

# Together

JULY/AUGUST 2018 #90

magazine

Dining with  
Rachel Khoo

LUXURY  
Hotels

FASHION  
& BEAUTY

Design  
The Bunker

TRAVEL  
SUMMER  
SPECIAL

Wecare.cool

PERSONAL  
DEVELOPMENT

Being human  
Carpe diem  
Reconnection healing  
New energy  
Money & Politics  
Technology

INTERVIEW

Saoirse  
Ronan

# 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](https://ing.be/privatebanking)

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## Editor's LETTER

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

## ON THE COVER



Saoirse Ronan stars in  
*The Seagull*

## CHERISH THE MOMENT

When it comes to this glorious time of year many Belgians – and expatriates too, like me but I've spent almost 18 years here so there is a big chunk of me that is Belgian – look straight ahead and head for 'cap sud: La Belle France and beyond. The journey can be sometimes – always – fraught with awkward adventures on the route du soleil towards the southern coasts with children in the back who believe they will never get there – and the adults often have recurring memories of trying to get them packed and out of the house and wondering about how many 'rest stops' lay ahead for with ever overflowing bladders.

But surely that's the glory of summer holidays – you turn your back on what you face each and every day and head full on for an adventure. It could be one of the few times you get to spend with your kids before they grow and meet a boy or a girl – they've outgrown that family adventure and are looking at their own adventures that they see spreading out before them. So, if you're a parent suffering the 'are we there yet?' and 'this museum is full of pictures of dead people' and 'dudes, this place doesn't EVEN have a McDonalds', just kick back and – as we should do with every day we are offered – simply cherish it.

**Paul Morris**  
Editor



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# IT'S SUMMER!

Refreshing pools,  
rejuvenating spa, innovating  
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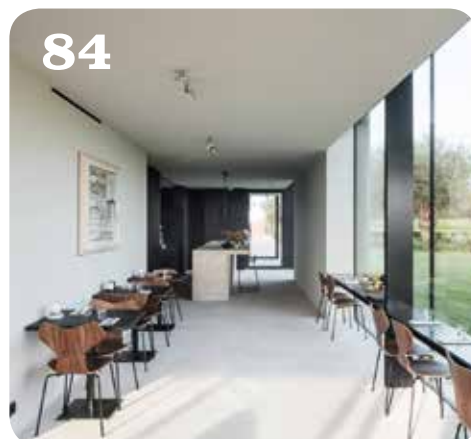
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# Together

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

Anna Boroshok; Gerry Callaghan

David Deruytter; James Drew

Philippe Geluck; Mélanie Hollebecq

Lily Knudsen; Colin Moors

Paul Morris; Karen Northfield

Gemma Rose; Sarbani Sen

Delphine Stefens; 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

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# Starring in Belgium



## The Colorist featuring Emiliana Torrini

Plus The Golden Glows presents 'The Anthology of American Folk Music'. A glorious package of music put together by the guys and gals at the AB. The Colorist Orchestra is an unusual pop/chamber music collective founded and led by Aarich Jespers and Kobe Proesmans. The fundamental idea is to rearrange the repertoire of an invited singer-songwriter with the unorthodox use of classical instruments in combination with a variety of musical objects. Add Emiliana Torrini and you have gold dust. **27 August.** Parc de Bruxelles, by Ancienne Belgique. Free [www.abconcerts.be](http://www.abconcerts.be)



## Janelle Monáe

With her third longplayer, *Dirty Computer*, Janelle Monáe lays down a masterpiece that represents personal, musical, sexual and political freedom. She presents herself, contrary to the previous albums, as human, searching and an example for the planet's other doubters. *Django Jane*, the first single from the album, is a war cry, a defiant protest song for women... and Afro-American women in particular. **8 September.** Ancienne Belgique. Tickets: €40 [www.livenation.be](http://www.livenation.be)



## Britney Spears plus Pitbull

Britney Spears unveiled that hitmaker Pitbull will be her support in Europe. Grammy Award winner Pitbull has featured on a huge number of smash hits, including *On The Floor* with Jennifer Lopez, *Feel This Moment* with Christina Aguilera and *I Like It* with Enrique Iglesias. The Princess of Pop will be bringing her *Piece of Me* show to Belgium as she embarks on another worldwide tour, where she'll treat fans to performances of some of her greatest hits. 15 August Tickets: **€50-€115** [www.sportpaleis.be/en](http://www.sportpaleis.be/en) ⓘ


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# Wecare.cool: Say it with just €2...

Our charity page this month is dedicated to a movement to ending sexual violence against women

**N**ever accept sexual violence against women. One in three women is a victim. Do not close your eyes. In June 1985, Harlem Désir and many personalities, including famous artists, launched the slogan and the logo 'Touche pas à mon pote' ('Don't touch my friend'). The effect of this campaign is still felt today in respect of differences.




everyone, gestures, words, looks also, translate a lack of respect and attack the integrity of women.

It is accompanied by a medical prescription stating, 'Drug against sexual violence' and a dosage message 'Take every day'.

In the same spirit and with the same positive and united enthusiasm, women and men concerned by the fight against sexual violence against women and for their welcome and medical and psychological support, launched a great campaign wecare.cool, which uses a badge and a poster inspired by a photographic work by Nikos Aliagas.

This badge features the look of young girl open to the world who inspires us to support her. It aims to improve the view some people have about women and to help them have a respectful and friendly opinion of them.

The badge is the size of a €2 coin – and that's all it costs to say that too often, in families, at school, at sport, at work, in the street, in a small committee or in the knowledge of

A small badge that can be a detonator for a big change!  
[www.wecare.cool](http://www.wecare.cool) 



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# PERSONAL DEVELOPMENT

The final exercise alone can change your energy and life completely

PERSONAL  
DEVELOPMENT

Fitness

## Keep kids busy... the guilt-free way

**Lily Knudsen** has the solution to that annual summer holiday dilemma



**T**he Aspria Academy summer camps are almost here. We seek the experts' advice on how to make sure your child fits in and gets the most out of their time at the camp. The long school summer holidays can be tricky for working parents, because grandparents aren't always available and you need to find a place to 'park' your kids for the day without feeling guilty.

This is why Aspria's holiday camps are so great: your kids not only have fun in a safe and expert environment, but the camps also contribute to their development. Your children's

physical abilities grow, they learn to problem-solve, they're encouraged to use their imagination, but, equally importantly, they develop personal and social skills, building self-confidence and motivation, learning to communicate with others and so on.

And the fact that this fun yet developmental set-up represents a guilt-free solution for parents has a positive impact on the child too, as Justine Gaugue, a child psychiatrist at UMons, explains: "The way in which the child perceives and responds to their environment depends a lot on the state of mind of the



parents – whether the arrangements have been made by the parents as really the only possible solution, based purely on proximity and practicality, or if it's been an active choice that factors in the child and the things they enjoy doing."

#### **Manage their expectations**

But even when it's been an active choice, that doesn't mean every child will be instantly enthusiastic about spending time away from home. "The way of experiencing the camp will vary from one child to the next," continues Gaugue. "It's interesting, because they will discover a new world beyond their home and their school – but for some children, being with people they don't know will be a scary thing."

"If the child feels sick, terrified or agitated at the prospect of the camp, I invite parents to think about why the novelty of the experience is so distressing for their child. Those working in the camps will of course be attentive to the dynamics within the group, but it's important

for the parent to understand how their child responds to these things too."

Whatever their age, finding their place in the group can prove challenging for the shyer children. Christine Cornet, Academy manager at Aspria Royal La Rasante, has some good

advice for parents wanting to ensure their children get the most out of the camps: "As a parent, the most important thing is to prepare children for

what awaits them. Tell them that they will have to make new friends – and if they've been before, that it may not be the same children there as last time.

"When they arrive, we will then make sure every child feels good. Our camps are also tailored to the requirements – physical and emotional – of each age group."

#### **Three-dimensional development**

Cornet continues: "Once they've settled in, the camps do the children a lot of good. We aim to develop not only physical ability (sport,

## **" THE CAMPS ALSO CONTRIBUTE TO THEIR DEVELOPMENT "**



balance and so on), but also social skills. By that we don't only mean making friends, but also – through specially designed activities, from games to team sports – helping the children develop a sense of group dynamics, and how they can find their place within that... whether as leader or follower, although these roles may of course evolve.

"It's also an important experience for them in terms of developing a sense of personal autonomy. The child is supervised in some activities, such as martial arts, where they will be working on their own. This mental development is the third axis of development we work on at the camps, alongside physical and social development. It's about giving the child confidence in themselves and their abilities, whether sporting or creative."

She continues: "At the end of a theatre or circus camp, for example, there will be a small performance – something the child can be proud of their role in. They learn to understand that there's no danger in putting themselves forward, and it gives them confidence."

And these are useful lessons as the child grows up – and even for later in adult life, as Cornet explains: "When it comes to self-confidence, children grow and evolve in just a week at one of our Academy camps. Experiencing how it's possible to make friends when you don't know anyone can be a useful lesson for later life."

## **" THEY WILL DISCOVER A NEW WORLD "**

"And on a physical level, of course, it's important for the child to be active. It allows them to concentrate better at school, leading to improved academic performance. It also

sets them up for better future health by introducing them to sports they enjoy, thereby creating an exercise habit that stays with them as they get older.

"And, of course, our camps allow the children to discover lots of different sports, which they may well want to continue afterwards – a way to extend the benefits of the summer!"

*For more information: [www.aspria.com](http://www.aspria.com)*



# Being human

Intuitive Healer **Katarina Winslow** reflects on individualism versus humanism



**I**t seems we all agree that it is difficult to be happy in today's society. Through the media, we hear of events and acts far beyond what most people feel good about.

Of course, we must keep going, keep living, even if the rules are changing and new types of behaviour lacking in morality appear every day. There are those of us that keep going by practising the power of positive thinking: "If I believe I can, I can." Others take the approach: "That's just how it is and how it's always been." Yet others go off and live on a desert island to escape all the craziness of this world. The general

**" IF I BELIEVE  
I CAN "**

message is to be strong and believe in your own personal power to make yourself a winner in a society that is losing.

Part of my job is to make people who are unhappy, happy, so I have access to many life stories. Of course, there is our personal lives and the pain and the trauma we have endured in our own intimate circles, but there is more to it than that. There is also a lot of suffering due to how our work environment or society affect people. It seems no matter where people come from I hear the same stories repeating themselves, from the bottom



to the top. Not the 'top top' — the one percent — but successful people with high status, both educationally and financially, suffer too. The common denominator is that people want to remain human. I hear stories from people in positions that they can no longer identify with as their roles do not resonate with their sense of integrity. Even if it is not outspoken, more and more people are aware that they hold positions as servants to the greed of this world.

I not only encounter this phenomenon in my one-to-one conversations with clients, I also see it in the simple act of shopping. The other day, I bought a new USB cable for my phone. I admit it was a bargain (tired of the expensive ones that broke down anyway). Tearing the seal open, I plugged in my phone, only to realise that nothing, absolutely nothing, happened. Not really surprised, still, of course, I was frustrated. Not personally so but 'globally' so. My individualistic need to have access to my phone would be put on hold for twenty-four hours. But my holistic concerns about where we are heading made me boil with anger.

What are we doing? Where are we heading? Manufacturing products that are useless

straight out of the box when the earth is fighting for its survival. Having Mother Earth as my healing source, I'm sure you can understand that this upsets me, maybe even more so than most people. I am not much of a shopper, but it has happened to me once before, buying cheap stuff, being tempted to have something that looked good but that was just a pure trap, a consumer trap. Like the fake Birkenstock I bought that just lasted the walk from the aisle to the counter. Straps broke after three days and there was no way of repairing them.

