in Belgium



Björk

Icelandic musician Björk released her ninth studio album, *Utopia*, last year, with a soundscape featuring flutes and birdsong. The *Utopia Tour* is the forthcoming ninth concert tour by Björk, focused on the new studio album. The tour kicked off two special stage rehearsals in April 2018 at the Háskólabíó Theater in Iceland before touring the world. **11 July**. Sint-Pietersplein, Gent. Standard: **€74**. Golden Circle ticket: **€92**
www.livenation.be



Justin Timberlake - The Man Of The Woods Tour

Following his epic Pepsi Super Bowl LI Halftime Show performance, Justin Timberlake has announced European *The Man Of The Woods Tour* dates. The European leg of the tour will kick off June 22 in Paris and will make 16 stops including Antwerp! *The Man Of The Woods Tour* has already sold over 450,000 tickets across previously announced North American dates. The tour follows the release of his highly anticipated fourth studio album *Man Of The Woods*, released at the start of this year. **17 July**. Sportpaleis, Antwerp. **€50.90 to €123.70**
www.livenation.be



Bryan Adams – The Ultimate Tour

The *Ultimate Tour* is the nineteenth concert tour by Canadian singer, songwriter, record producer, guitarist, photographer, philanthropist and activist Bryan Adams in support of his sixth compilation album, *Ultimate*. The set list includes *One Night Love Affair*, *Can't Stop This Thing We Started*, *Run to You* and, of course, *Summer of '69*. **23 June**. Palais 12, Brussels. **€67, €57 and €47**
www.proximusgoformusic.be ①



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CAP48

This charitable Belgian organization tackles prejudice against people with disabilities

CAP48 is a Belgian organization founded in 1957 that allows the collection of funds intended mainly for people with disabilities in the French Community and the German-speaking Community of Belgium. It has the slogan "So that disability is no longer a handicap, together even if we are different." It is also a television program broadcast in Belgium on La Une (RTBF).

On 23 September 1957, radio host Jean-Claude Mennessier made an appeal to listeners in favour of people in need. The listeners had to dial 48.81.00. In 1967, the solidarity action was structured into a non-profit organization and took the name of Operation of Solidarity 48.81.00. Over the years, the operation has focused mainly on people with disabilities. As the original name indicated a phone number that became obsolete, it was renamed CAP48 in 2003 on the occasion of the European Year of the Disabled Person. In 50 years, it has raised €50 million, divided into 2,237 projects.

"TOGETHER EVEN IF WE ARE DIFFERENT"

In addition to funding projects, CAP48 aims to change people's view of disability and to promote the integration of people with disabilities into everyday life. CAP48 is the involvement of a network of more than 8,000 volunteers, RTBF, partner companies such as VW, Electrabel, CBC Bank and Insurance, the National Lottery, Proximus, Mobistar, Base, Entra, as well as public authorities. All of this



makes CAP48 a great citizen mobilization movement with a great momentum of solidarity. At the heart of this movement is the mobilization of many volunteers adhering to different principles; a full and active participation in a world with more solidarity, a commitment to others and an action that exceeds the interest of the individual.

The television and radio channels of RTBF mobilize all year round for CAP48. The operation ends with a big evening broadcast on RTBF (La Une, La Trois with sign language and on La Première radio) live from Studio Media Rives of RTBF (Liège) and duplex donations centre ENTR'A (Heppignies). Many artists participate in the show. Throughout the evening, celebrities face all sorts of challenges.

To donate go to the official website.
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PERSONAL DEVELOPMENT

She was the one that gave us the opportunity to breathe

PERSONAL
DEVELOPMENT

Fitness

Aspria: Unparalleled service

Together sat down this month with
Brian Morris, Aspria Group CEO

What makes
Aspria unique?
We like to think
we're unique in all the markets
in which we operate, for a
number of key reasons.

First of all, our service
standards. We don't compare
ourselves to fitness clubs in
this respect, because our
standards for welcoming and
looking after our guests are in
line with what you'd expect
from the hotel and hospitality
sector.



The diversity and quality of our wellbeing
facilities and services are also unparalleled.
Aspria membership gives you access to the
very best in sports, fitness and cutting-edge
physiological testing, as well as award-winning
spas and relaxation suites, luxury clubrooms
and hotels, great-tasting healthy menus and
children's activities.

Family is a key differentiator for us. It lies at the
very heart of our philosophy, with a world-
leading children's offering operating under our
Academy brand and a welcoming environment
for families throughout the club.

Then there's the sense of community within
each of our clubs – the social aspect that we
call Club Spirit, which is central to our concept.
Aspria is a club in the true sense of the word:
a 'home from home' where you can escape
reality for a few hours (or even a whole day or
a weekend) and immerse yourself in a world of
wellbeing.

All of these elements combine to create a
portfolio of truly exceptional clubs.

**You use the word 'wellbeing' as a
headline descriptor of your offering,
rather than 'fitness', and your trainers
are called wellbeing advisors. What does
'wellbeing' mean?**

Our use of the word 'wellbeing' reflects the
very holistic view we have of wellness at
Aspria.

As I mention above, sport and fitness is just
one aspect of what we do. We also have very
large spa areas at all of our clubs, with spa
pools, steam rooms and many styles of sauna
– plus treatment rooms – as well as healthy
food and beverage menus and a wonderful
community feel with great 'club spirit'.

We believe all of this contributes to overall
wellness, and we're able to track the impact of
each of these elements – nutrition, relaxation



“ FAMILY IS A KEY DIFFERENTIATOR FOR US ”



and fitness – via our signature, 360-degree lifestyle assessment, AspriaPro.

Ultimately, we know wellbeing is about how you feel. We also know the contributing factors will vary from member to member and across all age ranges. Indeed, for some of our older members – we have members in their 80s and 90s – ‘wellbeing’ might not be about fitness at all. It might simply be feeling more positive as a result of coming to the club and meeting friends. That works for us. That’s wellbeing delivered the Aspria way and for real people.

All health club operators need to keep up with the latest trends. What have been some of the latest projects at the three Aspria clubs in Brussels?

Our philosophy at Aspria is that we don’t follow trends. We observe trends in the market and, if they interest us, we adapt them, presenting them to our members in a uniquely Aspria way.

“ OUR WELLBEING FACILITIES AND SERVICES ARE ALSO UNPARALLELED ”

In terms of recent projects, in 2015 we invested over €1.5m at Aspria Royal La Rasante to create a truly market-leading wellbeing experience. This included the birth of the Academy brand, cementing our position as the #1 family club operator in Brussels, as well as the Belgian launch of AspriaPro – our signature lifestyle assessment and personalised wellbeing programme, which had already helped thousands of members in our German clubs to improve their health. In addition, we transformed the gym area, creating 15 distinct zones of fitness and activity to add variety to the training options, ensuring there was something for every member.

In 2017, our attention turned to Aspria Avenue Louise. The wellbeing facilities were already award-winning at this adults-only club – indeed, the club was named Best Spa and Wellbeing Centre in Belgium for 2018 by the Luxury Travel Guide. However, we wanted to go the extra mile to look after our members.

This led to the creation of the Aspresso Lounge, inspired by first-class airline lounges, which offers our members complimentary drinks and fresh, healthy food to enjoy after a training or spa session. Alongside this we also created a cosy new Club Class Lounge – with sofas, armchairs and a fireplace – for socializing, networking and relaxation, as well as a new Library and extended boardroom for members’ exclusive, complimentary use.

Finally, 2018 is the year of the Evolution project at Aspria Arts-Loi – a phase of reinvention and re-imagination that will totally transform the club and take it into a new era of wellbeing. At the heart of this evolution is the creation of innovative new workout spaces that will offer a training experience like no other: we are

building a new indoor/ outdoor functional training zone with bespoke workouts and the very latest equipment, as well as a futuristic ‘immersive’ cycling studio – the largest in central Brussels – with a

studio capacity of 50 bikes, spectacular sound and lighting, and a giant screen that will draw you in and make you feel as though you are somewhere even more spectacular as you cycle. The restaurant will also be upgraded to become an Aspresso.

What are your future plans for the Aspria Group as a whole?

We want to consolidate our position as the true premium developer and operator of high quality clubs across Europe. Club number nine – in Brussels – is already in the pipeline, and we continually look for other opportunities to expand our portfolio.

For Aspria though – and this is critical – our focus when it comes to growth is on quality, not quantity. Ours will never be the largest chain of clubs in Europe, but I truly believe we can claim to be the best. ¹

Fair play: Wear the #10

Karen Northshield looks at the new universal value



“The important thing in life is not to triumph but to compete... not victory but combat... not winning but taking part...” These are the founding words of Pierre de Coubertin, founder of the International Olympic Committee (IOC) and father of the modern Olympic Games (Athens, 1896).

In this founding text lies a fundamental principle, not only in sports but also in life. The act of participation. Within this act lies the values of respect, or more precisely known in today's sporting world as 'fair play'. Fair play exceeds more than respect for oneself,

for others, for the rules and regulations, for sport and the environment. Fair play also encompasses ethical codes and behaviour and playing clean and openly. Fair play suggests that winning should not be the reason for participation but rather to cultivate one's ethical and moral behaviour (i.e. human excellence). Therefore, the universal value of fair play lies in how (and not why) one competes and participates, and promotes the quality of effort, not results.

De Coubertin understood that sport can be used as a medium to spread values across

“ A MEDIUM TO SPREAD VALUES
ACROSS CULTURES AND BEYOND
BOUNDARIES ”



cultures and beyond boundaries. De Coubertin revived fundamental values of Olympism (776 BC) with the objective of striving for human excellence. Today this engagement in sports is referred to as fair play. But our attitude towards fair play is equally essential in other if not all aspects of our lives. We teach our children basic values and principles such as respect in school and in the playground. Throughout adulthood and our professional lives, the same value acts as a guideline towards personal achievement and success.

Fair play is a concept that reunites various

virtues. It is a compound word made up of 'fair' (in accordance with the rules and standards) and 'play' (engaging in activity, participating) or in other words 'acting in accordance with the spirit of the game'. Engaging in a sport is to respect the game (adhering to the rules), to respect other players (no cheating or foul play) and to respect officials (their decision making). In life, fair play is just as much an attitude as it is a behaviour towards oneself and others. It is synonymous with integrity, self-control and respect for colleagues and opponents.

Sport, through organized rules and regulation,

PERSONAL DEVELOPMENT

Self-help

can create moral and social strength. Rules are enhanced to preserve the spirit of the game and to avoid cheating. Without fairness of play, the game (sports) would be void of purpose. Yet herein lies the catch. We are taught to go after a win or success. But if we lose, we have a tendency to lose our sense of respect for oneself and respect for others. However, fair play dictates that we equally accept a loss or a defeat as we do a win. Both winning and losing are part of the same game. They are nothing other than two sides of the same coin. So, if you win a game, show respect to the opposing team for a good game; and if you lose also show admiration for the winning team for their abilities, qualities and achievements.

There are various ways that playing fairly is practiced in all walks of life. This includes treating others as you would like to be treated, congratulating others for their win, accepting responsibility for our mistakes and owning our acts.

In football - the most popular and universal sport of all - there is an unwritten rule that refers to the virtue of fair play, underlying that players have the responsibility to act in all fairness even when there are no rules to make a calling.

For example, if a player gets injured and the whistle is not blown, it is the duty of the player with the ball to kick it out of bounds so the injured player can be attended to. Once the injured player is removed and play resumes, it is universally accepted that the team throwing the ball in will give it right back to the team who stopped play by kicking it out of bounds.

It is a recurrent factor among football players to have a tendency to look for and provoke

occasions to their team's advantage. A player will fake an injury or will grab his opponent in a certain way to get the ball. Players search for opportunities in every way possible. Contrary to this attitude, we see examples of fair play and good sportsmanship in football players such as the Argentinian Lionel Messi who wears the #10. He is known for walking towards an injured opponent and helping him up or acknowledging where there is a foul play by a team player. He reminds us of the behaviour we should have at all times, not just on the field but in life. Because of his attitude he is highly respected as an athlete and seen as a role model in society. On top of it all, his behaviour gives an added sense of value to the game.

In society we are often encouraged to meet results, go after a win and strive for personal success. This is not necessarily a bad thing.

However, at the end of the day there can only be one gold medallist in each race. If we strive to win, we have to be prepared to lose. Instead, if we act in accordance with fair play, we will surely win the appreciation and respect of others. Pierre de Coubertin's words could not ring more truly in today's competitive world. He stated: "It's not

whether you win or lose, it's how you play the game". Thanks to the ethical and moral code of sports and what they stand for, we are reminded of fundamental human and universal values. We can strive to win at all costs or we can seek to cultivate a respectable behaviour and moral conduct. Of the two it is more honourable and rewarding to play, participate and compete as if you were wearing the #10. Everyone is a champion. 🏆



“ A GUIDELINE TOWARDS PERSONAL ACHIEVEMENT AND SUCCESS ”

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EXPERTS IN MIXING

Mother: Love below your feet

Intuitive Healer **Katarina Winslow** reflects on unconditional love



Who is she? Where is she? We all have our own stories about what a mother is and what we would like her to be. From our mothers, we seek to be fully accepted and loved. But even more than that, we ask her to give us the right to existence. After all, it was through her we came to enter this human experience. She was the one that gave us the opportunity to breathe, and we seek her constant confirmation that we are allowed to keep on breathing. As if having been given life is not enough for us to know that we have the right to exist on our own terms.

Let's face it, life is sometimes confusing and

having a human experience is not the easiest thing to deal with for a timeless soul. We are captive in a body and an appearance that we might or might not like. We are faced with an exterior world that is full of duality, far from the unity of our soul existence. And we are all surrounded by other human beings stuck in the same condition.

Our mothers, who are only human too, are asked to provide us with unconditional love. A love that transcends the human experience, a love that is so strong and so deep that it erases the duality of this world and make our timeless souls feel at home in fast-paced reality, based on agendas and schedules.