**" PEOPLE WANT  
TO REMAIN  
HUMAN "**

Keeping up my positive thinking, I saw the benefit of being 'phone less' for the evening. The next day, going back to the shop, I was careful to explain that I was upset that products nowadays are broken even before you use them. The lovely lady at the counter fully agreed. She encouraged me to write to headquarters as she was very aware of the problem. Clearly, I was not the first to return a useless product. She said: "We tell management, but they don't listen to their employees. The only complaints they take onboard are the ones coming directly from our customers."



We live in a society where not only employees' voices are no longer heard but many more voices are silenced. The voice of honesty, the voice of integrity and, more than anything, the voice of common sense. New, tighter rules seem to be introduced by the day, to keep the profits growing but sustainability and service declining. Most of all the voice of humanity is at stake. How far do we have to take it? The truth is nobody is happy to sell trash, nobody is happy to cheat and corrupt, nobody is happy to lose their humanity.

Reflecting on the trend to empower yourself to make it in an increasingly competitive world, I wonder if it is really the solution? Is the solution to accept a failing system and make yourself more powerful? Is the solution really for an already individualistic society to become even more individualistic? Is it human to think: "As long as I can make it, I don't care if the system continues, the increasing injustices continue?"

Undoubtedly, if you empower yourself and you do your own thing, it is easier to set your own rules. The more empowered you become both as far as knowledge and finances are concerned, the more you can choose where you want to put your attention. You become freer to choose the ethical, the human and the sustainable.

While waiting for that to happen, waiting for us to empower ourselves, to the point that we no longer must serve a system we do not agree with, let us be human.

Let us be human and kind because that is what makes us happy; we are not that different from each other. We know that real joy is to be found in real things and real connections are to be found in real conversations.

Meanwhile, I got a new golden USB cable with a five-year warranty. At the same time, I found out that somebody is developing a future for our phones void of cables. Now we just need to think sustainably in all the other areas of life, too.

While waiting for the geniuses to get us back on track, let us remain human.

Together.

Find out more:

Katarina Winslow Therapist, Intuitive Healer,  
Writer

[katarinawinslow@gmail.com](mailto:katarinawinslow@gmail.com)

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Brusselsesteenweg 341, 3090 Overijse  
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# Tomorrow's world

**Sarbani Sen** delves deeper into the realm of 'reconnection healing'

**B**efore we enter the summer and jump into our seasonal activities, I wanted to share a daytime dream I had last year after having my first 'reconnection' healing. This is a technique developed by Eric Pearl, an American psycho (therapist) who says he can reconnect people to their essence and even to the invisible world around us. I was a bit sceptical at first but then strange things started happening - I felt beings playing around the massage table and opening my body to more light, and some weird yet overwhelming images started showing up right after the healing session. A new world was popping up before my eyes and I was the witness of that beautiful new era.

Imagine a world where there are energetic healing centres everywhere. People acknowledge that they are energetic beings and that they need to clean out their aura and their vital energy every now and then. Classes are given in schools, at beauty parlours, hairdressers and in universities. Humanity becomes one big bunch of connected beings, striving to be the best version of themselves. People create their own style and expose it. Everybody is engaging and striving to their full potential, bringing out the contribution they are to the world. Singing and acting is seen as a contribution to the world again. Arts are valued.

Of course, there is no longer any unemployment. There is no longer a need to hide because it is clear to all that humans need to grow to their fullest potential and be part of the big organic being we are. People spend time clearing a lot of trauma the previous generations went through (genealogy, karma, etc) all the false conclusions that were created and that made the previous world so heavy. All the judgments people had about themselves and the others are washed out. Everybody has



several jobs, and people don't stay in the same company and same position until the end of their lives. They play and enjoy contributing. Top-down management is obsolete and explained in history classes in schools (like WWII today).

Telepathy will be normal again. Humans reconnect to the supra consciousness of their

interconnection. They are aware that they are now here (nowhere) to help each other. The concept of competition simply disappears and becomes a felony. Spiritual siblings connect and flow together in total harmony, in a divine light of grace.

The concept of a couple changes too. They become hubs of collaboration. A couple is a community of people that decided to help each other in a higher connection, feeling safe, satisfied and with mutual respect and gratitude for each other. There is no such thing as cheating or jealousy as people are free and open about their needs and it is not attached to some emotional business. Emotions are valued for what they are: a signal linked to a deep need. People are educated about nonviolent communication skills (NVC) and know what to do when emotions come up. They have more clarity towards the self - they no longer try to hide. The more we express and exteriorize our feelings and needs, the more we evolve and leave the space of fear (of rejection, of abandonment, of betrayal, etc). Relationships and couple lives will help us maintain a stable mental and psychological home base. In an ever faster changing world and surroundings, we will be the strongest part of the team. We'll help other teams but we'll stick together to sustain our own team and secure it. We'll heal and take care of our base. Little communities will build up with small teams, a family will be the smallest 'team' or a 'couple'.

Sex will be considered a healthy exercise, no longer linked to emotions. Emotions will be linked to higher goals - they'll help us keep our objectives and limitations clear. They will be looked at as 'E-motions': energies putting us into action.

Human beings will be in harmony with creation, in the organic flow of life, following natural rhythms without resistance. This is why humanity has done so much cleaning in the last decades, in order to assist individuals,

relationships and communities in realigning their lives back into a wider harmony with creation itself, with nature. The individuated self is courting with the subtle and the invisible, and at the same time it is shining out with the light of humanity.

We will have new community rules. There will be no space for judgments or conclusions. Everybody has his own special space and role to play. We will all be recognized for our own special value, whatever that is. We will all be working on our wounds to improve our collaboration. There will be many collaborations and expansions of consciousness. The vibes uniting people will be very strong. There will be a feeling of collective aura. We will be living in total allowance, honour, trust, vulnerability and gratitude for each other. Mutual healing processes will happen consciously. There will be total openness. We will evolve by laterality, just by cellular transmission or connection, there will be no need to talk or criticize.

We will have the ability to take full responsibility for our own karma - the world of our thoughts, feelings, emotions, words and actions. At this level of frequency, we will no longer identify as a victim of any perceived external stimulus.

We will use telepathy and attract the people we need to vibe what we want to feel.

We will practice meditation every time we need it, like the Muslims do their prayers, meditating a couple of

times a day. It will seem normal and healthy to do so, in order to keep the vibration and the connection high. We will all vibe together for a higher expansion, so the whole group is happy. It will be clear that the whole will benefit from individual evolution.

What do we do with the kids? They will be allowed to choose for themselves - adults won't push them. They will follow what they feel they need and will be trusted and honoured. They will have the opportunity to test and ask for coaching from people they

## “ SOME WEIRD YET OVERWHELMING IMAGES ”





judge interesting to them (not necessarily their parents).

Looking at the body from an organic point of view, from the inside, food will have an entirely new dimension. We will stop harming our body by intoxicating it with food. We will be at our peak performance because we will be eating exactly what our body needs (having cleared all the social and psychological cravings that destroy the body). Our skin will improve (as we will feel less stress in our body and soul) and stay young longer. We'll drink more plants (Aloe vera, grass etc). Our attention will go to higher goals than food. We'll spend less time on eating and food will be more adapted to our real needs. Hospitals will be totally obsolete: taking care and aligning with our physical needs, there won't be any disease. And if we fail and do get trapped into some conclusion of judgment there will be healing centre to help us get out of old patterns and addictive thoughts. The new

## “ THEY PLAY AND ENJOY CONTRIBUTING ”

hospitals will be 'inter disciplinary hubs' with different therapies, each performing on different needs and vibrational frequencies.

Astrology will be a science again. Supra governments will ally to foresee and prevent natural galactic catastrophes. The only difficulties we will go through will be the climatic changes linked to the universe. But here again, we will be in the philosophy of the now, in the spirit of mindfulness in which everything is a present, a gift.  
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# Carpe Diem Revisited

**Karen Northshield** has a deeper look at a much-used phrase

**T**he saying “carpe diem” is omnipresent these days. It is the name given to candy bars, night clubs and it pops up just about everywhere in advertisements, almost as a sale-phrase. But it’s about time we reevaluate its meaning. Originally “carpe diem” is a quote from the book of Odes, by the Roman poet Horace and originates from Latin: “Carpe diem, quam minimum credula postero.” Translated into English it reads: “Seize the day, trusting as little as possible to the future.” But what exactly does this mean?



Just as a coin has two sides, an equation or in this case an expression also comes with two parts. You cannot apply one and dismiss the other. Both are equally present at the same time. The former part of the Latin phrase speaks of today and the latter of the future. The former “seize the day” is perhaps more readily accessible and easier to apply than the latter.

In today’s world, we generally associate the expression “carpe diem” with enjoying pleasures of the moment without concern for the future. In certain contexts the interpretation is taken to a higher

level, in enjoying life to the fullest, as if there were no tomorrow. However, in order to get the most out of the expression, we need a complete understanding of both parts of the equation and of their application in life. If we only focus on one part, we run the risk of misapplying it in life.

## “ LIFE IS NOT MADE UP OF ONLY FUN AND GAMES ”

So going back to the second part of the equation “trusting as little as possible to the future”, what does this mean? One plausible interpretation is to do everything you can do

today to make tomorrow better. It’s not about ignoring the future, but realizing that unless you give your input, everything is not just going to work itself out later on. Here’s how.



Although at times we may be preoccupied with the present, it is impossible and unrealistic not to think about tomorrow. Our daily actions inevitably have consequences for the future. True, when we are able to enjoy the moment, we want it to last (forever), which is a very legitimate thought. And this is where we have the first part of the principle "carpe diem" resonating the most. But as we all know, moments are fleeting and life is not made up of only fun and games. So how do we continue to enjoy the moment as it turns into the next and especially when the next moment may not be as enjoyable?

Where this expression runs the risk of being misapplied is when we forget the second part of it ("trust as little as possible to the future") by for example taking the first part (carpe diem) to the extreme. One example would be partying so much to the point that it becomes toxic or a risk for your health. If you go from one extreme, you could end up in another.

Imagine you attended a party where you consume a few glasses. You want to enjoy the moment and not be preoccupied with the afterwards. One consumption leads to another as you are enjoying the atmosphere. Imagine now you get behind the wheel of a car and end up having an accident. The accident leads you to the hospital, severely injured. Are you enjoying life to the max now? Odds say at this point you are not enjoying the moment nor will you be for some time. So if you actually go out and live like there is no tomorrow, this self-fulfilled prophecy might actually come true.

It is also unrealistic to party all the time. In life we must also work. In life we are also confronted with sicknesses, losses, stress, anxiety - the list goes on. So how does this old adage apply in all circumstances of our lives? How do we enjoy the moments that are at odds against us? Or are we only meant to enjoy the good moments and deal with the bad?

For me the full expression of carpe diem answers the question: what is your motivation to wake up in the morning"? Or flipping the coin over, when things are not going your way, what is that one thing that you are willing to fight for? Plainly said, why live for tomorrow? This could be your reason for being, your purpose in life or any ambition of yours.

When you are able to define your purpose and your motivation in life, you answer the question "why live for tomorrow?" and you shed light onto the second part of the equation. The moment you are confronted with pain, discomfort, conflicts, problems, etc. you give purpose to your fight and keep your goal in sight. You may not appreciate or enjoy the moments of suffering but having a goal will

keep you focused. It does not necessarily make the road easy but it will allow you to put the poorer moments of life into perspective. With your goal in mind, you are better equipped to deal with life as it presents itself to you, accordingly at that very moment.

Putting the second part of this Latin aphorism into perspective, we are reminded not to forget the future (tomorrow). Here's where both parts of the equation meet: tomorrow should actually be our concern, but not to the point that we are burdened by our anxieties for the future, to not be able to enjoy the present. The aphorism reminds us to live for today while keeping an eye on tomorrow. For me this interpretation of the timeless expression renders justice to the full meaning of the expression.

Mohammed Ali once said: "Don't count the days. Make the days count". In other words, don't wait for the perfect moment, because it may never arrive. Make the moment, each moment, perfect as best you can. In other words, it should be our daily concern to make today better than yesterday and tomorrow even better than today. ①

**"DON'T COUNT  
THE DAYS.  
MAKE THE  
DAYS COUNT"**



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# Arnon Barnes: Stepping into your power

World-famous speaker and business and success coach **Arnon Barnes** offers the keys to overcoming the fear of success



I have travelled the globe and trained thousands of people from all over the world, primarily business owners and business leaders. One of the questions I get asked all the time is: "What's the secret to success?"

From my experience one of the most important ways is simply: Action. That's correct, the way to win the game of business and life is to take committed, focused action. Having built and sold several multi-million euro companies and now focusing most of my time on coaching and training other entrepreneurs to do the same, I see that the single biggest difference between the high-achievers, the wealthy and everybody else, is that everybody else, most people in fact, wait. You wait for the 'perfect moment' to act. You wait for the 'perfect timing'. You wait for 'all the stars to be aligned perfectly' before you muster up the courage to

act. And the sad truth is that most people never 'make their move' and die with the music still playing inside of you - with regret.

So why are so many people waiting? I mean it seems rather simple based on my explanation: if you want to succeed, all you need to do is take committed, focused action, right? Whilst working in the arena of personal and business development and helping entrepreneurs build championship teams that win, I see that the primary

reason many people are waiting is fear. Most people are fear-based. In other words, your default behaviour and decision-making process comes from a place of fear. Fear actually runs your life. Fears says: "I am not good enough, I am not educated enough, I'm too old, I'm too young, fear of failure" and so on. From my experience, those thoughts are (almost) never connected to the truth or facts. For most people proclaiming, 'I have a fear of failure', from my experience, what they truly have is a fear of success.

We human beings are considered the superior race, the race of higher intelligence. I came across a famous quote once that read: "The mighty oak tree can grow well over 50 metres tall, but if it had the mindset of a human, the oak tree would only grow up to 2 metres."

Why all this fear? To understand that we must

## “ WHAT THEY TRULY HAVE IS A FEAR OF SUCCESS ”



firstly understand, what is the definition of fear? Fear defined, is the anticipation of pain. Anticipation. The word itself is in the future tense form, in other words; it doesn't exist. Fear is in the mind. As Will Smith said in the film *Earth*: "Fear is an illusion, only danger is real."

So how do the successful, wealthy and high-achievers overcome fear? Most people think that these people don't experience fear. That is a naïve approach to understanding and working through fear and becoming successful. The reality is that everyone experiences fear, we all feel the sensations that come with the emotion of fear. The only single biggest difference between the high achievers, successful and the wealthy compared to everyone else is that we don't let fear stop us. Yes, we feel fear, every day. But we don't let fear stop us from stepping into our

power. We don't let fear control us. We feel the fear and act anyway. We act in spite of fear. We act in spite of our mood. We act in spite of what's convenient. Remember this: the name of the game is action!

Let's get practical, how do you overcome fear? Here are four of my best answers. Firstly, it's important to understand that success is nothing more than practicing a few positive and empowering disciplines every day. Meaning that success happens one step at a time. You've heard the saying "Rome was not built in a day" - likewise no one has achieved success in a day. So, the way to achieve high levels of success is to start implementing small but focused positive and empowering disciplines every day. Secondly, surround yourself with action-takers, people that will uplift you and don't let fear stop them. Third, educate yourself. The rich, wealthy and successful understand that knowledge overcomes fear.

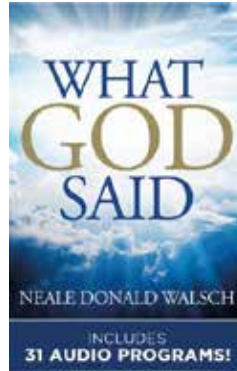
And finally, find a coach that can hold you accountable. Accountable to taking action - a world-class business and success coach can take your game, your money and your life to new heights.

Meet and work with Arnon Barnes live? Join his next upcoming *Business Rebel Masterclass* in Belgium or The Netherlands. For more information on the event, dates and details check out [www.businessrebelmasterclass.com](http://www.businessrebelmasterclass.com) or contact his office for more information on coaching via [info@arnonbarnes.com](mailto:info@arnonbarnes.com) 📧



# What God Said

Two more inspirational books for you dealing with deity and breaking free



in a more succinct way.

This concise text details and expands just what we need to know about life and how to live it. Bringing his many conversations over the years into sharper focus than ever before, Walsch in *What God Said* encourages readers

**T**he full title of Neale Donald Walsch's remarkable book is *What God Said: The 25 Core Messages of Conversations with God That Will Change Your Life and the World*. Walsch is an American author actor, screenwriter and speaker. Brought up as a Roman Catholic by a family

who encouraged his quest for spiritual truth, he informally studied comparative theology for many years. He says his books are not channelled - although Walsch insists that he could hear God talking to him, as if God stood right beside him - but rather that they are inspired by God and that they can help a person relate to God from a modern perspective.

God's number one message to the world: "You've got me all wrong."

Inspired by his nine-book *Conversations with God* series, many people have asked Neale Donald Walsch to find a way to deliver the most essential pieces of God's message to us

## “THE 25 CORE MESSAGES OF CONVERSATIONS WITH GOD THAT WILL CHANGE YOUR LIFE AND THE WORLD”

to cast aside religious and cultural trappings. To experience life as fallible - and human - beings, open-minded, open-hearted and all-embracing, and to build on, broaden and enrich our Ancient Story.

But to move forward on this ever-expanding and encompassing spiritual voyage means not only understanding what Walsch considers the most important insights of his *Conversations with God*, but also applying them in the most practical ways. And so Walsch has included solid suggestions on how to apply each of the 25 Core Messages in daily life. Should humanity begin carrying these messages forward, starting today, we can change the world.

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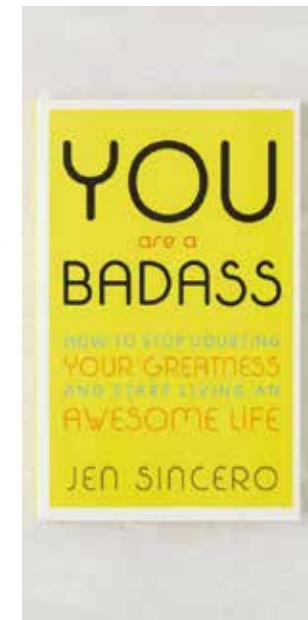
# You Are a Badass®:

## How to Stop Doubting Your Greatness and Start Living an Awesome Life

Our second book is very helpful... and hilarious

**J**en Sincero is a #1 *New York Times* bestselling author, success coach and motivational cattle prod who's helped countless people transform their personal and professional lives via her products, speaking engagements, newsletters, seminars and books. Her #1 *New York Times* bestseller, *You Are a Badass®: How to Stop Doubting Your Greatness and Start Living an Awesome Life* (2013), has sold well over two million copies, is available in twenty-plus languages and continues to grow in popularity around the globe. Her follow-up, *You Are a Badass® at Making Money: Master the Mindset of Wealth* (2017), also a *New York Times* bestseller, is written with the same inimitable sass, down-to-earth humour and blunt practicality that made *You Are a Badass®* an indomitable bestseller and Jen a celebrated voice in the world of self-development.

*You Are A Badass* is the self-help book for people who desperately want to improve their lives but don't want to get busted doing it. In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up 27 bite-sized chapters full of hilariously inspiring stories, sage advice, easy exercises and the occasional swear word. Its goal is helping you to identify and change the self-sabotaging beliefs and behaviours that stop you from getting what you want. And to create



a life you totally love. And create it NOW. Make some damn money already. The kind you've never made before.

By the end of *You Are a Badass*, you'll understand why you are how you are, how to love what you can't change, how to change what you don't love and how to use The Force to kick some serious ass. [www.jensincero.com](http://www.jensincero.com) •

## “FULL OF HILARIOUSLY INSPIRING STORIES”



# Get energy for your ambitions

**Anna Boroshok** offers five actionable methods to help you find your energy



Have you ever realized that energy is a top factor in reaching your goals? We painfully feel its scarcity when we run out of batteries for what really matters for us: going an extra mile at work to get that promotion, organizing quality and fun time for your loved ones or building a business you always dreamt about.

What if I told you that energy is manageable and you can have it at your disposal every day? And you can learn how to obtain it right now. If you follow the following five steps,

I promise you, you will not know where to distribute all the energy you will be possessing.

## Step 1: Wake up to your favourite song

Let me guess your typical morning routine. When your alarm start buzzing, you want to destroy it with a very large hammer. After snoozing it three times, you finally open your heavy eyes with thoughts of "Ugh, another day to survive till the weekend". Do you think you will burst with energy after such a start? Of course not! You will learn how to fix your

mental side in Step 2 but for now let's fix your alarm routine.

Did you know that there are easy-to-use apps out there that pull a chosen song into your alarm? Find the app that suits you and drop your favourite song into it – I use SpotOn Alarm. Now, let's hope your favourite song is not *I don't like Mondays* or *Everybody hurts*. Your alarm song should inspire you, motivate you and boost your energy the moment you hear it. Good examples are *It's My Life* by Bon Jovi, *We Are the Champions* by Queen, *Shine Like a Star* by Bob Marley or *I Feel Good* by James Brown.

## Step 2: Take control of your mind, start your day with 'priming'

Priming is conditioning your body and mind to a state of peak performance. It takes approximately 15 minutes but changes your whole day immediately. One of the best priming exercises is the one by Tony Robbins and can be easily found online. Here is what it consists of:

### Breathing exercise

which pumps your body with oxygen and makes your blood circulate faster (by the way, it will also keep you younger longer).

**Gratitude exercise** where you exercise gratitude towards any three things you pick

up that morning. Gratitude gives us a feeling of plenty which makes us feel good and energetic.

**Healing exercise.** That's where you ask God or Universe to heal your physical and emotional body. Forgiving, letting go of

negative feelings and ultimately sending your light to those you want to send it to. This exercise frees you from emotional burdens which block your energy.

**Energising exercise.** During this exercise you imagine energy coming to you from the core of the earth, filling you in, going up into the

space and bringing pure energy to your body, cleaning it and filling it with light.

The most powerful part: **Success visualizing exercise.** For the last three

minutes you visualize three achievements that will make you feel fulfilled in life. You need to live them in your thoughts, feel the emotion of being happy, gratefully visualizing your success in detail.

The final exercise alone can change your energy and life completely. All of a sudden you will

feel and see your goals clearly. The universe will start giving you solutions to reach them, opportunities will start popping up, your brain will start generating ideas to reach those goals as if by magic. And, of course, you will wake up full of energy ready to achieve your



**“ YOU CAN  
HAVE IT AT  
YOUR DISPOSAL  
EVERY DAY ”**





ultimate goals. If you don't believe in the power of a thought and its connection to everything around, read about quantum psychology. And remember, you are what you think. Divorce your negative beliefs and substitute them with positive ones.

**Step 3: First feed your body, then think about your egoistic self**

Don't we always crave for something tasty, trashing our bodies with foods that are neither healthy nor give us energy? Coffee, croissants and even cereals are all carbs and are acidic in nature - they are not serving you well in terms of health and energy.

Start your morning routine with veggie smoothie enriched with superfood powders like maca, wheatgrass, spirulina, acai berries, etc. Try to use veggies with fibre such as celery to improve digestion and avoid fruits as they contain fructose and can contribute to unwanted kilos. A veggie smoothie in the morning will give the right nutrients to your body, improve your digestion and boost your energy.