What we ask from a mother, is going beyond the limits of being human. We ask her to be everything we need and teach us everything we don't know. We want her to love us like God loves us. Truly, deeply and unconditionally. To carry us when we have lost our footing and to cherish us when we shine. Some people are fortunate to have a mother who lives up to the impossible ideal of what a mother should be. Some people lost their mother at an early age and had to keep going, void of guidance from her. Some can hear her whispering from the spiritual realm. Others have complicated and unhealthy relationships with their mother. There is a myriad of mothers: kind, controlling, sacrificing, devoted, frustrated, angry, sad, intrusive, overpowering... or nothing of the above. Or, all at the same time.

Reflecting on the essence of a mother, I believe, at her best she is the one person in life who just wants us to be happy. She wants us to exist fully without any demands apart from seeing us flourishing, breathing and just being happy.

Maybe you have a mother like that? I know one like her, and she is the Mother for all of us. She is always there, providing the oxygen for us to breathe, offering her oceans to swim in and her mountains to climb. She nourishes and feeds our bodies with all that she has to provide. She is embracing our souls to nourish our spirits. She is the soft sand between our toes on a summer's day, and she is the sweet grass under our bare picnic feet. She constantly regulates the oxygen in the air so that we can breathe. She cultivates to nourish our bodies and flourishes to fill our hearts and souls with beauty. She always keeps providing, so that we can live.

But more than that, her love is unconditionally yours, as she receives your psychological wounds. She is not only regenerating nature, she

also regenerates your mind, heart, and soul.

In a more than confusing time in my life, I needed an answer to who truly loved me. I was seeking a love out of this world. I wanted to know who was on my side, and unconditionally so. I was convinced that there had to be someone, somewhere out there in

**“ WE ASK HER TO
GIVE US THE RIGHT
TO EXISTENCE ”**



the immensity of the universe that truly deeply loved me. I searched far away and deep within, to finally receive the answer that the one who loved me more than anyone was just below my feet. The one who loved me unconditionally, beyond the human experience, was Mother Earth. I received the answer that she is my true mother, and she is your true mother too.

No matter what happens to humanity, she will survive. That is reassuring, isn't it? At least, it is for me. The certainty that my mother will survive no matter what happens, gives me strength. Life on earth will not end, even if I am no longer part of it. It is a beautiful and reassuring insight. To have the revelation that she loves me unconditionally, beyond the complexity of the human experience, was strengthening and calming, a calming peace.

She loves us so much that she came to me with a mystical offering about ten years ago. She encouraged me to use her unconditional love to assist people in healing their psychological wounds. She came and opened her crust so that I could pour all the pain I see in people into her, for her to swallow and transform.

When I do healing, I connect to your aura to liberate you from the past, and she is always

there right by my side. She opens up her crust to have me throw into her all the pain and the hurts that you have endured. She encourages me to give her all that is wounded in the people I help. There are no limits to her love and to strength. She swallows the abuse, the betrayal, the anger, the resentment, the under-valuation and the self-loathing. She just takes it all. She is the embodiment of strength, love, and beauty. She is the essence of compassion and care. She is a true warrior for unconditional love.

Summer is approaching, and she is celebrating life, nature is celebrating life. Wherever you are, however you feel, there is love below your feet.

“ MAKE OUR TIMELESS SOULS FEEL AT HOME ”

Mother Earth's only wish is for you to be happy, and for you to return her love. Reach out to her, and you will feel how deep her love is. Take off your shoes and go for a walk with her, hug a tree, swim naked and don't forget to feel the wind caressing your cheeks. The gentle breeze is there to remind you that you are alive. When you do, remember life is happy.

Let's all cherish the essence of nature.

Find out more here: Katarina Winslow Therapist, Intuitive Healer, Writer katarinawinslow@gmail.com
www.katarinawinslow.net 

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

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Five keys to the kingdom... of relationships

Sarbani Sen opened a book that changed her thinking



Let me share an excerpt of this amazing book on men, on relationships and marriage: *Keys to the Kingdom* by Alison Armstrong. It really shifted some of my points of view and allowed me to relax deeply on my perception of how the upcoming age of 50 would affect my husband. We get so much biased information (aka bullshit) about how women get affected by a devastating menopause while our hungry men start hunting for fresh flesh at a certain age.

Here are five keys from the book that will reconcile the vast majority of you Princesses-Queens with your sweet Princes or Kings-to-be.

The story starts when we realize that for thousands of years, women have depended

on (and manipulated) men. Then with the Industrial Revolution, they stepped out of complementarities and suddenly women positioned themselves as competitors. This interfered severely with the classical perception we had of our husbands, seeing them as partners, to feel supported, encouraged & appreciated, making our lives easier and satisfying. Today women are usually adversarial with men, treating them like enemies, in order to make them weak, just because they felt disrespected, not understood or supported. We are full of judgment of men, and what being a man is like. We draw conclusions on any situation and decide that this is what they are like. Period.

For the sake of this exercise, shall we start with the point of view that men are all different?

Let's consider them as ice cream for this purpose, and let's see that there are different flavours but all have the same characteristics of being ice cream.

If women changed how they interact with men and understood them more, it would be easier and more effective. They need to treat their partners and husbands with trust and respect and empower them.

A word of caution before we proceed with the information. Let's promise ourselves never to use this information to hurt or abuse. To never invalidate ourselves for not knowing before and to always forgive ourselves for any mistakes we've made so far. Regret is a powerful teacher but let's not stay there!

History of relationships between men and women

According to the author of this book, women are "imprinted" by the first man they have an intense experience with as a teen. We expect all men to be like that.

Think about it for a minute? Does it strike you? For me it clicked! Yes indeed.

During WWII women went to work on fundamental areas of survival, feeling important. They became heroes and it altered the experience of being a woman. So, they started pursuing everything that is important and it changed the relationship with men.

Yet what women provide is priceless beauty, comfort and nurturing.

Traditionally, men have a strong sense of self



(or were educated that way). It's a unique quality they have. Women have a weak sense of self. Women instinctively focus on pleasing their men - they avoid displeasing them, they change and contort themselves to be what they think they want and

wake up feeling empty one day.

It is important for a woman to keep something in her life that has nothing to do with him, that expresses who she is as an individual. Something she is passionate about! This will help her not to lose herself in the relationship.

This book explains the 'stages of development' of men, and the way in which men change from birth to seniority. These stages affect their approach to life, their friendships, relationships and family. They are different men in all stages.

The information in this book is like learning how to drive your car or speak a different language. It makes us step out of judgment conclusions

and all the beyonds, keeping us captive of all the decisions we've taken on men and how they behave, or what they want and how they function. So, we are wiping out our mind to

choose from a new place.

How much change can we create by using this information powerfully and positively?

In order to do that, we need to recognize each stage and their needs. This precious information could be learned at 16, leaving time to make mistakes and interact with brothers, fathers, cousins and lovers and yet

“ TRUST HIM TO BE THE MAN YOU FELL IN LOVE WITH ”

not function from that space of judgment during marriage (we'd have a lot fewer divorces!).

Some keys from the book:

#1 Don't judge their behaviour personally.

Men usually are not doing anything against you - what they do is usually part of their needs.

For example: transition time. Men need a period of 20-30 minutes to adjust to being at home. They need courtesy, love, peace, to focus on one thing at a time. Men need time alone to recover from the working week. So as a woman don't take it as a lack of love when they don't come running back home to hug you.

#2 Listen listen listen

Men naturally have a strong sense of self but they only reveal themselves, who they really are, in very special circumstances. They are always telling us what they need and what they think. Don't try to find a deeper meaning. Unlike women who will try to manipulate, when men speak up usually you can take it on face value. Try not to question them while they speak – just keep listening and count to ten when he's finished before asking. Otherwise it's like taking a train off of track – they don't get back on it, they'll just stop talking.

#3 Provide useful information at the right time

If you don't, he'll feel stupid for not being perfect, and that's sad to see. Better help them on that and provide them with information that they can act upon. This will allow them to



show you how efficient and useful they are and enhance their wellbeing.

#4 Men are not unappreciative

They almost never will thank you for giving them what they need. They just grab it and go back to what they were doing. This is how focused they are. Do not

consider it as a lack of appreciation.

#5 Men are natural providers

That's what they love to do. If they don't, try to find out what's wrong. Nagging, criticizing, complaining won't teach anything. It will just make them want to do less. Men learn by being asked and then appreciated. Criticism doesn't have the same effect on women (they'll stop doing, wearing, saying).

So, I hope these few keys have brought a new light on your relationship to your father, brother, cousin, colleague or husband. Don't forget that seeing your partner in a new light will create a special and good kind of distance that causes

openness. In a work context there will be more easy relations and in a couple's life it can restore excitement. And being understanding

creates intimacy. Distance and intimacy is a perfect combination for sex. So, my suggestion for the weeks ahead - trust everything will turn out and don't try to control. Trust him to be the man you fell in love with. Trust and relax. Happy returns of the day! ❶

**“WOMEN HAVE
DEPENDENED ON (AND
MANIPULATED) MEN”**

Ecole Internationale Montgomery: Comfortably bilingual

French and English are both available at the Ecole Internationale Montgomery - with lots of culture thrown in

The Ecole Internationale Montgomery is a French/English bilingual school that offers a bilingual programme from primary school onwards, and also with the possibility of your child enjoying a 100% English programme from Grade 10 (Secondary IV) onwards.



The Ecole Internationale Montgomery is located close by the European Institutions, 50m from Montgomery Square, with easy access to public transport (metro, tram and bus) and, from the beginning of the 2018 school year, the school is putting into place a

dedicated transport system for parents who wish to participate.

It is a small town centre school that stands out from the others, thanks to its insistence on a uniform and its discipline, and from the parents' wish for their child to learn a second language.

The programme is also very much community-based, including a theatre class that produces a play every year – this year, its students have already staged a play in English/French at the Vaudeville Theatre, in Brussels.

Located in the heart of Brussels, it's a friendly-sized school offering a bilingual French/English curriculum for pupils from 5 to 16 years old. In the past two years (16-18 years old) for their International Baccalaureate, students have been able to choose between a bilingual (French/English) or Anglophone programme.

The school is made up of children from both linguistic backgrounds, whose parents wish them to follow a demanding curriculum in a warm environment – the teachers are in touch with the specific needs of each pupil, encouraging them to give the best of themselves and to develop analytical skills and autonomy to become responsible future leaders.

With more than 100 students, the school is located in a former mansion dating from the 20th century. It provides an ideal learning environment, with small classrooms emphasizing quality education, a library and media library, computer room, classroom laboratory and a landscaped garden. In this private school in Brussels, students are supervised by a passionate and experienced teaching team that constantly ensures pupils' academic and social development.

The Ecole Internationale Montgomery is a candidate school for the International Baccalaureate (IB) Primary Years Programme (PYP) and Middle Years Programme (MYP) and is pursuing its authorization as an IB World School.

IB World Schools share a common philosophy—a commitment to improve the teaching and learning of a diverse and inclusive community of students by delivering challenging, high quality programmes of international education that share a powerful vision.

www.ecole-montgomery.be ❶

Be Successful

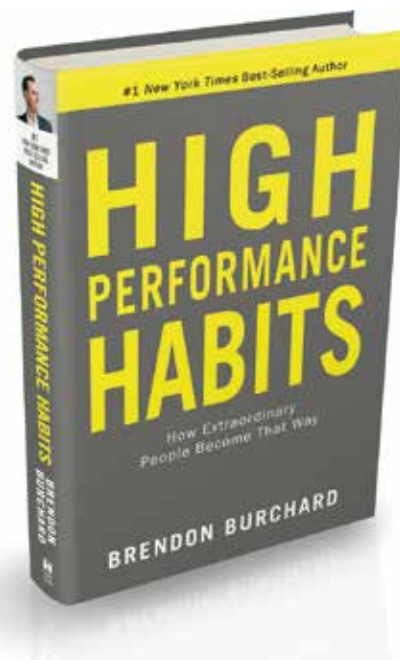
Two more books that will change
your work and your life

High Performance Habits: How Extraordinary People Become That Way

This book, by Brendon Burchard, will teach you six habits that will make you extraordinary.

After extensive original research and a decade as the world's highest-paid performance coach, Brendon Burchard finally reveals the most effective habits for reaching long-term success. Based on one of the largest surveys ever conducted on high performers, it turns out that just six habits move the needle the most in helping you succeed. Adopt these six habits, and you win. Neglect them, and life is a never-ending struggle.

We all want to be high performing in every area of our lives. But how? Which habits can help you achieve long-term success and vibrant wellbeing no matter your age, career, strengths or personality? To become a high performer you must seek clarity, generate energy, raise necessity, increase productivity, develop influence and demonstrate courage. This book is



about the art and science of how to practice these proven habits.