**Step 4: Read or listen to motivational literature at least 10 mins a day**

If you commute to work, it's a perfect time to read or listen to motivational books/podcasts. If you do the priming exercise, you will know what knowledge you need and you will find the right books and podcasts. A good knowledge source will boost your energy, creativity and willingness to move forward to your dreams.

By the way, a playlist of motivational music is also a good way to kick-start your day and fill you with energy. Search for existing playlists online or create your own one. My favourite kick-starters are *I Am Not afraid* by Eminem, *Whatever It Takes* by Imagine Dragons and *Eye of the Tiger* by Survivor

**Step 5: Eliminate energy suckers**

There are three major energy drainers: people

who surround you, things that you do on a daily basis and your reaction to external irritants. Let's see how to deal with them.


1. **People who surround you:** have you ever done a fair evaluation of people who surround you and how they affect your life? Hm, probably not, while it is crucial for keeping your energy levels up and succeeding in life. Take a piece of paper and list people who surround you. Create two columns: 1. Does this person support me in my ambitions? 2. Does this person help me in my ambitions? Rate them with Yes and No answers. Distance yourself from people who got No in both

columns and get closer to those with Yes. Did it happen that no one in your surroundings supports you? Find people that do and stick to them.

2. **Things that you do:** do you have energy wasters which you are not even aware of? Here is how to eliminate them: list whatever you do during a day and rate your emotions about it? How does it feel? Great, good, bad, awful? Do it for a week to have clear understanding what you should quit doing.

3. **Reaction to external irritants:** are you conscious about things that annoy you and take your energy? Sometimes we get upset not even knowing what was the exact thing that upset us. Learn to be conscious about exactly what upsets you and follow the 90 seconds rule: recognize that it is just a thought and shift it to something positive.

Remember: "What's talked about is a dream. What's envisioned is exciting, what's planned is possible, but what's scheduled is REAL!" If you don't do what you 'know', consider that you don't know it. Take a step, change your life!

Anna Boroshok  
Digital strategist at Emakina  
Co-founder of Fearless Female Founders  
[we-fearless.com](http://we-fearless.com)  
[contact@we-fearless.com](mailto:contact@we-fearless.com) 

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# Goldilocks in Moneyland

Our financial expert **Dave Derytter** says the financial markets are neither too high nor too low



**M**ainstream investors seem to like that, active investors much less so. The equity markets today react to trade wars or election results in the same way as they have always done: they go up or down. Developments in North Korea are on the mind of investors too, but things start to look better there - peace at last? Interest rates have come up a bit, but not too much and only really in the US. Profits of listed companies are typically up to expectations, not better or

worse than forecasted.

There is a sense of complacency in the equity markets. The future doesn't look good or bad. And, what else is there to invest in anyway? Bond markets are even duller and low interest rates do not help, as dividend yields are typically higher than interest rates. Real estate is still a valid option for investment diversification, but rents are low in many markets and valuations are high. Art is of

course another investment option, but also there, there are no spectacular opportunities to be noted.

With this stability in the financial markets, active investors get bored and turn to grey markets or new things. Cryptocurrencies are one of them. After the huge rollercoaster of Bitcoin and its copycats, it seems to be a bit more silent even on the cryptocurrency front. What is the status? Cryptocurrencies have a difficult time becoming mainstream for many reasons. First, central banks do not issue or control them. Second, cryptocurrencies are not used by the banking system. Because of that there is uncertainty on many fronts. What about money supply control? How about the origin of the money and the type of users? What about the taxation of the gains? Is the underlying blockchain technology as safe against fraud as originally thought? Does running cryptocurrencies consume as much energy as some people claim? Too many questions without good answers. And, it does not help that some financial big shots say that the value of cryptocurrencies should eventually go back to zero.

No wonder that in this very stable financial climate even the financial analysts turn to fairy

tales to explain the markets' situation, because they lack more pragmatic or new things to talk about.

Indeed, the Goldilocks story is used to explain the current state of the financial markets. Goldilocks is a tale about a girl going to a house where three bears live. When entering the house, she finds three bowls of porridge and tastes them. One is too hot, one is too cold, and one is... just right..

## “ A KEY AREA WHERE THE GLOBAL SALES GROWTH COMES FROM ”



Nevertheless, the good news is that financial markets still seem to tend to go up on average. Indeed, the world economy is growing. The number of people in the middle class in particular is growing fast. And the latter is a key area where the global sales growth comes from. Indeed, middle class people can buy houses, cars; they travel and improve their clothing, food and equipment. They happily pay for all that as it confirms their new-found status

as middle-class citizens. China still has quite some potential to further grow theirs and India should follow suit soon, only to be copied by the other big potential markets that improve their economic development and thus increase their number of people in the middle class substantially too.

On top of that, in the large developing economies, whole new areas are being



developed into business areas out of paddy fields and other agricultural land. The most striking example of the past decennia is probably the new Shanghai, Pudong as it is called. Where 30 years ago, there was nothing but rice fields, today you have more than a thousand high-rise buildings, some of the tallest in the world. They are essentially home to the massive service industry the city has developed over the past decades. Still, China has many more of such examples, Chongqing has also developed

## “ 30 YEARS AGO, THERE WAS NOTHING BUT RICE FIELDS ”

should help you in funding it. And, because investors have no other great options, you might find plenty of equity easily. I am not so much thinking of the private equity providers to be in driver seat. No, they are many and good projects are few. It is the entrepreneurs themselves who are leading. Simply because there is plenty of liquidity around and a serious lack of really good ideas to invest in.

Now may be the best time of the last few



tremendously. Not to speak of the whole Guangdong province, now by far the largest and most developed high-tech electronics production centre in the world.

Against this background of stable financial markets, it may very well be that there is no more real other option for big financial gains than to start your own business and grow it into a success. At least low interest rates

decades to go for your own idea, for your own business. Step out of your golden cage and seize the opportunity of your inventions. Do the thing you always wanted to do, your real passion, often different from the work for your boss that merely pays for your expenses and lifestyle. ❶

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# Adventures in Limbo

Our tech guy **Colin Moors** looks at giving up... the tech



“WHAT IF ONE OF  
YOUR FRIENDS  
DOES SOMETHING  
INTERESTING?”

A difficult assignment from the editor this month. Instead of waxing lyrical about the new toys and latest must-have gadgets, I am to write about giving up tech. All of it. I imagine he would allow me the luxury of a computer on which to write my copy - because he'll have to learn to decipher my writing, which resembles a doctor's finest prescription-writing efforts at best.

Why give up tech? Because all the cool kids are doing it. Along with veganism, it's the latest



thing you need to get involved in in order to validate your existence to your social circle. "Oh, Facebook" you'll say "I read *real* books" or "A smartphone? What is this, 2010?" Social media can be extremely addictive - even while typing this, I flicked back to Firefox to check there were no urgent posts clamouring for my attention. As luck would have it, someone was wrong about something, so that killed a good 15 minutes. But hey, I don't *need* social media, do I? Do I?

We all know that the answer is probably 'Yes'. Those of us who use Facebook regularly will know there's nothing like a little red circle with a number in it to pique our interest. Having grown your network of friends, both virtual and real, you'll be used to getting regular updates when they get a cake with their coffee, win the Nobel Prize for Literature or crack a toenail. As trivial as all this is (come on, who reads Nobel Prize winners?) it doesn't take long to become addicted to checking what people are up to and you may soon fall foul of an old friend of this regular column - FOMO. Fear of Missing Out is a big draw for people who live life



through a virtual lens. I, for one, would have to go back to buying two dozen "Sorry I forgot your birthday" cards at a time, just like the old days. What if one of your friends does something interesting or has a party? How will you know? How could you respond?

The answer is simple. If they do something interesting and it isn't with you, you'll have to



go back to being blissfully unaware, as we all used to be before the internet became a place to splash your bragging rights across. Did they have a party and not invite you? Perhaps they just don't like you and are now relieved of the burden of having to conspicuously invite you and hope you don't turn up. Surprisingly, as strong as the FOMO factor is in having a smartphone, ditching it altogether can create a massive FOMO vacuum in your life, the same as quitting smoking can. Of course, after a month or so, you probably won't care - if you make it that far. I have lost count of the number of articles I have read saying how the author's life was changed by quitting social media. Where did I read these? Facebook, YouTube, Blogs...

For all the joking and commentary surrounding addiction to social media, it's a very real problem, particularly for the few among us who use social media sites as an escape from whatever anxiety or mental health issues that are troubling them. This is the extreme end of the scale but the problem persists in people with no discernible mental health issues and it's all the fault of nature.

Any scientists reading this may want to look away now, as I mangle years of serious study into a couple of soundbites, as this is a highly complex concept I need to explain as simply as possible. Dopamine is a molecule you may have heard of. It has hundreds of uses in the body and without it, we probably wouldn't exist in the form we know ourselves. The thing they are infamous for however, is reward stimulus. Eating, drinking wine or getting someone to have sex with you causes a release of dopamine in the brain, telling you that this is a pleasurable or desirable thing and that you should definitely do more of it. It's the same with your smartphone, whether you're checking to see if that comment you posted on Facebook has any likes, or when you reach level 127 in Candy Crush after a particularly tough time. The dopamine release ensures you

feel good when you clear a level, get multiple likes or someone shares your recipe for chocolate brownies.

Such additive behaviour can be extremely difficult to extricate yourself from, so where should you begin? The best way to start is to be honest with yourself about where all your feeds, pops, pings and doinks come from. Many of us will have bought a smartphone pre-loaded with apps we don't want or need. Not many of us get rid of them because the manufacturers make it tricky to delete or freeze them. Businesses pay for them to be installed so they can push 'information' to you. Find out what keeps pinging and uninstall it. Failing that, go into the app and disable all notifications - be warned, this is not always as easy as it seems. Next stop, your inbox. All those emails from the company you bought socks from in 2016? Unsubscribe. Unsubscribe from as much as you are comfortable with, you can always re-subscribe later.

Start reading on your way to work. No, not a Kindle or a Kobo - they are also tied to social media and exist to sell you things as much as to facilitate reading. Read the newspaper or, if you're trying to avoid news as well, a book. Do a crossword or something else to fill your time until the train arrives at the station.

Finally, the ultimate step - delete your Facebook, Instagram, Twitter, Snapchat and Pinterest accounts. I know; scary, isn't it? If any of this has moved you to give up social media, I'd love to hear about it. My Twitter handle is... lol, jk. 🙄

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# The vanishing politicians

**Gerry Callaghan** keeps an eye out as the summer approaches and world leaders take a break from us

Mar-a-Lago



**I**t's that time of year again. The time of year when Europe is crawling with tourists from all over the world. At home we brace ourselves for the press onslaught of photos featuring our world leaders in their holiday regalia. Which instantly portrays them in a different light, like a school teacher on a class trip. It's a confusing time of year. We recognise, albeit briefly, their humanity before a bombardment of criticism is hurled at them for them having the sheer audacity to take a holiday while the world 'goes to hell in a handbasket'.

I'm all for it. It gives our ears a break from incessant soundbites and PR stunts. But the main reason they should take a holiday from those insane, impossible jobs is simple and it's the same reason doctors shouldn't work sixty-hour weeks - because it's an important job that directly affects people's lives. We need them well rested to perform at their best. So let's get rid of them for a few weeks and have a look at where we're paying for these poor, greying, rich folk to go on holiday.

Bregancon Castle



## Emmanuel Macron

Last year, Macron headed around some of Europe's capitals in what was a bid to win favour with other EU leaders. However, this year, the French President is thinking about inviting world leaders to a 13<sup>th</sup> century fortress on the French Riviera for diplomatic meetings during the summer break. Surrounded by the turquoise water of the Mediterranean Sea, the Fort de Bregancon has been the holiday retreat of the countries' leaders for decades. Francois Hollande, Macron's predecessor, broke tradition and opened the site to visitors instead of vacationing there himself. But after Macron spent his first weekend there with his wife, Brigitte, they decided to re-employ the fort as the president's summer residence.

## “VLADIMIR PUTIN HAS A REPUTATION FOR MACHO HOLIDAYS”

The fortress sits isolated on a small peninsula which can be easily secured to avoid a repeat of last year, when the president accused a photographer of violating his right to privacy while holidaying with his wife in Marseilles. He has mentioned, however, that if France make it into the quarters of the World Cup he will find himself in Russia.

## Angela Merkel

Shortly before Germany's national elections in 2017, Angela Merkel headed off to Italy for a break with her husband, Joachim Sauer. The German leader enjoyed a hiking holiday in the Italian resort town of Solda, in the Ortles mountains. As pictures emerged of the German Chancellor on last year's break, some really busy people noticed and, more confusingly, cared that the Chancellor wears the exact same ensemble every year. Maybe this year will be different. Germany won it four years ago, and are again close favourites with Brazil to lift the World Cup in Moscow this year, maybe then we'll see her screaming from the stands in a German national team shirt, rather than her holiday uniform of stone trousers, a red checkered shirt and hiking boots.

## Theresa May

Last year the British Prime Minister started her trip in northern Italy and was pictured strolling around Desenzano del Garda, a small town on the south-west shore of the stunning Lake Garda. After briefly returning to her duties to attend a World War I remembrance event in





Passchendaele, Belgium, the prime minister headed to Switzerland for a fortnight for a walking holiday. Keen on walking holidays with her husband, the Tory leader became the first UK head of government to enjoy a three-week break in office since Tony Blair. This year, May will look forward to a respite from the country's never-ending Brexit saga, something that's engulfed her entire term as leader. It's unlikely we will see her at the World Cup, not because England won't make the final, but because she would just look too weird cheering.

#### Donald Trump

Despite insisting he was not taking a holiday, The Donald went to his private golf club in New Jersey for a seventeen-day "working vacation" in 2017. The US President has been criticized for his frequent trips away from Washington during his time in power. His winter getaway, where he spent the New Year has often been a refuge for Trump. Mar-a-Lago, his 'Winter White House', is a members-only club built in the 1920s. It's a seventeen-acre estate located between the Atlantic

## “ ARMED WITH TWITTER THE ATTENTION SEEKER WILL NEVER BE OUT OF THE SPOTLIGHT ”

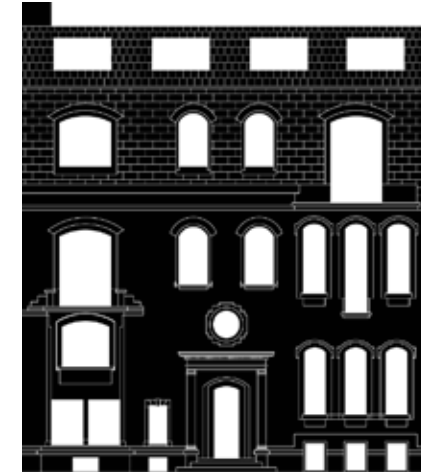
Ocean and Lake Worth. This summer, however, Trump will be in Europe, both in the UK and France and mostly for work. He may take a break at one of his resorts in Scotland, but armed with Twitter the attention seeker will never be out of the spotlight.

#### Vladimir Putin

And finally, Vladimir Putin has a reputation for macho holidays. This year will be no different. He travelled to Siberia for a manly few days of spearfishing, hunting and boating in 2017. Sexy shirtless pictures of the Russian president emerged and were splashed across newspapers all over the world. Pictured bare chested, Vlad was seen with a smug look on his face as he held up a fish he caught during his break in Tyva, in southern Siberia. I look forward to his internet memes of 2018. 🐻



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# LIFESTYLE

*Amanyangyun is the culmination of an ambitious feat of architectural and ecological conservation*

## LIFESTYLE

Luxury

# Luxury

This month we offer you a glimpse of the latest luxury hotels world-wide



### The Bvlgari Resort Dubai

The Bvlgari Resort Dubai adds a new jewel to the brand's luxury hospitality collection. Situated on the exclusive, man-made Jumeira Bay, an island carved into the shape of a seahorse and adjoined by a 300m bridge to the central Dubai coastline, the sunny property is a true 'urban oasis', for visitors and residents alike.

Designed entirely by Antonio Citterio Patricia Viel, the renowned Italian architectural firm that has created all the Bvlgari Hotels & Resorts, the 158,000 square-metre property is a first-of-its-kind development for Bvlgari, both in scale and magnitude. Charming with a Mediterranean village feel, the complex features the resort, six residential buildings with 173 sea facing apartments, 15 private mansions, and Bvlgari's first-ever Marina and Yacht Club.

Comprised of 101 rooms and suites, as well as 20 Bvlgari villas with pool, garden and sea-

view, The Bvlgari Resort Dubai offers a full range of amenities, such as the gourmet Il Ristorante – Niko Romito, the Il Café open all day, Il Bar with its iconic oval-shaped Bvlgari bar and La Spiaggia, the most exclusive beach club, with private beach and a unique mosaic-design outdoor swimming pool. Guests can also enjoy the 1,700 square-metre spa with hammam, indoor pool, fitness centre, beauty salon with a traditional barbershop and hairdresser. To add relish to the guest's stay, the complex comprises a private Marina featuring 50 boat berths and the world's first Bvlgari Yacht Club with peerless views over the sea.

A 2-minute ride from the mainland, The Bvlgari Resort Dubai juxtaposes the tranquillity of its island location with the dramatic backdrop of Dubai's skyline. The sunny new jewel of Bvlgari hospitality is proud to offer Bvlgari's interpretation of luxury and a supreme location to Dubai and its visitors.  
[bulgarihotels.com](http://bulgarihotels.com)





## Amanyangyun, Shanghai

Amanyangyun is the culmination of an ambitious feat of architectural and ecological conservation that has in turn created unimaginable new beginnings. Amanyangyun's setting belies its proximity to Shanghai's metropolitan heart; the historic Bund district, along with cultural, dining and shopping attractions, are all within an easy drive away. Minutes from the property, play a round of golf or catch an international tennis match at Qizhong Forest Sports City Arena. Head further afield to explore the traditional canal town of Zhujiajiao and the cultural hubs of Hangzhou and Suzhou.

Amanyangyun offers a number of personalised off-property activities and excursions

Expert guides accompany guests on private outings tailored specifically to their needs and interests. Zhujiajiao is in ancient water town with a history dating back more than 1,700 years. North Street is the best-preserved street in town - take your time wandering down this ancient thoroughfare and appreciate the long-established stores and historic buildings.

Adjoining the hotel property, a new forest park



nurtures many of the transported camphor trees. Over the coming years, the camphor-forested park will incorporate water terraces, lotus ponds and wildlife-rich wetlands. Surrounded by the camphor forest, Amanyangyun's Suites and Pavilions boast light-filled and embracing woodland views and are a mix of historic and contemporary dwellings that harmonize with their environment, offering expansive living areas with tranquil courtyards, creating an inviting retreat throughout the seasons.

Amanyangyun's five dining venues – including the Chinese Restaurant LAZHU, Italian Restaurant ARVA, Japanese Restaurant NAMA, The Bar and Cigar Lounge – each enjoy a distinctive ambience.

Set around an impressive central courtyard, the 2,840 square-metre Amanyangyun Spa & Wellness Centre is one of the largest and most comprehensive in Shanghai. The ethos and atmosphere of the Aman Spa draw inspiration from the resort's name, 'Yang Yun', part of a 300-year-old inscription within Beijing's Forbidden City, meaning 'nourishing cloud'. [www.aman.com](http://www.aman.com)



## Park Hyatt, St Kitts

At Park Hyatt St. Kitts, guests will enjoy the highest levels of luxury. The spacious guestrooms and suites combine contemporary architecture with a timeless, colonial feel that taps into the rich historic roots of St. Kitts. Many of the suites offer individual pools with private sundecks offering unobstructed views of the Caribbean Sea and the neighbouring island of Nevis.

The beachfront resort location of Park Hyatt St. Kitts lends itself to a multitude of activities. Swim in the warm Caribbean Sea or in one of the two hotel swimming pools. The resort's spa offers body and facial treatments in addition to private yoga and meditation. Non-motorized water sports are also available with golf, tennis and motorized sports available nearby.

Park Hyatt St. Kitts spans the entire Banana Bay, one of the most beautiful beaches on the island of St. Kitts. As well as the water sports available on the resort's beach there is an extensive programme of activities and entertainment. For our younger guests there is the Island Fort by Camp Hyatt, a children's



club with both fun and educational elements to keep three-to-twelve-year-olds amused and occupied.

Miraval Life in Balance Spa is devoted to honouring nature and to inspiring its guests to awaken to their best selves, through balance and the means to achieve it, and The

Royal St. Kitts Golf Club, opened in 1976 and renovated over the years, is situated just 15 minutes away by car and transportation from the resort can be arranged.

Park Hyatt St. Kitts serves both local and international cuisine in three signature restaurants offering varied culinary options for both lunch and dinner. All-day dining is available in the Great House while families can also experience ocean-front dining in the Fisherman's Village. An even finer dining experience is available for adults in the Stone Barn and snacks are served by the two resort pools and on the beach.

Park Hyatt St. Kitts has 78 rooms and 48 suites housed in a series of dwellings which form an arc around the resort. Each of the accommodations face towards Banana Bay.





## LUX\* Belle Mare

A luxury hotel in Mauritius, shining with the vibrant energy and hospitality of authentic island life.

Fresh and forward-looking, LUX\* Belle Mare promises a stylish contemporary spin on luxury hospitality. Tucked away in beautifully landscaped tropical gardens near the sleepy village of Belle Mare, this modern Mauritius boutique resort lives on a glorious stretch of the east coast. Designer Kelly Hoppen breathed inspiration into the interiors, and it's as seductive to honeymooners as fun for multi-generational and family escapes.

Uninterrupted soul-stirring sea views, powder-soft sands, beryl-blue waters and coconut palms swaying gently in the breeze and the island's largest swimming pool where the terrace gently buzzes by day and feels Balearic by night. Expect Chinese street-food flavours prepared with fine-dining flair, while Amari by Vineet sets new standards for modern Indian cuisine.

Instagram enthusiasts adore the ice-cream parlour, the rustic rum shack, beer academy and DJ-sound-tracked cocktails at Beach Rouge—or switch off and indulge in sweet-



scented LUX\* Me spa treatments, work on your swing at one of three world-class golf courses or explore the marine life waiting in the lagoon. If it sounds like one of the most charming spots on the island, it is. Vibrant cosmopolitan personality, authentic island life, every five-star perk and plenty of surprises.

LUX\* Belle Mare is set on the island's widest stretch of beach and blessed with the softest white sand and the most spectacular sunrises. This breathtaking backdrop provides the blissful setting for the ultimate beach yoga experience. Led by our Wellness Concierge, guests will be guided on a sensory journey that will awaken you from the inside, expand your mind and strengthen your body. As the sun rises the class concludes with a nourishing breakfast overlooking the beach, providing time to reflect on the morning activity and prepare for another day in paradise.  
[www.luxresorts.com](http://www.luxresorts.com)



## LUX\* Le Morne

Sheltered at the foot of rugged, majestic Le Morne, this is where to tune in with nature. Wildlife is all around, as is the most dramatic of backdrops—and it's only a few steps from bed to relaxing under a palm tree by the sea. Set on one of Mauritius' most attractive lagoon-facing spots, this five-star hotel is on the wilder UNESCO-protected south-west side of the island, with a lookout celebrated for the spectacular sunsets.