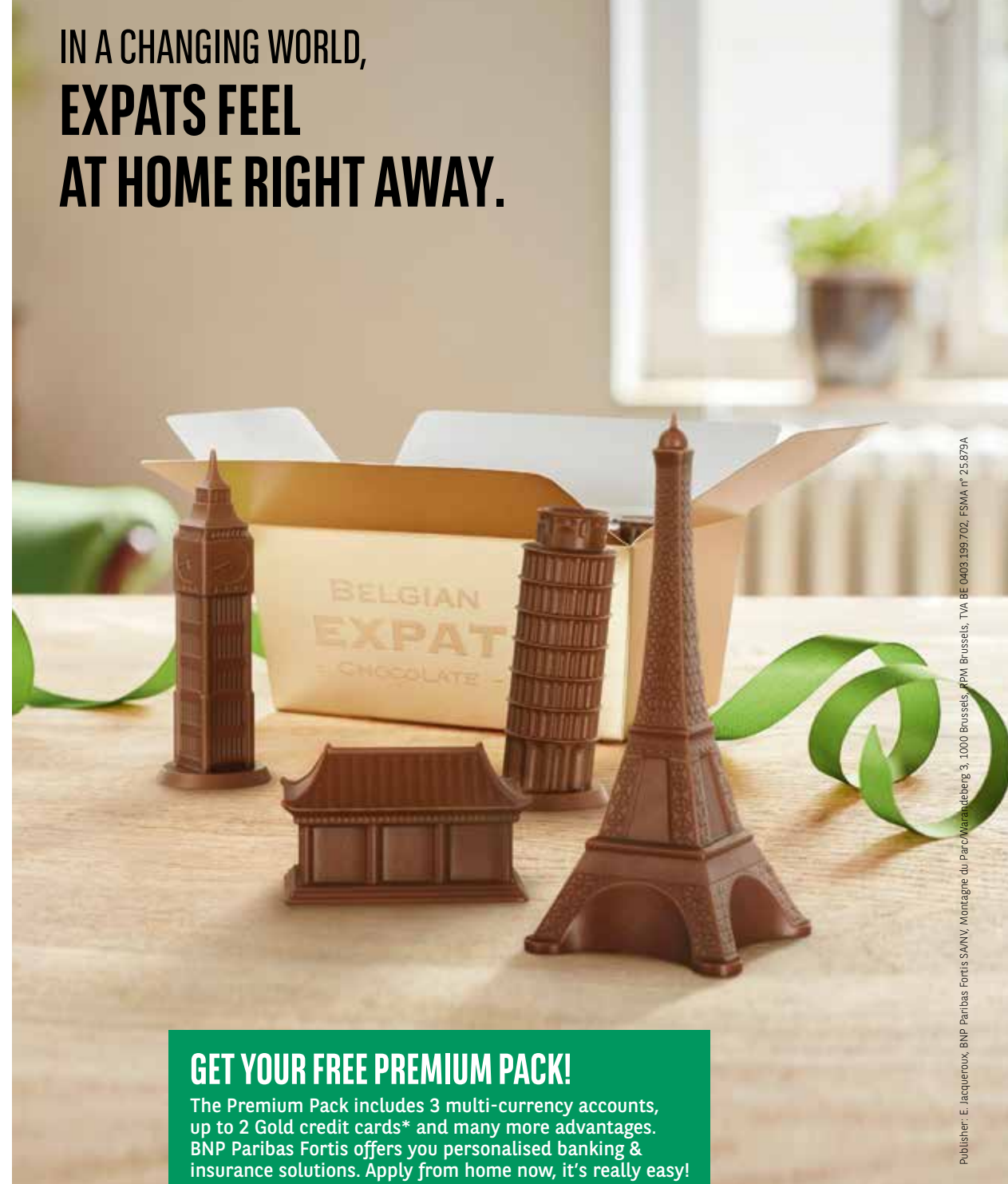
If you do adopt any new habits to succeed faster, choose the habits in this book. Anyone can practice these habits and, when they do, extraordinary things happen in their lives, relationships and careers.

Whether you want to get more done, lead others better, develop skill faster or dramatically increase your sense of joy and confidence, the habits in this book will help you achieve it. Each of the six habits is illustrated by powerful vignettes, cutting-edge science, thought-provoking exercises, and real-world daily practices you can implement right now.

High Performance Habits is a science-backed, heart-centred plan to living a better quality of life. Best of all, you can measure your progress. A link to a professional assessment is included in the book for free.

www.brendon.com

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The ONE Thing: The Surprisingly Simple Truth Behind Extraordinary Results

The ONE Thing by Gary Keller has made more than 400 appearances on national bestseller lists, including #1 *Wall Street Journal*, *New York Times* and *USA Today*. It won 12 book awards, has been translated into 30 languages, chosen as one of the Top 5 Business Books of 2013 by Hudson's Booksellers and one of Top 30 Business Books of 2013 by Executive Book Summaries. Voted one of Top 100 Business Books of All Time on Goodreads. People are using this simple, powerful concept to focus on what matters most in their personal and work lives.

Companies are helping their employees be more productive with study groups, training and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape,



PERSONAL DEVELOPMENT

Be Success

deepening their faith and nurturing stronger marriages and personal relationships.

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Eurostoxx 50: A flat roller coaster

Our money expert **Dave Deruytter** asks what is going on with the Continental share index

		5 DAY		1 MONTH		RANGE	% CHG
LAST	CHANGE	% CHG	CHANGE	% CHG	CHANGE		
1000000	-100.00	-1.35%	-567.70	-2.25%	-608.47	-2.41%	17.72%
1000000	-17.25	-0.35%	-60.36	-0.56%	144.24	1.37%	16.98%
1000000	1.51	0.00%	10.97	1.62%	5.19	0.76%	-0.78%
1000000	-100.00	-1.35%	-567.70	-2.41%	-101.74	-0.36%	14.31%
1000000	-1.00	-1.07%	14.00	-1.99%	5.44	0.75%	16.18%
1000000	-127.75	-1.84%	-244.08	-3.22%	104.78	1.45%	24.45%
1000000	156.07	2.21%	266.24	-3.73%	94.22	1.39%	26.81%
1000000	10.00	-1.42%	70.10	-2.52%	-19.30	-0.71%	14.30%
1000000	10.00	0.32%	-33.67	-1.73%	16.38	0.86%	11.35%
1000000	1.21	-0.96%	-13.99	-1.44%	18.09	1.92%	13.73%
1000000	-10.40	-1.98%	-30.49	-1.90%	27.01	1.75%	13.47%
1000000	112.33	1.04%	246.94	-1.91%	-222.90	-1.72%	

The Eurostoxx 50 is a stock index of Eurozone stocks - its goal is "to provide a blue-chip representation of Supersector leaders in the eurozone". It is at about the same level today as it was in 1998 and 2008, respectively 20 and 10 years ago.

The US Dow Jones share index is around three times as high and 50% higher, as compared to 20 and 10 years ago. The US Nasdaq index performed even better over those time spans. For Asian stock indices, you cannot easily find 20 years of history, but the 10 years history of the PR China, Hong Kong and Japan share indices show a 50% increase, or even more, over the past decade. The UK stock index 'FTSE 100' hovers

somewhere in between: flat between 1998 and 2008, and almost 40% up since 2008.

Of course, the Eurostoxx 50 has been higher and lower than today during the past 20 years. Still, its graph is a flat roller coaster, whereas in the US there is a general upward trend. Also, the Asian stock markets show a general upward trend. Although the Japanese Nikkei index has been much higher than ever at the end of 1989, before the giant crash that followed, and has not recovered to date.

Europe has had a stable economy for most of the period, with the exception of a few years after the global financial and economic crisis of 2007/2008, like other countries round the

world. However, its companies are never really at the avant-garde of new developments, as many companies in the US are. And the economy itself is never really growing as fast as the US economy and certainly not as fast as some of the Asian economies.

Continental Europe's rigid labour markets and high social protection of workers may be part of the reason. Plus, the rather low level of R&D expenditure of its companies compared to the US and Asia. Furthermore, there is a lack of entrepreneurial spirit in continental Europe. Too few people start their own business.

Why invest in Europe then?

The European stock markets are not doing so badly when other elements are taken into account. The Price Earnings ratio is better than in the US or Asia, hinting that the European market is relatively cheap. Dividend yields are typically high. The investor in Europe is more of a conservative, long-term investor. Still, looking at the 10 or 20-year relative performance, the US market easily outshines the European one. Is that because the US market is overbought? Maybe it is, but the Dow or the Nasdaq should drop dramatically to bring it at par with the Eurostoxx 50 index. The EU could do with extra deregulation and harmonization of its rules and regulations in many fields. Brexit may be an opportunity.

The German economy, and the French to some extent, are doing reasonably well. But what about Italy and Spain, where political problems reign? Also, large newcomers like Poland do not have a stable political climate. Such situations are never good for consumer confidence and therefore for the economy. Differences between the economies in Europe are important. There is no such thing as a European economy. The German Stock Exchange index (DAX) has performed as well as the US DOW has over the past 20 years. The French CAC 40 performance is almost as good as the UK's FTSE's, but clearly not as good the US or Asia.

Without the German economic engine, Europe



**“ ITS COMPANIES
ARE NEVER
REALLY AT THE
AVANT-GARDE ”**





“ BREXIT MAY BE AN OPPORTUNITY ”



would be a weak economy as a whole and a feeble financial market too. How come the other European countries are not able to copy its success? Companies of most other European countries seem to be too often subcontractors to the German industry, rather than leaders in their own right. France and the other countries have some large and leading businesses too, but they seem to be less competitive in markets outside of the EU. In China and the US, 'Made in Germany' outshines 'Made in other European countries' by far.

Still, looking at the basics of investing, one should not only invest in countries, or in economic sectors, or in companies, but also in trends and in new technology. Indeed, history shows that if you are investing early on in new big worldwide trends or technologies, then you are in for a great performance, at least as long as the hype lasts. With the explosion of the first internet bubble in the year 2000, many investors were caught off guard because they were over-exposed to it - and sometimes they eventually lost all their gains, or worse. The same could happen again when the next financial bubble bursts.

All of that underlines the importance of diversifying your investments. Still, at the same time, you can overweigh certain sectors, technologies, asset classes, even countries, according to who you are as an investor or what your beliefs are. But it may be wise to revisit those views regularly to check if they are still valid.

Given that you eventually invest in companies, you should understand, and believe in, their management. This is also true if you invest in a mutual fund. You should check the performance. And if you cannot do that by yourself, then make sure to have a good financial advisor who will do it for you. Still, if you do not pay him directly for his advice, then you are at risk that he will be influenced in his investment decisions by the trailer fees he receives from the assets he invests in for you. You get what you pay for. ●

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Smart? Stupid, more like

Our tech guy **Colin Moors** goes in search of dumb and dumber



There is an unwritten rule in the IT community and, more generally in life, which states that "because one *can*, doesn't mean one *should*". OK, we have our smart watches that will tell us our heart rate, something that is definable as at least useful information, should you be watching your health or heart rate. Sadly, for every smart home thermostat and heart rate monitor, there's something utterly dumb. Here, then, are three of the more esoteric items of technology you'll probably want to avoid - and one you may not.

"BECAUSE ONE CAN, DOESN'T MEAN ONE SHOULD"

I promise you all these are real.

Have you ever wondered how many calories you burn during intercourse? No, please don't write in, this is a question by a company called British Condoms (britishcondoms.uk) who are British and make condoms. While not a contraceptive, the iCon (no, I don't know why either) is a metal ring that sits at, er, the base of the condom. It can send all sorts of data to your phone. It will apparently track the vigour of your thrusts, skin temperature and other all-



important info such as the frequency and longevity of your lovemaking.

If we can agree that 'best' is a subjective term, the best feature of the iCon is that you can share your data with the rest of the world, finally knowing how your prowess compares to other like-minded individuals. I can only imagine that the post-coital cigarette will soon be a thing of the past, due to the fact that they are terribly bad for you and because people will be waving their phone around trying to get a signal. If this sounds like your kind of thing, you'll have to wait a while as the release has been delayed. Sometimes, the jokes just write themselves.

Who here isn't tired of the constant struggle with waste bins? I surely am. It's a constant worry; will I spill some crumbs while transferring the contents of my dustpan to the bin? Do I have enough bags left to last the week? Is it bin day yet? Well, your stress-filled days are over thanks to Bruno (brunosmartcan.com). This must-have waste bin has a built-in

vacuum so you only need to sweep dust near the opening at the bottom and your dust is sucked up into the void. Obviously, there is a Wi-Fi connection - how else would you know it was bin day or if you were low on bags? With a motion sensing lid that opens as you approach it, there's no need to ever bend down again. The attractive part is surely the price; a steal at only \$249 (€210). The bags are proprietary too so don't think you can cheat on Bruno and buy them from the supermarket. A bundle of 42 bags - this seems odd but is a three-month supply, assuming two bags per week - is \$20. Now you know what to buy the man or woman who has everything.

"AN AUTO-FOLLOW SUITCASE FOR PEOPLE WITH NO TIME ON THEIR HANDS"

Now, here's one that you may think has a practical application and I guess that for certain people this would be true. However, the Forward X Ovis (www.forwardx.com) is an auto-follow suitcase for people with no time on their hands. Or fewer than two hands, in which case it would probably be genuinely useful. For people with two hands, it will simply



“ DO I HAVE ENOUGH BAGS LEFT TO LAST THE WEEK? ”



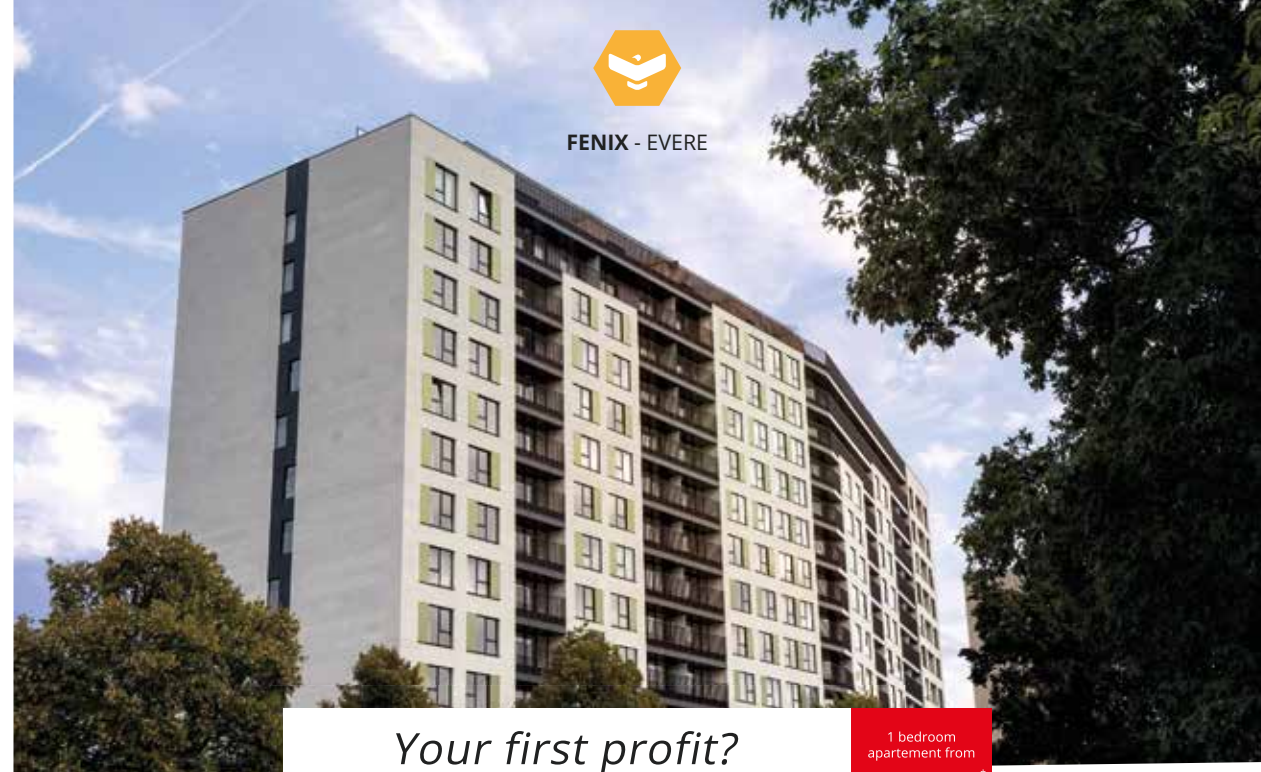
give them more opportunity to stick their face in the screen of their phone and bump into people, something the case claims not to do. To facilitate this dog-like behaviour, a wristband needs to be worn so it can locate you and the rest it does with infra-red and optical technology, much in the same way as a self-driving car does. The band also serves as a suitcase locker/unlocker and will apparently let you know when the suitcase is out of its three-metre range. We can only hope thieves will wait until the band alarm sounds in order to give you a sporting chance.

Regular readers know I love a bit of technology but this is just a bit silly. The worst part about it is not simply being followed around by your pants but that it is designated as cabin baggage. All well and good but the bag allowance on most airlines is 10kg and the Ovis weighs in at 4.5kg. You'd better not be needing anything more than a toothbrush and a change of underwear.

Finally, something I find quirky but eminently desirable. Boston Dynamics (www.bostondynamics.com) already hit the tech headlines recently when their parent company released a robot called Pepper. Pepper's main role was as a Buddhist priest, chanting sutras at Buddhist funerals, complete with a live streaming option, meaning you could send off your loved ones without the chore of actually having to be there and interrupt your holiday. Less weird, or weirder, I really can't tell - is SpotMini, their robotic dog. Unlike the majority of dogs, SpotMini has no head but can be fitted with a multi-purpose arm that will fetch things, open doors and the like. Spot is fitted with motion sensors, infra-red sensors, depth cameras and all kinds of other cool kit, making it about as autonomous as it's possible to be. Weighing in at 30kg with a running time of around an hour and a half, you could be the talk of your village if you took it out shopping with you. Apart from people with disabilities, I really can't see any practical use for such a thing. However, as headless robotic dogs go, I don't need to know what I'd do with it - I just know I need one. ①



FENIX - EVERE



Your first profit?
The purchase.

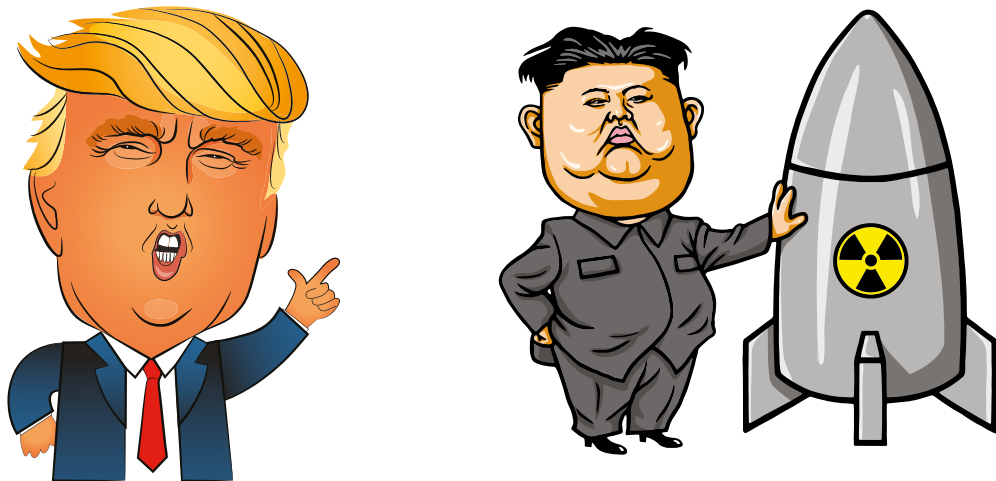
1 bedroom
apartment from
€ 189.500*

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



Donald and Kim: The reality show

Gerry Callaghan takes a biographical look at Donald Trump and Kim Jong-un



The US President and the North Korean leader have reached a platform few could ever imagine. Donald Trump and Kim Jong-un are two of the world's most talked about people on the planet. They have the potential to cause irreparable damage to us and the planet. Both men hold a tremendous amount of political power and personal wealth, and quite possibly, at the very minimum, could shift the spectrum of international power politics. Unlike The Donald, the western world doesn't really know all that much about Kim Jong-un - his life up until the past few years went largely unreported in the west, and in North Korea for that matter.

In a polar opposite world from Kim, Donald John Trump's successes and failures, both in business and in private, have been headline

news for over forty years. He is worth an estimated \$4.5bn, despite stating it's "more like ten". He has been dubbed everything from a business tycoon to a sexual predator. He is outspoken, controversial and stubborn headed. It is no secret that Trump came from a wealthy background. He was born on 14 June 1946 and brought-up in his family home on Jamaica Estates in Queens, New York. He was raised by his father, Fred, and his mother Mary, alongside four siblings.

At the time of his birth, Donald's father had already significantly built upon the wealth of his father, Frederick Trump, who made his money selling services to the miners of the Klondike gold rush. He left almost half a million dollars in today's terms. It's estimated that his father amassed around two to three hundred million



at the time of his passing. Donald got his start in business with a "small loan" of one millions dollars from his father which he used to develop real estate.

elected to office, becoming the richest president in US history.

Trump and Kim Jong-un's early life could not be further apart. Trump's been in the spotlight forever, whereas the early childhood of Kim

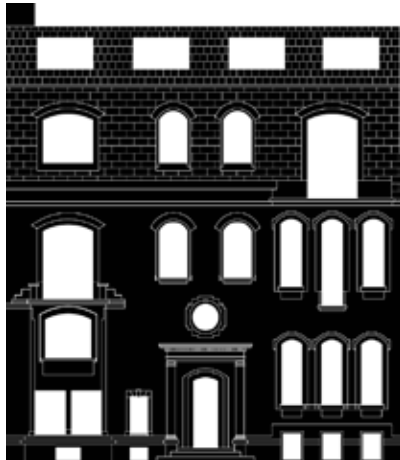
**“ HE LEFT
ALMOST HALF A
MILLION
DOLLARS IN
TODAY’S TERMS ”**

The entrepreneur-turned-reality-TV-star had mentioned a few times that he would consider running for office and in 2015 that utterance came to fruition. His presidential campaign was formally launched on 16 June at Trump Tower in Manhattan. He chose the Republican party after aligning himself over the whole Obama birth certificate embarrassment. Trump became the Republican nominee for President in the 2016 election, having won the most state primaries, caucuses and delegates at the Republican National Convention. He chose Mike Pence, the sitting Governor of Indiana, as his running mate. And on the 8th November 2016 he caught the world by surprise when he was

Jong-un is shrouded in mystery. His birthdate is not even confirmed. It is known that he is the third and youngest son of Korean military leader Kim Jong-il, who ruled from 1994; and the grandson of Kim Il-sung, his father's predecessor. Reportedly educated in Gümliigen, Switzerland, at the International School of Berne, he went on to study at Kim Il-Sung National War College in Pyongyang from 2002 to 2007. As a young adult, Kim Jong-un began accompanying his father on military inspections. It was thought that he worked either for the Korean Workers' Party (KWP) or in the army's General Political Bureau; both



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PERSONAL DEVELOPMENT

Politics



organisations were involved in surveillance of government officials.

Rumours began to circulate in 2009 that he was being groomed as his father's eventual successor and in September 2010 he was given the high rank of four-star general, although he was not known to have had any previous military experience. The timing of the appointment was considered significant, as it came shortly before the first general meeting of the KWP since the session in 1980 at which his father had been named successor of Kim Il-Sung. After the death of his father in December 2011, Kim Jong-Un was declared the country's supreme leader, an unofficial title that nonetheless signaled his position as the head of both the government and North Korea's military forces.

“ HE WAS BEING GROOMED AS HIS FATHER’S EVENTUAL SUCCESSOR ”

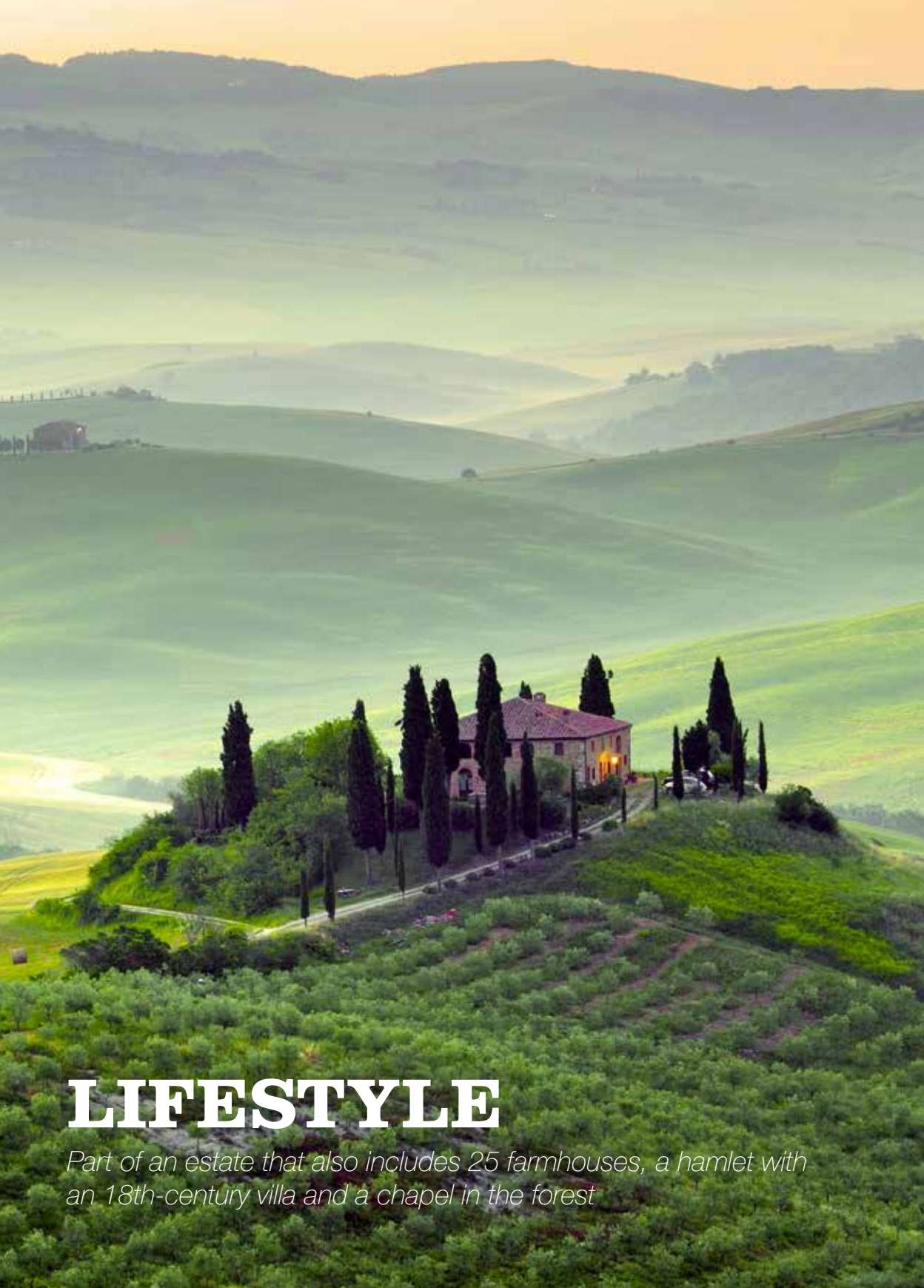
weapons programme had advanced in fits and starts. The country's first underground nuclear detonation, in October 2006, came just months after a series of ballistic missile tests. February 2013 saw the first nuclear test of the Kim Jong-un regime, the pace of both

underground detonations and long-range missile tests quickened dramatically. By 2017, North Korea had conducted a total of six nuclear tests, including at least one of a device that North Korean officials claimed was small enough to mount on an intercontinental ballistic missile. With a significant part of the mainland United States now theoretically within range of a North Korean nuclear attack, a war of words erupted between Kim and US President Donald Trump.

This is clearly one show that will run and run.

1

Under Kim Jong-Il, North Korea's nuclear



LIFESTYLE

Part of an estate that also includes 25 farmhouses, a hamlet with an 18th-century villa and a chapel in the forest

LIFESTYLE

Luxury

For sale: A luxurious castle in Tuscany

Property company **Lionard Luxury Real Estate** goes behind the walls of a remarkable castle



Photos © Courtesy of Lionard

“ 25
FARMHOUSES, A
HAMLET WITH AN
18TH-CENTURY
VILLA AND A
CHAPEL IN THE
FOREST ”

Besides the castle, this property also includes 25 farmhouses and a hamlet with an 18th-century villa, bringing the total surface area to 35,000 sqm and 1,200 hectares of grounds.

We owe this Tuscan castle to a great architect, Filippo Brunelleschi. The estate was built in 1424, when the Dome of Florence's Cathedral was in the early stages and owned by the noble Pucci family. The castle, near Florence, features four angular towers and entirely-walkable crenelated walls. This castle is in great condition and is part of an estate that also includes 25 farmhouses, a hamlet with an



18th-century villa and a chapel in the forest; this estate has a total internal surface area of 35,000 sqm and includes 1,200 hectares of agricultural grounds – featuring vineyards and olive groves – and forests.

Dimitri Corti, president of Lionard Luxury Real Estate, claims: “This is one of the most prestigious properties ever put up for sale.”