Fringed by miles of sandy beaches, this is the best address for climbing Le Morne, exploring Black River Gorges National Park, and for barefoot walks and bicycle rides. Feeling lazy? Don't feel guilty about staying anchored at this boutique resort—it has four pools, a tempting spa and chalets dotted around the tropical gardens.

Exotic flavours from around the world will enthrall epicureans in the restaurants, while easy living is assured with beach barbecues and island-inspired cuisine paired with award-winning wines. Unforgettable experiences are assured: go horseriding along empty beaches, seek close encounters with marine life or discover exhilarating wave-riding



destinations—nearby One Eye is the ultimate kitesurfing coordinates. Or just soak up the sunshine and salt air and do absolutely nothing but relax.

## The ultimate dolphin experience

Swimming with dolphins is something everyone should experience at least once in

their lifetime. We offer the only luxury floating lounge in Mauritius as your transport to the heart of the action, providing you with the ultimate in comfort and service. Your onboard guide gets you in the water when it matters most and will capture your underwater encounter on video with a Go-Pro camera. Led by an experienced captain and onboard butler, once back onboard they will serve you a blissful breakfast at sea as a fitting end to the best dolphin watching trip in Mauritius.  
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## Hôtel Royal Riviera



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The Royal-Riviera is a luxurious hotel nestled on the peninsula of Cap Ferrat, just 15 minutes from Nice and Monaco. The property boasts a remarkable view of the sea and the two hectares of Mediterranean gardens that surround it.

To delight guests, the Royal Riviera offers 94 rooms and suites, 2 restaurants, 2 bars, 1 heated infinity pool, 1 spa (with sauna and steam room), 1 private beach and 1 fitness center.

Sunny gardens, sea views and private beach, the hotel has everything to live a unique holiday in the heart of the very select French Riviera. The hotel is ideal for families. The atmosphere is chic and relaxed; the setting, confidential.

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**LIFESTYLE**

Fashion

# DIVA: A brilliant museum

In this month's fashion focus we look at a little accessory that is surely the diva of them all

Photo © [www.divaantwerp.be](http://www.divaantwerp.be)



**Y**ou might want to put on your sunglasses before entering this sparkling location...

### An interactive journey

To visit DIVA is to journey through her house. Acting as your personal guide, DIVA's butler will allow you a peek inside the various rooms where her most precious treasures are kept, and you'll be able to admire them to your heart's content because DIVA regards her visitors as privileged guests and she wants them to enjoy her wondrous world to the full.

### The Wunderkammer

Your first steps inside DIVA's house take you

into her amazing Wunderkammer. In this contemporary interpretation of a chamber exhibiting a collection of curiosities, objects from every corner of the globe are brought together in a cocoon of luxury. As you marvel at them, you'll learn all about Antwerp's illustrious past, for until the middle of the seventeenth century the city led the way in the production and distribution of art and luxury goods. Silverware, jewellery, precious stones and exotic curiosities like coconuts, shells and coral were highly sought-after. Each object has a story to tell, and so do its collectors.

### The Atelier

In the next room you'll learn how all these



## “ DIAMOND-CUTTING AND SILVERSMITHING IS DEMONSTRATED IN THE MIDDLE OF A TIMELESS ATELIER ”

beautiful objects were made. The art of diamond-cutting and silversmithing is demonstrated in the middle of a timeless atelier. Take a seat at a workbench and select the information that interests you most.

### The International Trading Room

DIVA's butler will then take you inside the world of international diamond trading. A multimedia globe makes it instantly clear why Antwerp was and still is the diamond centre of the world. Projected trade routes illustrate how diamonds have made their way to Antwerp for 550 years. Screens and short films provide a wealth of additional information. But don't worry, DIVA's butler will wait until you are ready to continue to the next room!

### The Dining Room

In the next room DIVA invites you to take a seat at her surrealist arrangement of tables, decked with costly silver services worthy of the grandest of banquets. You'll overhear tantalizing snippets of conversation. A central



spoken narrative conjures up an atmosphere of plenitude, pure decadence even. The rules of etiquette and stories about some of Antwerp's aristocratic families shed light on the use of silver and the different lifestyles of rich and poor.

### The Vault

Before entering DIVA's boudoir, you'll step into a strong room. Just answer a few questions and you'll be rewarded with an abundance of information and stories. Tests, which you'll carry out yourself, film

excerpts and animated films will provide insight into diamond crime and what is being done to tackle the problem.

### The Boudoir

You leave DIVA in style... through DIVA's jewellery boudoir where she keeps her most precious treasures. Discover the DIVA in yourself!

[www.divaantwerp.be/en](http://www.divaantwerp.be/en) ❶

# Shopping



### The Piaget Altiplano Ultimate 910P

This new watch is billed as 'The World's Thinnest Automatic Wristwatch'. Piaget is no stranger to manufacturing super-thin wristwatches. The calibre 9P, in 1957, was at the time the thinnest movement ever made, at just 2mm thick, and the automatic calibre 12P, introduced in 1960, was only 2.3mm thick. The Altiplano Ultimate Automatic is available in pink and white gold and features an ultra-thin automatic movement: the calibre 910P. **€29,600**  
[www.piaget.com](http://www.piaget.com)

### Chaumet

The history of Chaumet has been entwined with the History of France ever since its founding in 1780, in Paris. Official jeweller to Empress Josephine. The High Jewellery savoir-faire of the Maison has been passed down through generations of jewellers for 235 years. From the Liens Collection. Varnished Tyrian pink calf leather strap for 27mm watch. Available with a stainless-steel case and twelve different brightly-coloured bracelets: **€830**  
[www.chaumet.com](http://www.chaumet.com)



### Possession ring

Rose gold diamond turning ring with two bands of gold paved with diamonds. Every time a woman turns her spinning diamond ring in a simple gesture, it gives her that unique feeling that she can take possession of her life. Pairing the warmth of rose gold with the radiance of brilliant diamonds, the luxury ring features two asymmetric bands that turn freely side by side. Each rose gold band is elegantly set with a row of diamonds, giving this creation its bright sparkle.

Available in Tollet's exclusive Piaget concept corner. From **€9,800**  
[www.tollet.com](http://www.tollet.com)





## LIFESTYLE

Shopping



**Marni** Feminine and quirky, the Marni "Sunrise" is characterized by a captivating contrast of mixed materials and amplified geometric proportions: **€395**



**Calvin Klein** A free-form design with rich striping and dual colour-blocking add depth to this forward frame, finished with brushed metal bridge details. **€435**



**ALAIN AFFLELOU** New Couture Collection – Beverly

**Ferragamo** The feminine aviator features a double bridge construction with an enameled top bar and a chromatic color scheme enhanced by complimentary gradient lenses. The brand's iconic gold buckle hinge is distinctively engraved with the Ferragamo logo. **€295**



**NIKE MAVERICK** A modern rebel. A rebel on the outside, the niks maverick sunglasses are pure performance on the inside. The lightweight frame features innovative temple cushioning and ventilation that ensures you can wear these sunglasses for hours on and off the course. **€125**

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## ICE Steel

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[www.ice-watch.com](http://www.ice-watch.com)

**La prairie**  
 Skin Caviar Luxe Cream, infused with caviar extract, refines as it lifts for skin that is firm and taut. Indulge in the legend of caviar by starting your ritual with Skin Caviar Essence-in-Lotion, followed by Skin Caviar Liquid Lift, Skin Caviar Luxe Eye Lift Cream and complete with Skin Caviar Luxe Cream. Skin Caviar Luxe Cream: 50 ML: **€431**, 100 ML: **€783**  
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## Nu Skin

"Nu Skin is revolutionizing the health and beauty industries with products that offer comprehensive anti-aging solutions. We are now at a point where we have been able to identify certain sets of genes in the body and in the skin that are related and relevant to ageing. We can go after these age-related super markers and balance them to their youthful patterns of activity." - Joe Chang, Nu Skin CSO  
[www.nuskin.com](http://www.nuskin.com)

## Dior Perles de Désir

Perles de Désir jewels from Dior were created around the pearl, a heritage of the house, and reinterpreted by Maria Grazia Chiuri. These natural pearls are endowed with Dior charms including a star, a clover and a bee. Fine, elegant and modern, the Pearls of Desire adapt to all looks, for both day and evening!  
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## Caron

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Beauty

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Our beauty expert **Delphine Stefens** gives us sun-protection tips

**M**emonics 101: A is for ageing and B for burning so you certainly want to protect your skin from UV rays. How? Slip on a shirt, slap on a hat and slop on some sunscreen. The higher the numbers, the more protection but no sunscreen protects you completely and a higher SPF (sun protection factor) does not mean you need apply less!

And keep in mind that a SPF label only refers to UVBs while a broad-spectrum sunscreen has been shown to protect against both UVB and UVA rays. Oh, and that nice summer scent? Spritz it on your clothes rather than your skin to avoid discoloration. So, while you enjoy the summer sun remember to also seek the shade... Simple as do re mi.



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Terracotta Sous Les Palmiers  
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## LIFESTYLE

Beauty



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# The Bunkers

This month our design pages salute a Belgian heritage structure converted to a B&B

Photo © Tim Van de Velde



**S**ituated among vast fields, quiet herds of sheep and a slow morning sun, this heritage structure has been restored into a newly opened B&B. The impressive structure, which was originally a fort for Belgian soldiers in the late 1700s, has been completely renovated by a Belgian family with a love for architecture.

## The family

Axel (37), Margaux (28) and Maxyne (1) De Bisscop. Axel has a background in economy and real estate development and Margaux in marketing and real estate development. Now, the couple runs the B&B together.

## The area

Knokke-Heist is a beautiful rural area at the north-eastern seaside of the Belgian coast. The area is adjacent to the Dutch border, the two countries separated by the Zwin nature reserve. Originally, Knokke-Heist arose because of the construction of dikes to protect the area of the Zwin sea-arm. It was a vacation heaven for urban families of Brussels in the early 19th century - the area grew into a resort town with an upscale clientele of artists such



as James Ensor and Alfred Verwee. Today, Knokke is best known for its beautiful shorelines and beaches and for the dike system from which the area originated.

## The property

Axel De Bisscop grew up around 2 km from the property with his parents. He says: "Every time we went by the property, I dreamt about living there some day. As I got older, I kept thinking if the property would ever be put up for sale. There's just something about the scale of the buildings and the brickwork that has always drawn me in."

One day, Axel's dream came true, when the

property went on the market. He explains: "It was an amazing stroke of luck. And it is such a nice feeling to wake up every day and almost be able to wave to my parents across the fields."

'The Bunkers' as the property is aptly named, was originally built in concrete on the brink of World War I. During World War II, bricks were added to the concrete construction. Today, the



brickwork appears in an eye-catching pattern of red and yellow colours. "It's quite a funny story about the bricks. The original bricks were burnt on site and came out in a red tone. Then in the 1970s, the farmer who owned the property at that time wanted to raise the ceiling height. So, he lifted the roof off of the house, bought some bricks and had them burnt on another location. And they came out yellow. So today, the original building is two-toned, which we are actually very happy about," says Axel.

The Bunkers consists of a main house and barn in the original materials. A wooden

extension has been added to the barn, which hosts the bed & breakfast. Axel and Margaux live in the main house. One of the four original bunkers dating from World War I now serves as a henhouse, inhabiting the land side by side with the family's twenty sheep.