Confirmation that this castle in Tuscany was designed by Filippo Brunelleschi comes from Professor Massimo Ricci, one of the most esteemed experts on Brunelleschi's

architecture. Between the early 1400s and 1446, the year of his death, the Florentine Republic put Filippo Brunelleschi in charge of designing and building military fortresses around the city of Florence, even though he was already busy working on the Dome of Florence's Cathedral. Brunelleschi was the only person who had true expertise on military fortifications in those years.

In those times, the lords who owned countryside castle-villas were also forced to fortify their properties with circular defensive



walls equipped with towers, battlements, and other systems to help them against the attacks of their enemies.

Brunelleschi himself was entrusted with designing and guiding the works on one of these castle-villas near Florence, owned by the Pucci Florentine family, a property very similar to the famous Villa medicea della Petraia which has also been for some time attributed to this great architect.

There are many reasons for this attribution, including the fact that this building is entirely made of bricks, and with the same technique used on the Dome.

When the castle was being built, Brunelleschi stopped using stones on the Dome of Florence's Cathedral and started using bricks. Brickwork in this castle has been mastered to such a point that structures which would usually be built with stones were instead all systematically built with this material. No one in



those years, except Filippo Brunelleschi, would have been able to do such a thing.

But there's more: the castle features several architectural works (doors, windows, corbels, furnishings) masterfully designed in Brunelleschi's style. In the early 1400s, when he was still alive, no one would have even

been able to copy them. The definitive proof, according to the professor, is a peculiar walkway standing on a half-vault system, a structure that would be feared to collapse, seemingly impossible to stand. One of the impossible solutions

that only the great Brunelleschi could have designed.

Another important clue is the fact that Giovanni di Antonio Pucci, brother of the original owner of this castle, was a supplier of the lime and sand used to build the Dome of Florence's Cathedral, proving a direct connection between the Pucci family and Brunelleschi

“ ONE OF THE MOST PRESTIGIOUS PROPERTIES EVER PUT UP FOR SALE ”



who, as it is well-known, personally checked the quality and costs of all the materials used for his great feat.

The history of this castle is full of curiosities. For example, three Popes stayed here: Leo X, Clement VII, and Paul III Farnese, who spent seventeen days here in 1541. Lorenzo the Magnificent, Grand Duke Ferdinand III of Tuscany and King Victor Emmanuel III of Italy also spent some time in the castle. In 1944 the castle was used as a military command centre by General Mark Clark to coordinate the liberation of Italy.

Lionard Luxury Real Estate S.p.A., founded in 2008 by Florentine entrepreneur Dimitri Corti, has quickly become a leading company in the luxury real estate sector in Italy, with a portfolio of 2,328 real estate properties, with an average reference target of €5.12 million and a total value of €11.91 billion.
www.lionard.com



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Schools out. You're going to want to take that child-friendly holiday that also feels like a break for you. We've got you covered. PLAY welcomes kids ages 3-11, offering an array of activities (think cake decorating, treasure hunts, games) to keep them busy while teens (ages 12-17) can hang out at Studio 17, play board games, explore the outdoors, learn the local dialect or take a cooking class.

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MORE INFO & RESERVATION: WWW.LITTLEGUESTCOLLECTION.COM

i attitude Irresistible

Photographer : Maria Dawlat, Art director : Nicholas Sirot



Shirt: APC
Jacket: Eden Park



Child:
Shirt:
Buissonniere
Trousers:
Petit Bateau

Man:
Suit: Cant
Shirt:
J Crew for Zalando



Jacket: Maison Degand
 Shirt & shorts: Club Monaco for Zalando
 Shoes: Zadig&voltaire
 Socks: Cos



T-shirt:
 Bang bang Copenhagen for Zalando
 Trousers: Petit Bateau
 Shoes: Zara kids



Jacket & trousers: Zadig&Voltaire
Shirt: Zadig & Voltaire for Zalando RollersVeja X Flaneurz
In the background: Sandal Havaianas



Suit & shoes: Zara kids
Polo: Petit Bateau



Suit: Strellson
Shirt: Patricia Pepe
Watch: KRNS



Total look
Maison Degand Glasses Ray-Ban

Make up artist: Aurelie Bekaert www.be-au.be 0476492582

Male model Olivier @Be models agency

Child model Livio@Promokids agency

Special thanks for the location @Thibault Devos/Johan Vandendriessche/Jean Michel Loriers and Point Albert



Total look: Smoking Café Costume
Watch: KRNS

RUSÉE: A new Belgian label

This month's fashion interview is with the founders of a new fashion company

Founders Géraldine and Pauline © Mael G. Lagadec



At the origin of RUSÉE, Géraldine Louis, founder and initiator of the project, imagined in collaboration with the stylist Pauline Danhaive, a bag with a 100% Belgian design, ethical and made in France. Multi-functional handbags... from Petit RUSÉE to grand RUSÉE, including the removable purse. RUSÉE's concept: "Create respectful luxury designs without compromise!"

RUSÉE, an anagram of RE-USE, refers to the upcycling model put in place by the brand, proving that you can create an object that is

“ CREATE RESPECTFUL LUXURY DESIGNS WITHOUT COMPROMISE ”

beautiful, luxurious and environmentally friendly while focusing on craftsmanship made in France with total transparency of working conditions. 'Upcycling' involves recovering materials or end-of-life products in order to transform them into materials or products of superior quality or utility. Each accessory is hand-made, with particular attention to details and finishing. Finesse and design are the baseline of each of RUSÉE's creations.

The founders say: "We select the most beautiful leather offcuts and choose the most noble parts. The materials are flexible and light and allow fluid and graphic lines. Bright, assertive colours reveal the sleek design of our accessories." For our creations, we draw our inspiration from nature. It is reflected in our aesthetic world, in the ingenuity of our designs and in our upcycling model."

They also attach great importance to craftsmanship and artisanship. "Our creations are handmade in a French workshop renowned for the excellence of its work. Preserving the planet and its resources is also at the heart of our concerns. In order to limit their environmental impact, our accessories are made from scrap leather. By valuing these materials, we give them a second life and we demonstrate the great creative and innovative potential of conscious and respectful fashion. It is the rarity and unpredictability of the available materials that makes the entire creative process so exciting and interesting, guarantee the unique character of each and every one of our accessories."

www.rusee.be/fr.html 

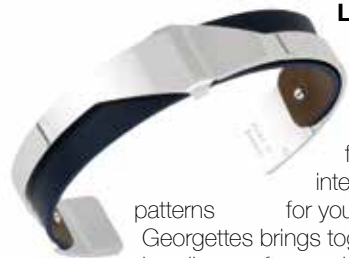


Shopping



Atkinsons Mint & Tonic

British brand Atkinsons has launched Mint & Tonic, a new fragrance in the brand's Contemporary Collection. For this freshest of new editions, they have joyously plundered the tranquillity of the English Potager Garden to exalt the herbaceous godsend that is mint, the inspiration for the herbaceous thrill that is Atkinsons Mint & Tonic eau de parfum. A fiendishly versatile scent of sparkling freshness and pitch perfect mood elevation. A shimmering fragrance of freshness and sensuality that instantaneously stirs the optimism of summer. 100ml: **€150**
www.atkinsons1799.com



Les Georgettes For Men

Les Georgettes is an innovative French jewellery design featuring interchangeable coloured patterns for your bracelet or ring. Les Georgettes brings together the finest in jewellery craftsmanship. By allowing you to choose the size, pattern, bracelet colour and leather colour, Les Georgettes adapt to your personal style. All collections are produced with traditional French fashion know-how, ensuring you get the highest quality and fashionable jewellery. Bracelet: **€79**
www.lesgeorgettes.com Bracelet



Oakshed Motor Shine

Oakshed's vision: To develop a brand for the car amateur, the one who values the pride of having a clean and shiny vehicle, an homage to the driving culture that is the base of our passion. With beautifully efficient caring products for shiny paints, respectful of our health and environment, we want to bring a new experience to our community cleaning moments. Highly efficient and easy-to-use products, the enjoyment of getting the engine started in an in depth-cleaned car or motorbike will put a smile on everyone's face: **€20**
www.oakshed.net

Bentley Momentum Unlimited
 The international luxury brand Bentley Fragrances is proud to present a bold new addition to its best-selling Momentum line. A global traveller for business or pleasure, the Momentum Unlimited man enjoys the ultimate luxury: freedom. Successful, style-conscious and driven, the Bentley Momentum Unlimited man is inspired by challenge. For him, the sky is the limit. From New York to Dubai, London and Shanghai, he is always on the move. But he knows how to live in the moment. Turning each instant of his journey into an exceptional moment. Savouring the infinite possibilities suggested by a vast blue sky over a modern cityscape: **€82**
www.bentley-fragrances.com



Chaumet: Dandy collection

With its unique cushion shape, the Dandy watch combines traditional watchmaking expertise with elegance and impertinence. Both an evening watch and a piece of men's jewellery, it reconciles traditional watchmaking excellence with a bold fashion statement. The oval-shaped dial houses a complex mechanism developed by Chaumet in collaboration with the best Swiss engineers, for lovers of high-class timepieces: it has a stop watch, second GMT time zone, large date, jumping hours, power reserve, and a metronomic, off-centre second hand a new way of telling the time and a collection like no other: **€15,630**
www.chaumet.com



ICE-WATCH Red Devils

The prolific Belgian watchmaker has released a special collection in time for the World Cup in Russia. The watches come in Black Silver and Red. So, this year you will have no excuse for missing kick-off. If you're a supporter of another country check out the full football range: **€79**
www.ice-watch.com/en/football

LIFESTYLE

Shopping



Chimi at Cachemire Coton Soie

Mood is an expression and Chimi believes that style will reflect depending on what vibe you are feeling. Chimi exists for people with a passion to match their style with different colours. The collection doesn't limit anyone in expressing themselves. It comes in six classical shapes in 10 different colours to match every mood and style of colorful peoples' lives. The lenses are polarized and 100% UV-protective. The shades are reasonable in price without compromising with the quality to allow people to afford more than one pair. **€95**

www.cachemirecotonsoie.com



Maison Dandoy Speculoos

At Maison Dandoy, our speculoos recipe comes straight from our great-great-great-grandfather. We still make them the traditional way with real butter, brown sugar and handcrafted wooden moulds. As crunchy as they are cheeky, they have the power to instantly set your mood and make your day.

Crunchy biscuit with brown sugar, the Dandoy speculoos comes with cloves and cinnamon, with vanilla or coated with handmade chocolate. Crushed, it mixes with a yoghurt, hides at the bottom of a coffee, sprinkles on a cheesecake or on a chocolate mousse: **€7**

www.maisondandoy.com

Hermès Parfums: Eau de citron noir

Hermès' Eau de cologne line has been expanded with the new fragrance Eau de Citron Noir, a new perfume by Hermès for women and men released in 2018. The scent is citrusy-woody. Fragrance notes are Calabrian lemon, Ceylonese black tea, Paraguayan wood. Now Smell this says: "They smell like the inside of a well-used, wooden Indian spice box that's held a variety of spices for decades. In fact, smelling the dried limes might bring to mind (nose) a mild curry powder. (If you want to experience the aroma of black limes, buy some and start cooking!)" 100ml: **€133**

www.hermes.com

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LIFESTYLE

Beauty

WORK IT

There's nothing like a good and preferably regular workout to tone your summer body. But to smooth your skin, nothing beats smothering it with comforting textures that will enhance its elasticity and hydration. So, feel free to overindulge - here, too, regularity is an asset from head to toe and give your bathroom an exotic makeover to get that summer vibe - and bod - going.

Darphin Petal Infusion Lip
Oil nourishing, rejuvenating or
smoothing: **€20**



**Estée Lauder
Bronze
Goddess** limited
edition
Shimmering Oil
for hair and body:
€54.83



**Acqua di
Parma** Blu
Mediterraneo
Chinotto di
Liguria body
lotion: **€40**



Dior Vernis
summer
2018 nail
polish:
€28.37



**Filorga Scrub &
Peel: €24.90 and
Nutri-Modeling
balm: €39.90**





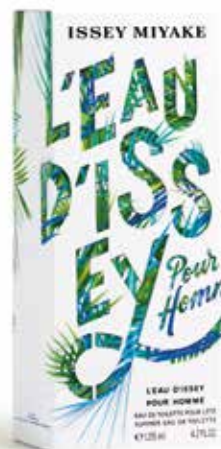
Chanel N°5
L'Eau crème
main limited
edition: **€56**



Rochas Eau de Rochas Escapade
Tropicale limited
edition: **€68**



Molton Brown
Orange & Bergamot
Bathing Oil at
Senteurs d'Ailleur: **€49**



L'Eau d'Issey pour Homme Eau de
Toilette pour l'été limited edition: **€65**



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ICI PARIS XL

Never stop living kindness

We take a peek into some very unique homes



Italian LAGO Furnishings asks: "Kindness: what is it? Our research began with eight women who have inspired eight gorgeous interiors, develops in the most varied responses and by creating opportunities of welcome and sharing."

Chiara Gamberale

"Kindness is welcoming the world instead of defending yourself against it. It's understanding others instead of judging them."

Listening to her idea of kindness, LAGO furnished the loft of Chiara Gamberale, a writer translated into 18 languages and the author of, among others, the best-selling volumes *Per dieci minuti*, *La zona cieca* and *Qualcosa*.

Chiara Gamberale's house is at once both welcoming and surprising, a place where the furnishings flow freely like words on a page, creating settings that straddle the line between dream and reality and welcome ideas, words, emotions, friends and readers. In this 170-sq m loft, the modularity of our design lets the written word become furniture. Or better, the language chosen for furnishing the rooms is love for writing translated into interior.

Enormous bookcases, floating freely in the space, run along the walls, and suspended furnishings and essential seating, punctuated by large restful empty spaces and full-height windows, mark out the metrics of the rooms like parentheses.

The LAGO furnishings express themselves with lightness, communicating Chiara's gentle, kind spirit with continuity in every room. The living room and dining room are perfect for finding inspiration, relaxing or spending time with friends. The bookcases come down from the ceiling like stalactites and the spacious Vertigo table, completed by adjustable lift chairs, invites socializing and sharing.