## Unique features of the property

The Bruges-based practice, Architectuurburo Govaert & Vanhoutte was asked to extend the original farmhouse to suit the family and visiting guests. The two brick buildings were once used as a watch house and a jail, and formed part of an earlier fortification on the Belgian-Dutch border. Both buildings have been prolonged with wood extensions and have had metal-framed windows added to their facades.

The family had a tunnel dug out 1.5 metres underground between the main house and the pool/sauna, which is situated below the B&B, so you avoid the freezing cold in the winter. The tunnel is 2.5 metres tall from floor to ceiling. The original floors can still be found in the old barn, which is now home to the B&B. The floor is made from concrete mixed with large rocks. The floors are the same across the B&B, and the sinks in the bathrooms are made from the same material.

'The Observer' is an art piece in the form of an observation post, which allows you to gaze on 8 km's of open fields and breath-taking nature of the area. Knokke-Heist is one of the only places in Belgium with uninterrupted landscape as far as the eye can see.

About their favourite aspect of the property, the family says: "We have always loved the property, but what we especially love is the combination of old and new in the architecture. We bought The Bunkers in late 2012 and the remodelling has just finished. We think the result came out beautifully with a great respect for the original architecture and history of the buildings."

## The kitchen

"We set out for the kitchen to be our favourite room of the B&B, and we wanted it to be an area that our guests could really enjoy. And we



### Design

were not disappointed", says Axel. The couple has opted for a kitchen in black powder-coated steel from Danish brand Vipp, which has a legacy in steelwork. "We have acquired quite a few Vipp products over the years, and one day we were browsing across Vipp's website and discovered that they not only make products for the home, but they also make an entire kitchen!", says Margaux. "We really fell in love with the industrial look of the kitchen, and when we experienced it for the first time in real life, we could see that it was also very robust. Which is important when



used in a professional context such as a B&B. That was a big plus for us, since we like our guests to use the kitchen every day - it's not just for show."

The black kitchen was an ideal match for the concrete details of The Bunkers, and the modular concept of the Vipp kitchen made it possible for Axel and Margaux to choose a configuration that matches the needs of hosting a B&B.

#### The B&B

Although opening a B&B was not something

Axel and Margaux had really planned for, the idea came to them when the property went on the market. "When we saw The Bunkers was for sale, we were ready to sign the purchase contract on the spot. But we had to find out what to do with all that space. A B&B seemed like the ideal choice, because we really like the idea of people coming to experience the unique nature and surroundings of Knokke," says Axel.

A visit to The Bunkers B&B is indeed an opportunity to explore the unspoiled nature of



## "ONE DAY, AXEL'S DREAM CAME TRUE"

Belgium. The area around The Bunkers is a protected bird sanctuary, which allows for unlimited explorations of the nature and wildlife. "We imagined The Bunkers as an exclusive retreat, where you can recharge your batteries. We wanted to offer the complete package; you can relax, explore, swim and socialize. Everything is available within our 250m2. And you can eat your breakfast to the view of fields and sheep, what more can you wish for?" says Axel.

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# LIFE OF LEISURE

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Interview

## Saoirse Ronan: Your mam is your mam

*Together* sat down with a young woman who has the world at her feet

**A** three-time Oscar nominee after receiving her third nod for *Lady Bird*, Ronan has been hailed by her peers since a breakthrough performance in *Atonement*. Only last year, Ryan Gosling, whom she worked with on *Lost River*, called her 'Mini Meryl.' Praise from Caesar indeed!

Since bidding adieu to the teen roles that dominated her early career, Ronan has successfully transitioned into a leading actor with roles in *Brooklyn* and her upcoming turn in *The Seagull* courting rich critical acclaim, as well as respect from the industry, even if it was her titular performance as teen schoolgirl *Lady Bird* in Greta Gerwig's directorial debut that earned Ronan her largest plaudits yet.

Her new film tells the heart-breaking and funny story of friends and lovers, all of whom are in love with the wrong person. The movie is timely in its depiction of the tragic consequences of narcissism, particularly on young dreams and romantic love.

Chatty and warm, Saoirse chats about her relationships with her parents and why she feels due a bout of teen rebellion. The star also talks about her friendship with Margot Robbie, #metoo, gender specificity in Hollywood and feeling like a failure after a string of box office bombs.

**Together: Tell us about your friendship with Margot Robbie.**

**Saoirse Ronan:** She's my buddy. We genuinely had such a laugh on the set and when you know you're going to some event, you might be a bit wrecked or whatever but







then I'll find out Margot's going and I'm like, 'Yes, it's going to be a good night.'

**A lot of your roles look at family relationships – does that say a lot for you in terms of your upbringing?**

I'm really close to my parents, have different relationships with them but still really tight. I'm an only child so we were this little unit growing up, my mother, I think for everyone, it's the most important relationship and I'm not diminishing what I have with my dad but maybe we're two women, we understand each other. She travelled with me when I first started out working and was always my protector and shielded me from the effects of the industry - she's my best friend and always will be.

**Have you had blow-outs?**

Again, we have a pretty smooth, solid dialogue, there's never any scarpiness between us. The relationship with your mam is the most important relationship you'll ever have in your life, in terms of those formative years. Your mam is your mam.

**Were you a teen rebel?**

I skipped the rebellious phase. So it's coming, look out mam and dad [laughs]. 24-year-old rebel [laughs]. I think, I don't know, I think that typical kind of rebellion can be born from a feeling of being trapped and I never had that while I was in my teenage years because I was very much free and out in the world, working on all these different movies, having these liberating experiences and meeting really wonderful people, it would have been strange to feel hemmed in while doing all that. And I'm a big rule follower, I am. Never break the rules, couldn't do that [laughs].

**Are you the sort of person who pines for those teen things like graduating and college that you never got to experience?**

I wouldn't go back and change anything. What I would say is acting gives me a little insight into what it might be like to experience things I didn't. That is definitely one of the advantages of being an actor... getting a slice of life you might not ordinarily experience.





**“ TIMELY IN ITS  
DEPICTION OF  
THE TRAGIC  
CONSEQUENCES  
OF NARCISSISM ”**



**“ SHE’S MY  
BEST FRIEND  
AND ALWAYS  
WILL BE ”**



**Were you planning on college at any point?**

I did want to go but then life gets in the way and I didn't. Maybe I will in the future, who knows.

**You now live in your own home in London but spent a lot of time living in New York (while performing in a Broadway production of Arthur Miller's *The Crucible*)?**

I need to do that. I had been living a very sheltered life once I started working in films and I was always traveling with my mum and usually living in hotels and I never had to worry about cooking for myself or cleaning up or any of those basic things.

I've truly enjoyed living in London and New York and living on my own has given me a much greater sense of independence and I've also become less introverted. Being on your own forces you to grow up and discover life for yourself.

**How have you managed to stay grounded while dealing with your celebrity and everything that comes with having success at a young age?**

I've drawn a lot of strength from my parents and also the support of some good friends. I've known other actors who are very cynical about this profession and I never want to become like that.

Of course, I also want to be able to earn money and afford a good life for my family should I ever have one. But I want to do that while I am able to put all my heart into my work and continue acting in projects that I believe in because acting is something I love very deeply.

**You've said before you've talked of periods in your career where there was a lull that worried you. You're long past that now but how do you look back at that stage?**

Yeah, there was a period before *Brooklyn* where I was like, 'I need something to take off,' because I hadn't been in anything for a while





## “ A SLICE OF LIFE YOU MIGHT NOT ORDINARILY EXPERIENCE ”



that had been a hit and it does affect your career, it does affect your marketability, for want of a better way of saying it. It's not a nice reality but it's the reality of the business.

Plus, I was 20, 21 at the time, going through that period where it was a transition from the teen years, to young adult and it's tricky and unknown and you start second guessing yourself and second-guessing decisions you made. Maybe I should have done that etc. It's the nature of the job. But no, *Brooklyn* was that sort of transitioning to adult world roles for me and it's amazing how one role, because that's all it takes, one role can change everything.

It changed the trajectory of my career, yeah. I wouldn't have gotten the opportunity to do some of the more recent work I'm doing now without it, for sure.

**The sexual harassment controversy, what is your take on it and how did it make you feel?**



## “ YOUR MAM IS YOUR MAM ”



I think my overwhelming emotion was disappointment. I wasn't a shock that it was going on, everyone knew there was certain elements of predatory behaviour happening, but I think the real shock was the frequency and sheer huge number of people preyed upon that was so galling.

It makes me sad that people, people that I know and worked with, were going through this and suffering in silence and feeling unsafe when they stepped onto a film set and hopefully after this, because I hope it doesn't just fade away, that no one will ever again feel unsafe on a film set.

**Did you ever experience anything?**

I was hugely protected by my parents, and my mam was always there. But one thing that I've realized, it's started to make me think over my own experience with producers and people, talking or acting in a way that wasn't right and realizing now, that's not ok. That's not right.







## “ ACTING IS SOMETHING I LOVE VERY DEEPLY ”

**Much was made of Greta Gerwig's inclusion in the awards circuit category for directing because she's a woman. Does it make you mad to think this is still a topic?**

I've never seen it like, 'Oh now I'm being directed by a woman, this is going to be a very different, unique experience', I'm non-gender-specific like that, they're either a good director or a bad director to me. And actually, my first movie ever was with a women director, so it's never been something I've sort of sought out. I've worked with lots of female directors.

Perhaps that's a naïve approach because clearly, there's been an imbalance to say the least. But all anyone can do is be a good director, a good filmmaker, and try their best to ignore what's going on around them.

**Would you like to direct?**

I'm terrified of the prospect. But watching Greta, the idea is a lot more appealing. Scary but appealing. And this was her first film and she was so open and collaborative with the actors, it was a good lesson. ❶

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Circassians, mostly artists of Cirque du Soleil. Finally, the highlight of the stay for golfers, 3 high-end courses located less than 20 minutes away from the Resort. Thanks to the concierge golf, you can plan your stay according to your level and your wishes, enjoying the magnificent greens by the sea.

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Completely renovated, the Taco Arte Beach Lounge awaits you all day long to savour the

best Mexican specialties facing the sea. While families will appreciate the supervision of children from 2 to 17 years old and the new pool exclusively dedicated to them, couples will be able to escape to the 5-Tridents Jade Space, a true cocoon of serenity. For globetrotters' eager for discoveries, board the unprecedented sailboat 5-Tridents Club Med 2. During the winter of 2018-2019, the boat will sail to the Caribbean and continue its journey to South America, towards Costa Rica and Venezuela. Then, it will head to the San

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## Warwick Brussels: Old-style charm and five-star service

**James Drew** looks at the improvements and refurbishments to this classic hotel

**I**t's a new broom that sweeps clean, and Warwick Brussels' new General Manager Alain Vanbinst is certainly a man with a mission.

"As well as the extensive refurbishment of 50 classic rooms, the Salon Warwick meeting room and the corridor of the hotel's mezzanine floor, which took place at the beginning of 2018, the Dugesnoy meeting rooms will be renovated in July and August, and we will be acquiring new furniture for all our remaining meeting rooms," Alain explains.

"In addition, from a cultural perspective, we will be introducing regular food and wine tastings, both at the Warwick Brussels and at our sister property Barsey by Warwick, where we recently relaunched The Avenue Restaurant and terrace!"

The location of the hotel is obviously among the best that Brussels has to offer, with the recently refurbished Junior Suites Privilege View offering marvelous views of the Grand'Place.

"There is always a strong focus on five-star service for our clients," adds Alain, "and, with the new management team in the process of creating attractive residential packages for guests, and working on indoor team building activities for September/October this year, it's



go, go, go!"

Its location and facilities are very difficult to top in Brussels – the sublime beauty of the Grand Place, the Belgian charm of the Manneken Pis and the other delights of historic Brussels are all but a walk away, while Chutney's Restaurant and Bubbles Bar

offer the very best in cuisine and relaxation.