Furnishings filled with personality, alternating glass, old wood and delicate hues, characterise the living room area and are echoed in the bedroom, where the same language is expressed in paler colours and softer suspensions. The star of this dream-like setting is the Fluttua bed, flanked by a suspended chest of drawers and bedside tables, creating the sensation of flying between the pages of a novel. A large accessorized Et Viola wardrobe completes the space like a spacious magic box made of fabric, opening with a simple gesture and then disappearing into the wall.

**“ IT’S
UNDERSTANDING
OTHERS INSTEAD
OF JUDGING
THEM ”**



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LIFESTYLE

Design

Camilla Lunelli

"Kindness cannot be taught. It thrives on listening, respect and a welcoming spirit."

Listening, respect and a welcoming spirit are the key words of Camilla Lunelli, communications director for the Ferrari wineries, which inspired the plan of her open-air villa, entirely furnished by LAGO.

Camilla Lunelli's home is a visually boundless space for spending quality time with family, far from the frenetic pace of the city, a home where the airy furnishings float, letting in the picturesque surrounding landscape, with its distinctive colours and sounds. It is an ideal retreat, with an interior that picks up the nuances of the natural setting, which change with the seasons, in its colours and materials, reflecting the natural light.

In the living room, the unpretentiousness of simply spending time together is accompanied by a full-height view of nature, with the shelving, suspended on transparent glass supports, serving as a point of encounter that lets the outdoors in without creating obstacles. Comfortably seated on the Air Wildwood sofa, which lends elegance and an essential air to the room, one gets the feeling of relaxing suspended in nature, which is powerfully evoked by its old wood. On the wall, the 36e8 composition creates a play of solids and voids



Design

and hosts the television as well as, tucked away in its containers, the books and belongings of Camilla and her family. The fine workmanship of the doors of the wall unit combines the craft of century-old wood with the technological innovation of the aluminium profile, which makes it possible to diversify the colour.

The large windows let the surrounding landscape enter the room in the kitchen as well, which was designed for socialising even while food is being prepared: the round island format has integrated burners so it can also be used as a table, welcoming both cook and diners, all while immersed in the pristine nature of the surrounding forest. The space is enriched and opened up to new energies by the Madeterraneo Air tables, with hand-painted ceramic that adds extra personality to the space.

www.lago.it 



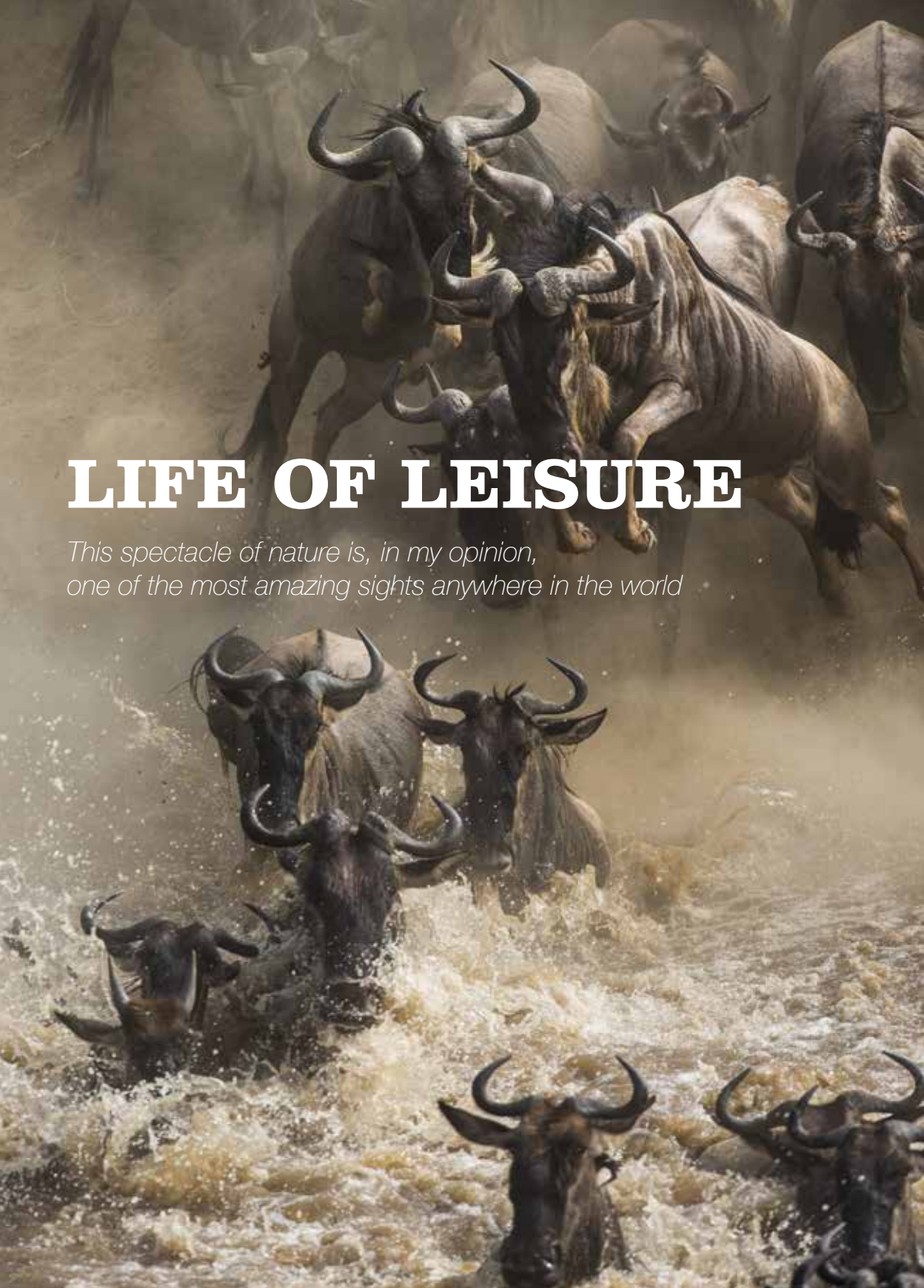
**“ KINDNESS
CANNOT BE
TAUGHT ”**



WHAT HOTEL?



The Hotel.
BRUSSELS



LIFE OF LEISURE

This spectacle of nature is, in my opinion, one of the most amazing sights anywhere in the world

LIFE OF
LEISURE

Interview

Chris Pratt: In a Jurassic World

This month we sat down with a man who has gone from living in a tent to an on-set Winnebago



It's two decades since Chris Pratt kicked off his acting career living in a tent. Now 38, the actor is far away from the 'dirt poor' Washington State town of Lake Stevens where he grew up with a mother working in supermarket and a gold mining father. But he says that he wouldn't have changed anything about his rise to box office heavyweight.

To be fair, such modest beginnings have undoubtedly made the American all the more likeable, especially given his complete turnaround from docile Andy Dwyer, the tubby

funster in *Parks and Recreation* to strapping Navy Seal Justin in Kathryn Bigelow's Bin Laden hunter film *Zero Dark Thirty*.

"I didn't believe I was capable of being an action hero until after I saw *Zero Dark Thirty*," Pratt says, with a playful smirk. "That was when I was like: 'Okay, that guy was believable.' People didn't laugh their way through it, they bought that I could potentially be a member of Seal Team Six. It was right there and then that I changed from the person I was into who I am now, to really focus on the physicality of

creating an action hero and changing the way I look. So I did."

When asked on a talk show about his weight loss and what he cut out, Pratt's blunt answer was simply one word: "Fun".

You'd think that was the retort of a man who wasn't enjoying life, but nothing could be further from the truth. He seems to have made entertaining people both on and off screen his forte; for example, his *Parks* character was originally only written in as a guest part. However, Pratt forced his way into the reckoning and he became a regular star of the successful show.

Watch a few of his social media videos of him eating various foods that he is given as part of

“ THERE'S A LOT CLOUDING MY VISION AND JUDGMENT, I JUST NEED TO ALWAYS FOCUS ”

his diet and he has turned it into a contest he calls: 'What's My Snack'. Genuine hilarity ensues.

But now, the big guns are lining up and Pratt is on the right side of them. *Jurassic World* follows *Guardians of the Galaxy*, *The Magnificent Seven* and *Passengers*, with the Minnesota-born actor recently named in *Time*'s top 100 list of the most influential people in the world. No tent required.

Together: Well, Jurassic World hit \$1.6bn at the box office so it's not really a surprise that we are sitting here talking about sequels, in a word...

Chris Pratt: Yes, the success of the first film was really, really mind-blowing. It's really





exciting to be back on a second film and especially now having seen this trailer, the world is in store for another classic and amazing *Jurassic Park* movie and it's an awesome wave to be on.

You actually predicted your role in the franchise seven years ago!

Yeah, that's right - I did! I do weird stuff. Weird stuff that happens in my life that if I told you, you wouldn't believe that it's true at all. All the time, crazy miracles. I gave CPR to a dead bee and then it woke up and stung my finger. I know man, it's kinda crazy, but it's real.

The famous scene where you're taming the Raptors, this was recreated by zookeepers the world over... how are you going to top that in this movie?

I'll tell you what, I'll tell you how and I am so excited for people to see this... we get to further explore Owen's relationship with Blue and we get to see the true nature of that relationship and actually build that relationship, as man and beast or master and pet or

whatever best fits that.

Which dinosaur would be your spirit animal?

Probably the T-Rex, but instead of little baby arms, I got little baby intelligence!

In the first movie, you would tell Bryce how to run and she would tell you how to act. How about this time?

It was a really fun time, it was great to be back, we've been so excited for people to have seen this trailer and to get excited about this movie coming out and we're both kind of a little bit in awe, right now. It's so exciting.

In the last movie, there was a scene where you slid down a car and hurt your quadricep muscle. How about this time? Where there any unexpected injuries?

Actually, yeah. I got hurt a lot on this movie. I popped my elbow out and I pulled both of my hamstrings and there was something else... oh yeah, my heel. I had three injuries, but a lot of ice and a lot of ibuprofen and it was absolutely worth it.

“ I POPPED MY ELBOW OUT AND I PULLED BOTH OF MY HAMSTRINGS ”



What do your kids think about you starring in all these films that their friends must love? You must be the coolest dad?

I'm a really cool dad.

You brought your son on set?

I did, he's always on set, he loves it. It's a giant fluorescent playground. He loved *Guardians* too so I think it's all quite cool to him. He thinks his dad drives a spaceship. And he also thinks I'm a cowboy from *Magnificent Seven*.

Will he follow in the family trade?

You know, I thought maybe but I actually think he might go behind the camera. He keeps

picking up my phone and saying, 'action', very emphatically, he really means it. I think he's very fascinated by the world, I wouldn't be surprised if he went into the industry. If he has any sense, it will be behind the camera, where all the power is.

“ HE KEEPS PICKING UP MY PHONE AND SAYING, 'ACTION' ”

Is it surreal to you, how different you look?

When I look at older stuff I've done, like *Parks and Rec*, whatever, I do not recognize that guy. I

can't see myself. It's really f*cking surreal. It's like I've aged backwards, I've Benjamin Buttoned [laughs]. I don't know who that guy is, I don't want to go back there because I wasn't healthy, I wasn't eating right, I wasn't



exercising like I should. I never felt it happening, I never felt bigger, it only hits me now when I look back.

I'm happy now but I was happy then, I just needed to lose weight for work and it's sort of stuck now. I miss happy moments that I had with really great food that I don't have. I have sad moments now because I'm hungry and I don't like that. I don't like having to think, now what will that do to my body. That's not fun.

It's just, it can't and shouldn't ever be about how you look. How depressing would that be? It's about sound body, sound mind, keeping healthy as you can, because we've only one body, that's it. And all this, 'woah, check me out,' I'm going to get fat again. I am. So be happy with who you are.

Is it true that you had a near-death experience off-set in your past?

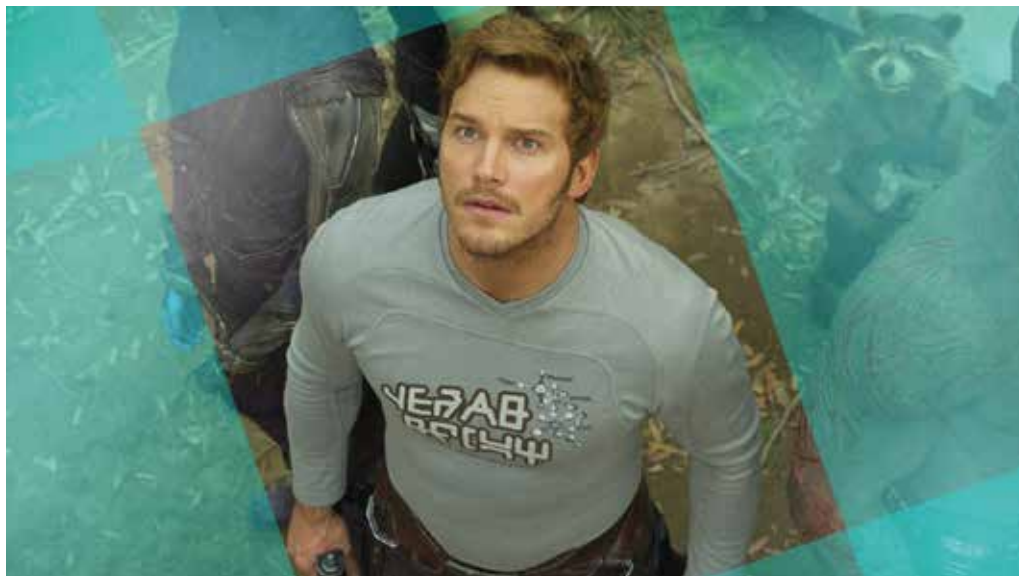
I was fishing out on this point, called Lava Rock Point, it's really really turbulent, and dangerous water, shark invested, all sharp lava rock and the water rises ten to fifteen feet high

with every swell. It's so deep and so powerful there. And I'm standing there fishing near this hole and all of a sudden, I don't see a set of waves coming in and then there was no land around me, I was surrounded by water, and I felt the weight of the water on top of me as it came in, started pulling me off, I was wearing flip flops, I lost everything, dropped my fishing rod and jumped down and clung onto the rock and nearly pulled me off the rock. And before the wave came back, I sprinted up and grabbed onto a higher rock.

“ I DIDN'T BELIEVE I WAS CAPABLE OF BEING AN ACTION HERO ”

So it's been like that for my career, starting from the very first job I ever had to now, it's, just each role has slightly changed a little bit, I've sort of reimagined who I am as an actor. Pursued different things and learned. You're always aiming towards to doing something different, better. And ultimately getting to the point where you have a little bit of creative control at what you're doing.





Does it make living in a tent between the parked cars while you worked at Bubba Gumps make it all the more worth it?

Honestly, I don't know, a part of me thinks that living in a tent was way better than this. Yeah, there was a whole set, it was a really great time in my life, and yeah, maybe I'm looking at it through rose-tinted lenses. Yeah, I am.

Anyway, all things lead up to the next, lead up to this moment and I just treat it all like another moment. I don't think, you don't want to let your guard down, I'm not going anywhere, I plan to stretch this out. I plan on being here for a long time, and you don't want to ever feel like, you never want to be in a position where you're like, you feel like you peaked. I never want to feel that, and it happens so easily. You want to be able to sit back and enjoy things, if you can.

Well you can also pat yourself on the back too!

Yeah, maybe you can, maybe you should, maybe I will? Some day. When it's all settled down, but you know, it's a tricky thing, it's a

tricky thing, I don't think you want, I don't know.

I just have to remember, because there's a lot clouding my vision and judgment, I just need to always focus on working with good people, like Antoine and Morten Tyldum [for *Passengers*], just continue to learn and understand. And that I have a lot to learn, keep at it I guess. I'm having a good moment right now, and I'd like it to get better.

**“ I'M NOT
GOING
ANYWHERE,
I PLAN TO
STRETCH
THIS OUT ”**



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LIFE OF
LEISURE

Travel

Wildebeests: An annual odyssey

Simon Leysen witnesses one of nature's most astounding events

In one of the episodes of *Fawlty Towers*, a guest complains about the view and one of the superlative options that Basil Fawlty suggests is: "Well may I ask what you expected to see out of a Torquay hotel bedroom window? Herds of wildebeest sweeping majestically." No offence meant to Devon but this is indeed a better view and exactly the one you will see when visiting Maasai Mara during the migration season.

Every year, nearly two million wildebeests, accompanied by several hundred thousand zebra and antelopes, migrate across the Serengeti and Maasai Mara in search of water and grazing grounds. This spectacle of nature is, in my opinion, one of the most amazing sights anywhere in the world.

During their migration, the wildebeest have to navigate many obstacles, including the Mara River, where crocodiles wait for them at their favourite crossing spots. Thousands of wildebeest linger by the river bank until one intrepid one jumps in and starts a frenzied river crossing. There is nothing like it in the animal kingdom and witnessing a large group crossing the river is a scene you will never forget.

If you are thinking about a safari, timing your trip to coincide with the migration should definitely be something you should consider. You can witness the migration at different times of the year but the Mara river crossing is the real climax. The concentration of wildebeests also provides ample food for big cats, especially lions, that you will be able to find in greater numbers than most other places in Africa. A safari that combines the Serengeti in



“ ONE OF THE
MOST AMAZING
SIGHTS
ANYWHERE IN
THE WORLD ”



Tanzania and ends in the Maasai Mara (or the other way around) will definitely be a trip of lifetime.

When to travel

The wildebeests' annual odyssey is timed by the amount of rainfall and you can find the herds in the Serengeti for most of the year. Anywhere between July and September they cross into Kenya and that is when I would recommend travelling. However, they don't follow a set calendar so it would best to stay a few days around the river.

Where to go

You can witness the river crossings from the Northern Serengeti in Tanzania or in the Maasai Mara in Kenya. The Serengeti is a diverse and amazing natural park but the Mara is truly the queen of safari destinations. I have travelled extensively in South Africa, Botswana, Namibia and Tanzania and the Mara is truly unique. The open plains are perfect for game viewing and there is simply something magical about this national park.

Where to stay

There are several lodges and luxury camps to choose from but the one I would recommend is the Kichwa Tembo Tented Camp. The camp is operated by &Beyond, probably the most renowned luxury safari company in the world and is the perfect base for your safari. This haven of relaxed luxury, comfort and tranquillity looks out onto the plains of the Maasai Mara and the terms 'tented camp' doesn't do its amazing rooms justice. What is even more important is the experience of its local Maasai guides who will help you find wildlife in the most unlikely spots and have eagle eyes that can spot game at a distance. As an experienced safari operator, &Beyond can also help you put together a unique itinerary in Tanzania and Kenya so the only thing you will have to worry about is whether to have another G&T whilst soaking up the sights and sounds of the African bush after your safari.

How to get there

Lots of airlines fly to Nairobi and you can either drive to the Mara or fly a light aircraft to the airstrip near the lodge.

www.andbeyond.com ①



**“ THE MARA IS
TRULY THE
QUEEN OF SAFARI
DESTINATIONS ”**



Club Med: Bella Italia

This month **Mélanie Hollebecq** helps us discover all the beauty of Italy



This June, Club Med invites you to travel to the south of Italy to discover its dream beaches, typical villages and its most beautiful natural wonders. As a family, as a couple or with friends, whether you are looking for a sports holiday or just want to laze about, Club Med's three 'flagship resorts' invite you to live the Dolce Vita in every way.

Between the Mediterranean Sea and Etna to Kamarina

The heart of this 3-Trident Resort is none other

than its huge main pool where you can cool down on a hot summer day. The adjacent beach is another option for swimming and enjoying water sports such as sailing or kayaking. Enthusiasts can explore the Mediterranean Sea by scuba diving, while those who prefer the mainland can venture to discover the Mount Etna volcano, which stands 3,300 metres above sea level. Children of two years old and above can be supervised at Petit Club Med ® and those aged 11 to 17 can go at their own pace at Club Med

Passworld®. Travel along the stone pathways to the shade of the olive trees. This may lead you to the flying trapeze school where you will be able to reach new heights and introduce yourself to the world of the circus.

Authentic Calabria to Napitia

Mythical 3-Tridents with green and flowery alleys, the Resort of Napitia is located in a splendid 17-hectares park. The Mediterranean gardens are ideal for family walks, going to the beach, the Mini Club® or the tennis courts. Children from 4 months to 17 will enjoy unique experiences, supervised by a dynamic and attentive entertainment team. The resort's three restaurants invite you to discover the local gastronomy through three different experiences. La Terrazza, overlooking the main pool, offers gourmet buffets with local and international flavours. The Bougainvillea buffets consist of international cuisine. Both have a baby-corner allowing parents to prepare baby meals. Finally, the Golfo is a restaurant located directly on the beach, ideal for a small snack at noon or from early July to late August, à la carte at night for a more intimate evening meal.

Sicily exclusive to Cefalù

To discover a different side of Sicily and to spend quality time as a couple during a relaxing and uplifting stay, Cefalù, a 5-Trident Resort from the Exclusive Collection by Club Med, is a must. Its unique location, at the top of a rocky peak and a few kilometres from the 40,000-hectare Madonie Nature reserve makes it a favourite spot for a unique getaway surrounded by breathtaking nature. From the resort, a long teakwood dock leads holidaymakers to the solarium and bathing areas in the waters of the Mediterranean. Andrea Berton, one of Milan's most distinguished chefs will provide fine dining delights. A major new feature, the Pick & Choose excursion offer, allows you to go at your own pace while discovering the region on-board an adorable Fiat 500.

Info and reservations:
www.clubmed.be
Tel: 070 660 660 📞



**“ TRAVEL ALONG
THE STONE
PATHWAYS TO THE
SHADE OF THE
OLIVE TREES ”**

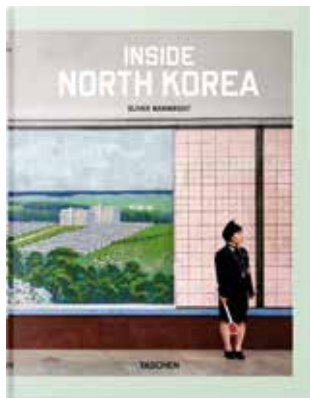


Pastel dreams behind closed doors

We take a look at a book about the reconstruction of North Korea in the 1950s



The stand-off between North Korea and the US is arguably one of the biggest stories for decades. Erased by bombing during the Korean War, North Korea's trophy capital of Pyongyang was entirely rebuilt from scratch from 1953, in line with the vision of the nation's founder, Kim Il Sung. Designed as an imposing stage set, it is a place of grand axial boulevards linking gargantuan monuments, lined with stately



piles of distinctly Korean flavour, to be "national in form and socialist in content".

Under the present leader, Kim Jong-un, construction has ramped up apace. "Let us turn the whole country into a socialist fairyland," declares one of his official patriotic slogans. He is rapidly transforming Pyongyang into a playground, conjuring a flimsy fantasy of prosperity and using architecture as a powerful





anaesthetic, numbing the population from the stark reality of his authoritarian regime.

In *Inside North Korea* Guardian journalist and photographer Oliver Wainwright takes us on an eye-opening tour behind closed doors in the most secretive country in the world, revealing that past the grand stone façades lie lavish wonder-worlds of marble and mosaic, coffered ceilings, and crystal chandeliers, along with new interiors in dazzling colour palettes. Discover the palatial reading rooms of the Grand People's Study House, and peer inside the locker rooms of the recently renovated Rungrado May Day Stadium, ready to host a FIFA World Cup that will never come.



“CONJURING A FLIMSY FANTASY OF PROSPERITY”

This collection features about 200 photographs with insightful captions, as well as an introductory essay where Wainwright charts the history and development of Pyongyang, explaining how the architecture and interiors embody the national “Juche” ideology and questioning what the future holds for the architectural ambitions of this enigmatic country.

Wainwright states: “Kim Jong-un is deadly serious about transforming the Hermit Kingdom into a pastel-coloured fantasy world.”

Inside North Korea, Oliver Wainwright
Hardcover with ribbon bookmarks,
21 x 27.5 cm, 240 pages: €40

When le foot meets le chic

Steigenberger Wiltcher's Hotel is setting up a very classy football village



VIP atmosphere

As distinguished guests, you will have access to your very own terrace, so you can watch the matches on the indoor TV screen or on the giant screen in the courtyard. There will be a butler dedicated to your group, unlimited access for three hours to the soft drinks and beers of the mini-bar of the lodge, plus snacks that will be specially prepared.

'Fan zone' atmosphere

In the inner courtyard of the hotel, a giant screen will allow fans to follow the big matches, immersed in the atmosphere of

So, what's it to be for the world's biggest football tournament, which kicks off in Russia mid-June? Fancy something a little different this time around from the heaving neighbourhood bar? Want to make sure that your home is your own for the duration?

a stadium. No fuss – we stand, we mix, we enjoy! A card with a credit value of €10 gives you access to the area as well as drinks and snacks offered at the bar.

Classy atmosphere

Comfortably seated on the terrace, you benefit from the usual services of Wiltcher's and an unbeatable view of the dedicated big screen. Drinks and snacks are available at table.

Big matches to remember

14 June at 17h: Russia-Saudi Arabia
16 June at 12h: France-Australia
18 June at 17h: Belgium-Panama
23 June at 14h: Belgium-Tunisia
www.steigenberger.com

Well, from 14 June to 15 July, Steigenberger Wiltcher's Hotel in Brussels is looking forward to welcoming you to experience the World Cup in a truly high-class location. The hotel is offering three formulas that combine class and relaxation – with colleagues, family, friends or as a couple, it's a great chance to have fun together!



Four generations at your service...



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

LIFE OF
LEISURE

Dining

Dining



Le Bistro

Conveniently located at Porte de Hal, Le Bistro manages to be old school and modern at the same time. The excellent friendly staff hurry around the place to make sure you're well looked after. There is a varied menu with burgers, steaks and steaming pots of mussels – but for us the star is the plat de jour which never fails, especially, as tradition states, they serve up fish on a Friday (you can call ahead,

ask what's for lunch and book the daily special). Inside, the open staircase rises up to tables that overlook the little park and the ground-floor has a more old-fashioned bistro feel. Step out onto the very large terrace and you'll soon realize that it is south facing – in other words in fine weather it receives the sun all day long. It's simply a must. *Paul Morris*
le-bistro.be/en

Bia Mara

Bia Mara was born in Dublin with one idea: to evolve fish and chips to make it as different as possible. They wanted to show that fish and chips could be made using any species from our beautiful ocean. Now we

have the chance to discover it in Brussels in two different venues. A place where you can eat as if you were in an Irish pub with the classic fish and chips but also lots of different recipes they created around it. We recommend you try the Tacos Fish. This new restaurant is



situated in Place de Londres, a bustling little square boasting lots of different restaurants and pub with a really nice atmosphere. The service is as good as the food - the waitress as very efficient and helpful in offering advice

on what to try there. The portions are so generous that even when you are replete you still want to finish your plate. We strongly recommend that you try this little piece of Dublin in Brussels. *Madeleine Ussel*
www.biamara.com

Barbecue and Bordeaux

This month we focus on Bordeaux wines that go perfectly with the grill



This summer, forget the sophisticated dinners and make your life easier. On the menu, barbecue for everyone, with family or friends. Synonym of relaxation and conviviality, the barbecue allows you to enjoy gourmet summer cooking, easy to make and which blends perfectly with all the colours of Bordeaux wines. To add a touch of originality and even more flavours to your preparations, opt for the barbecue à la bordelaise!

“VINE SHOOTS ARE PERFECT FOR QUICK GRILLS”

Vine shoots are perfect for quick grills – they are used as main fuel, instead of common charcoal. They quickly turn into glowing coals with typical flavours. Make sure the place you will operate is convenient because of the flames coming out when starting. Put your vine shoots into your barbecue and light them on a sheet of paper. As soon as the flames disappear, bring your meals directly over the

heating coals. After a few minutes, your grills are deliciously flavoured and ready to eat. The characteristic aromas of the vine will give a unique flavour to your grill. www.barbecue.be/en

And the wines?

This cooking method invites you to be inventive and to discover new flavours that will easily match the refreshing and contemporary notes of a Bordeaux wine. The reds in Bordeaux, Bordeaux Supérieurs, Côte de Blaye and Côte de Bourg will perfectly match a prime rib on the barbecue. Choose wines that are

powerful enough and subtly woody that will respond to grilled meat. A Médoc with black fruit aromas is sensational on braised beef. A Korean rib-eye sprinkled with roasted sesame will be sublimated with a round, structured red such as a Lussac Saint-Émilion. The inevitable skewers of meat and merguez will appreciate a fresh, gourmet wine such as a Bordeaux Clairet. With a strong raspberry colour, Clairet offers light tannins of red wine and

all the freshness of rosé wine. The intense aromas of strawberry and blackcurrant make it an ideal wine for sausages with grilled herbs. Soft, fruity reds or even warm wines will compete well with marinated meat. You prefer poultry and white meat? Go for dry white wine from Bordeaux, something fruity and mineral which will not interfere with the finesse of the meat. You can also opt for a dry

LA SAISON DES BARBECUES EST OUVERTE!



7:30–22:00

OPEN 7/7

rosé, full-bodied and slightly spicy or a supple red combining freshness and fruitiness. Tap into the 70 wines of the 2018 selection by a jury of Belgian wine and taste experts and orchestrated by the Interprofessional Council of Bordeaux. The selected wines are available in Belgium in supermarkets, wine shops or online with a price range from €4 to €25. Discover them on the website of Bordeaux wines www.bordeaux.com/be-fr and on social networks (Facebook, Twitter and Instagram). Here are just a few suggestions.

Château Grimont Prestige, 2015, Cadillac Côtes de Bordeaux

70% Merlot and 30% Cabernet Sauvignon
Fine, structured and balanced, with fresh fruity touches, a woody note and a beautiful freshness. Extremely tasty. A nice wine for fans of young wines. Ideal with red meat. **€8.69**
Cora and www.corawine.be
www.vignobles-yung.fr

Château Puisseguin La Rigodrie, 2015, Puisseguin-Saint-Emilion

Organic - 90% Merlot, 10% Cabernet Franc
Marmalade of dark fruits and spices, but without exaggeration. An absolutely sweet taste, fine, civilized and particularly juicy. Perfect for a party tonight! **€8.75**
Cora and www.corawine.be
www.vignoblesgabriel.com

Château Haut Rian - Cuvée excellence, 2014, Bordeaux

100% Semillon
Full and ripe nose of white fruits, dried fruits, honey and butter. The taste is full also, but with a nice freshness. A pure-bred gastronomic wine! **€12.90**
www.thevillagewine.be
www.chateauhautrian.com

Chateau Grand Bureau, 2016, Bordeaux Clairet

Bio - 20% Cabernet Sauvignon and 80% Merlot
An excellent clairet with a profusion of red fruits, very nice! Fresh and balanced, with a delicate bitterness and interesting acids. **€8.75**
www.wijnimport-couvreur.be



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What's on

Claudio Abate: Arte Povera - Roman art scene

Almine Rech Gallery presents a selection of photographs bearing witness to the unique moments immortalized by Claudio Abate during the emergence of the Arte Povera movement in Rome. It was a period when Abate's chosen synchronies made way for the natural, the ephemeral, and the instinctive, be it in live performances he experienced or in the photographic freeze-frames he captured ranging from *Vedova blu* by Pino Pascali (1968) to *Rovesciare i propri occhi* by



Courtesy of the Archivio Claudio Abate and Almine Rech Gallery

Giuseppe Penone (1970), from *120 metri al secondo* by Maurizio Mochetti (1971) to the iconic *Cavalli* with Jannis Kounellis in 1969. This exhibition not only aims to shed light on the way Abate's photographs are able to perfectly render the works of extraordinary artists and to capture unique performances but also suggests that each image can be appreciated as an art piece in its own right. **Until 28 July.** Almine Rech Gallery, Brussels. www.alminerech.com

Resist! The 1960s protests, photography and visual legacy

BOZAR presents a major exhibition entitled *RESIST! The 1960s protests, photography and visual legacy*, bringing together archive images, documentary photography, art photography and video on the theme of resistance and protest. *RESIST!* is one of the key events of the themed year *BOZAR OCCUPIED. 50*



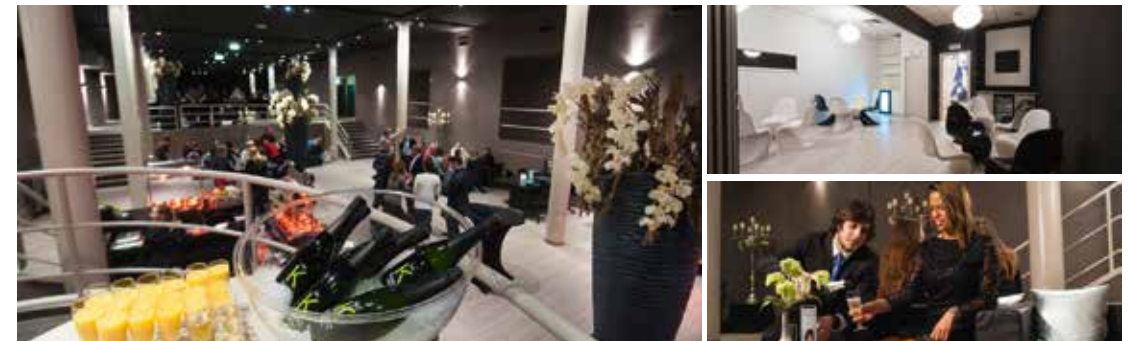
years of cultural protest, which offers a comprehensive programme of exhibitions, concerts, discussions, workshops and conversations on the occasion of the 50th anniversary of the May '68 events. May '68 and revolt are also the overall theme of the Summer of Photography 2018, the biennial photography festival hosted by various Brussels partners. **Until 26 August.** BOZAR. www.bozar.be

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

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

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29/06 Il Divo

12/10 Christine and the Queens

13/10 Julien Clerc

25/10 Bon Iver

26/10 Charles Aznavour

13/11 Marc Lavoine

16/11 MC Solaar

from 29/11 Calogero

16/12 Stars 80

12/01 Music Show Scotland

12/12 Born in 90





Brussels International Film Festival

In its first edition, the Brussels International Film Festival (BRIFF) is taking over our capital city. Brussels will be brimming with a bouquet of emotions as the BRIFF takes place at Bozar, Flagey, Cinéma UGC, Cinéma Vendôme, Palace and Cinéma des Galeries as well as evening open-air screenings along Boulevard Anspach and at the Mont des Arts, thus offering an urban and cinematographic experience to the festival goers. Also, running parallel with the festival, there will be a great

summer party called Brussels in Motion - there will be lights, elegance, and glamour, in other words, magic in the air, from the hushed crowds in the darkened venues to the uninhibited late night festivities. Eleven days at 24 frames per second, eleven days of constant action, eleven days of E-motion. All due respect to Cannes, Berlin and Venice, but in Brussels, quiet on the set! Action! **20-30 June.** Various venues. briff.be/en

Photo © Calypso Rose, photo Richard Holder

Couleur Café

Couleur Café is about music, but the new playground next to the Atomium is also an invitation to travel the world in your own backyard. Couleur Café will overwhelm your senses with stories, sounds, tastes and smells from all over the planet. What better way to celebrate the cultural diversity of our capital? Some of you seem to come over with the sole intent to have a gourmet treat in the world-famous Rue du Bien Manger, an alley packed with delicious, fresh and healthy food from over the globe. Somewhat further one enters the park alongside a wall of graffiti paintings on European diversity. Many visitors have taken a



liking to our Souk, an exotic market where they can fetch the perfect souvenir. Find out lots more on the website. www.couleurcafe.org

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Opera: Blue Beard's Castle

'Hopes, chimeras, distant mysteries... What does this story tell us?' The Prologue to *Bluebeard's Castle* invites us to consider the work as a mysterious adventure punctuated by the opening of castle doors, each opening on another world, allowing Bartók to write layered and evocative music. Two works one after the other on the same evening, two works which traverse the caverns of the human soul and its phantasms. In the opera, Bluebeard allows his new wife to enter his castle. She is determined to fathom her husband's past and expose the hidden crannies of his mind. Eventually she discovers



Photo © La Monnaie

Bluebeard's three previous wives, asleep, and she joins them in the darkness. The pantomime ballet *The Miraculous Mandarin* tells of a prostitute and her client, a vulnerable mandarin. Though her pimps try to murder him, he will only succumb in the woman's embrace. 8-24 June. La Monnaie, Brussels.
www.lamonnaie.be/en

Carillon concerts at the Cathedral of Our Lady

Music in the city of Antwerp? It must be the carillon. Throughout the year, you can hear the carillon play between 12.00 p.m. and 1.00 p.m. every Monday, Wednesday and Friday at the Cathedral of Our Lady. Extra concerts are organized on Monday evenings during the warmer months. Carillon sounds are best enjoyed during a walk in the city centre. Alternatively, the Vlaeykensgang is one of the most popular spots to listen to the concerts. Until 31 December, Monday, Wednesday, Friday from 12h00 to 13h00. 4 July to 29 August, Monday from 20h00 to 21h00.



Take your pick from the programme, find a seat on one of the many terraces and enjoy a free concert. **Free**
www.visitantwerpen.be/en ①

Paris: Pre-summer entertainment

There is something for everyone in the build-up to the hot summer month... in Paris, where else?



Rock fans will be glad to hear that Britain's *Download Festival* will be taking place for the second year in a row from 15 to 17 June in Brétigny-sur-Orge. Expect quite a few big names: Guns n'Roses, The Offspring and the Foo Fighters. In June, a number of other festivals take place in various parts of Paris proper as well as the Ile-de-France region, including Onze Bouge (11th), LaPlage de Glazart (19th), Mini Opéra Côté Cour at Bercy Village (12th), Et 20 l'été (20th) and La Défense Jazz festival (92).

The other major event at this time of year is the *Fête de la Musique* on 21 June, which heralds the start of summer. Besides big-name concerts in top Paris venues, amateur musicians of every stripe come out and perform. So, on the longest day of the year, there's music in the air, with free concerts and street performers on every street.



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From 15 June to 8 September, during the *Opéra en plein air* event, a great opera from the classical repertoire is staged in open-air settings at prestigious sites throughout France. Meanwhile, the Palais Garnier will be staging Rossini's *La Cenerentola* from 10 June.

At the Palace of Versailles, the *Fountains Night Show* and the *Royal Serenade in the Hall of Mirrors* thrill the court of the Sun King (16 June – 15 September).

At the Musée du Louvre, the focus is on the 18th century, the golden age of pastel painting in Europe, with the exhibition *Pastels of the Musée du Louvre* (7 June-10 September) featuring 120 exceptional works that reveal the complexity and fragility of this art. In mid-June, head to the Musée d'Orsay to see *In Colour, polychrome sculpture in France 1850 to 1910*. The question of



applying colour to sculpture in the Second Empire and the influence of Art Nouveau are explored (11 June-23 September).

At the Cinémathèque Française, discover the work and travels of the tireless photographer and writer Chris Marker (2 May-29 July). Through to 7 October at the Musée du Quai Branly - Jacques Chirac, enjoy the stories

of the adventures of *Robinson Crusoe*, the *Famille Fenouillard* or *Phileas Fogg and Passepartout* at the exhibition *The Little Explorer's Box of Delights*.



In collaboration with the Tate Modern, the Petit Palais puts the Thames on Seine with the exhibition *The Impressionists in London (1870-1904)*, a journey in the footsteps of the French painters exiled across the channel (from 21 June to 14 October). en.parisinfo.com 1



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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



Ocean's 8

And here we go with another tangential sequel – Sandra Bullock (always a pleasing leading lady, nice to see her back at least) plays Debbie Ocean, estranged sister of Danny Ocean (who was played by Frank Sinatra in the original, original film, and George Clooney in the remake(s)) attempts to pull off the heist of the century at New York City's star-studded annual Met Gala. Her first step is to assemble the perfect crew – will she pull it off, do you think? Gary Ross (*Pleasantville* (1998)) is in the director's chair.

Running time TBC

Truth or Dare

Already a startlingly successful indie feature (made around \$60 million on a \$4 million budget), Jeff Wadlow (*Kick-Ass 2* (2013)) brings us a *Ringu*-esque horror thriller, based on the *Truth or Dare?* game, with young Olivia Barron (Lucy Hale) initiated into a version of the game that may well have diabolical and deadly consequences. Not gone down too well with the critics thus far, but what would they know, eh?

100 mins

Jurassic World: Fallen Kingdom

So, we're into part five of the *Jurassic Park* franchise, and part two of the *Jurassic World* franchise. Ho-hum. Well, this one follows on from the demise of the Jurassic World theme park on Isla Nublar – the dinosaurs have been roaming freely on the island for three years, until an impending volcanic eruption threatens to destroy the island and the dinosaurs. Claire Dearing (Bryce Dallas Howard), the former park manager, has now founded the Dinosaur Protection Group, an organization dedicated to saving the dinosaurs. Claire teams up with Benjamin Lockwood (James Cromwell), the former partner of John Hammond, to launch a dinosaur rescue mission and bring the creatures to safety in a sanctuary that Lockwood has created in America. We apparently have a pop-up cameo from Jeff Goldblum to look forward to in this one, so that at least might be interesting. J.A. Bayona (*The Orphanage* (2007)) directs.

Running time TBC

God Particle (The Cloverfield Paradox)

This one, however, could be very interesting – the third installment in J. J. Abrams's *Cloverfield* franchise, following *Cloverfield* (2008) and *10 Cloverfield Lane* (2016), follows an international group of astronauts aboard a space station who, after using a particle accelerator to try to solve Earth's energy crisis, must find a way home after accidentally traveling to an alternate dimension.

102 mins

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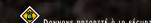
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