In addition, for those who like to seriously chill out, there is a fully-equipped fitness centre and sauna, which are open from early in the morning to 22h00 every day.

"It's all about ensuring that we maintain the loyalty from our existing clients, and that our reputation attracts many more new visitors," Alain declares – and we are sure he will fulfill his goal.

The Warwick Brussels is there to be enjoyed – you will not regret paying a visit.

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# Belambra Clubs: What's new for 2018

*Together* takes a look at the Belambra Clubs in France's most celebrated holiday resorts

**A**h, summer, and you are where you want to be! Whether enjoying dangling your feet in the warm water or hiking on the mountain pastures, the more than 50 Belambra Clubs offer holidaymakers unforgettable experiences in France's most beautiful locations. Between redesigned clubs (both renovated and enlarged), with family or friends, come and relax and rediscover the charms of France for holidays that are full of memories and emotions.

## Côte d'Azur

This is the destination that dazzles! For an ideal holiday in the water, Belambra Clubs invites you to enjoy the Mediterranean, which offers wild nature in a breathtaking setting between heavenly beaches, palm trees and steep peaks. A dream destination to enjoy in the French Riviera!

## Riviera Beach Club

The Riviera Beach Club has been described as the new Eden of the Presqu'île de Giens. Nestled in an exceptional setting, the Club is getting a makeover this summer with an extension to the site! Holidaymakers will discover 100 new, contemporary-style, cozy villas in a Mediterranean garden of 12.5 hectares. The club will also offer more than 600 metres of white sand on one of the most beautiful beaches of the French Riviera in front of the island of Porquerolles. Optimal



comfort is key, and Mediterranean wellness does not stop there, as after having travelled across the beautiful region of the Côte d'Azur, holidaymakers can relax in the brand new indoor heated pool or the new Bela'Spa for a steam room session, sauna or massage. Enjoy delectable idleness, sports experiences, terrific shows, tasty dishes and wine or simple walks... Everyone will find their happiness in the exceptional Riviera Beach Club!

## Lou Pigno Club

The Lou Pigno Club at Le Pradet sits in a green setting in the heart of the Var countryside: Belambra Clubs is giving you the chance to rediscover its Pradet club in a new light, an opportunity to live the ultimate experience with a full children's and sports activities program, modernized living spaces (bar, restaurant, spa) and beautiful air-conditioned rooms.

Located in the heart of the Var landscape, Lou Pigno only adds to the pleasures of its surroundings: between a rendezvous on

the islands of Porquerolles and Port Cros, swimming in the turquoise waters of the creeks of Cassis, discovery of the Provencal markets and crossing the wine route of the Var, the location is ideal for exploring the riches of the region and fully enjoying your holiday.

## Le Verdon

For a relaxing and exotic stay, it has to be the Le Verdon club in Montpezat-en-provence – on the hillside, in a soothing natural



environment with intense greenery, the feeling of wide open spaces provided by the "Le Verdon" Club owes much to its panoramic view of the regional natural park, particularly from its 400 sqm heated swimming pool.

And why not enjoy the mountain? While some are addicted to their beach towels, others prefer to put on their crampons to discover the most beautiful massifs of France for a truly sporting vacation! Relaxed family outings, hiking or horse riding, zip-lining or mountain biking through the summer, Belambra Clubs allow you to conquer the joys of the mountains in summer.

All hiking and summer skiing lifts are included in your stay, as well as a multitude of activities for all, such as swimming pools, tennis,

swimming in the lakes, hiking, mountain biking, kayaking, sports tournaments...

## The Golf Hotel

Why not try the brand-new Golf Hotel for a summit holiday in Les Arcs? Belambra Clubs presents its brand-new Club Selection, in the heart of Les Arcs: The Golf Hotel. The club has 246 rooms, several restaurants and a spa for well-being breaks. The multi-leisure card is included in your stay and offers a choice



of activities and access to lifts for your walks and hikes. The rooms and living areas are decorated in a contemporary and cozy style, with sophisticated colours enhanced by a warm touch. The big plus of the club? An outdoor swimming pool to enjoy the summer

in a breathtaking natural setting! Located on the mountainside, the club offers a breathtaking view of the peaks of Mont Blanc, a total change of scenery.

It's all about the Belambra commitment – comfortable and welcoming living

spaces, delicious French food served buffet style and, of course, a truly tailor-made holiday that keeps everyone happy, with sport, kids' clubs and first-class entertainment. Enjoy! [www.belambra.com](http://www.belambra.com) 

**“ HEAVENLY  
BEACHES, PALM  
TREES AND  
STEEP PEAKS ”**



# Steigenberger Wiltcher's Hotel: The wedding of your dreams

Together takes a look at an amazing Brussels wedding venue

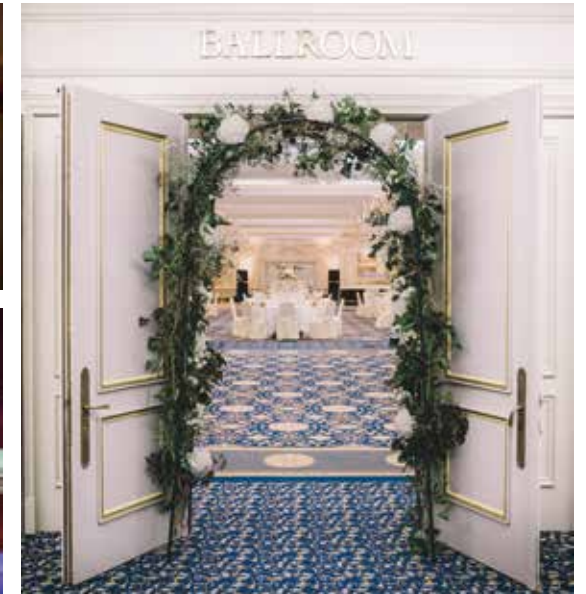


When it comes to celebrating the first day of the rest of your life, nothing can be too grand – be it arriving at your reception venue in a horse-drawn carriage, to ice sculptures, floral arrangements and the best wedding meal in town, Steigenberger Wiltcher's Hotel, just off Avenue Louise Brussels, has it all absolutely covered.

The hotel must rank as Brussels' grandest – palatial in style and scale. It has everything a grand hotel should have, including a long history. Lying close to the upmarket shopping streets of Avenue Louise, it is a short journey from Brussels' historic centre.

Just imagine walking into the sumptuous ballroom, arm-in-arm with the love of your life, with the band playing while you soak up the applause and admiration of all your nearest and dearest friends. With decor that can be completely tailored to your tastes and welcome drinks and *canapés* before the delicious meal, expertly prepared by Steigenberger Wiltcher's world-class chef, this is truly where dreams begin and treasured memories are made.

As well as the ballroom, you and your guests can also have the complete use of the hotel's terrace and inner courtyard, for a truly magical evening, and of course your wedding night together is included. The ballroom is the largest



column-free ballroom in Brussels and, as it is spread over three rooms, its entire surface can be completely adapted to your heart's desires. Or, if you prefer a more intimate reception, you can opt for the Salon Empire room, which has natural daylight and a view of Avenue Louise.

The wedding offers available are the Everlasting Package (30-minute opening cocktail, three-course dinner, fine wines) and the Timeless Package (one-hour cocktail, four-course dinner, fine wines) – more information is available on both on the hotel's website.

And the hotel's team can even create a 3D visualization of your proposed reception to help

you visualize it, all part of the service! And, for all those extra details, such as exactly how you want your flowers arranged and if you wish to have ice sculptures, all you have to do is talk to the team, they will be more than happy to help.

For a day that will be yours, forever, Steigenberger Wiltcher's.

Steigenberger Wiltcher's  
Avenue Louise 71,  
1050 Brussels  
Tel: +32 (0)2 542 42 42  
[www.steigenberger.com/brussels](http://www.steigenberger.com/brussels)



# Hotel G: Urban escape time

**James Drew** takes a look around two of the Hotel G group's hotels in Hong Kong

**P**lenty of natural light and offering amazing views. The location is Tsuen Wan, Hong Kong. The iconic Bay Bridge Hotel, which was extensively renovated in 2015 by the Hotel G group, is now very much the trendy 'urban escape' styled for the new generation of millennial travellers.

Renowned for providing new lifestyle experiences, the Hotel G brand extends to Bangkok, Pattaya, San Francisco, Hong Kong, Shenzhen, and Yangon.

The Bay Bridge is aimed squarely at business travellers and tourists who are looking for an affordable yet design-centric hotel option only 20 minutes away from Tsim Sha Tsui and with convenient access to the airport and Hong Kong's public transport networks.

The rooms – some of which have outdoor terraces and kitchenettes – are spacious and resplendent with natural light in a contemporary, clean, bright style with all modern amenities and cushioned window seating, and all have spectacular views over the South China Sea.

Recreational facilities? There are many,



including an outdoor swimming pool with saunas and jacuzzis, along with an expansive fitness centre – plus convenient hill-hiking minutes away in Shing Mun Country Park and Tai Mo Shan Country Park.

And, as far as gastronomy is concerned, look no further than Anchor's Seafood and Beer House – the hotel's award winning restaurant is open throughout the day, serving great value for money buffets for breakfast, lunch and dinner plus weekend brunch with Asian, Thai and Western dishes, as well as a delicious à la carte menu that is available from 11h00-22h30. Also overlooking the sea, the spacious restaurant has a contemporary design featuring plenty of natural light and offering amazing



views. The beer bar boasts both draft and bottled beers along with beer towers and a terrace with outdoor seating, perfect for happy hour or to enjoy the view and savor barbecue dishes.

Bay Bridge General Manager Peter Pfister says: "There is nothing else like this hotel in the area - a stylish and affordably priced haven of tranquility and relaxation overlooking the South China Sea, yet within 30 minutes of just about everywhere in Hong Kong. This is a value-for-money concept for business and leisure travelers, seeking short or long stays – yet with all the modern style, functionality and convenience the millennial travel market now expects."

The other jewel in the Hotel G group's crown, the Residence G, has been designed as a 'space to relax', with a predominantly 'film noir' black and white theme that pays tribute to both Hong Kong's movie-making heritage and the building's industrial past, Residence G Hong Kong is a 38-room lifestyle hotel located in Tsim Sha Tsui, a walking distance from TST and Jordan MTR stations.

Residence G Hong Kong reflects the rhythms of metropolitan Hong Kong with understated glamour in leafy Austin Avenue, a quiet backwater of Hong Kong's famous 'Golden Mile' – just a stone's throw from trendy nightlife enclave Knutsford Terrace and Kowloon Cricket Club.

Five unique categories of cutting-edge guest

rooms combine functionality with style. From the Good Room (206sqf) to the big loft style Penthouse (1,147sqf) on the top floor for both short and long term guests, all rooms include complimentary features: high speed wireless internet, handy smartphones, Bluetooth speakers, LCD smart TVs and coffee/tea making facilities.

Facilities also include cosy lounge with open-air terrace exclusively available for guests to work or mingle.

And, as far as food is concerned, the hotel also houses a famed restaurant concept, Scarlett Café & Wine Bar – here, enjoy a mouthwatering, juicy steak with quality and authentic flavour in their beautifully tender Australian 60-day dry-aged beef. Join the carnivore journey at Scarlett and decide which cut of beef you prefer; striploin, rib-eye, T-bone or prime rib!

It really doesn't get much better than this – Hotel G has your Hong Kong business break, tourist travel or dream holiday absolutely all in hand. Put your faith in the very best of Hong Kong!

**Baybridge Hong Kong by Hotel G**  
[www.baybridgehongkong.com](http://www.baybridgehongkong.com)

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**LIFE OF  
LEISURE**

Travel

# The Hotel: Green and sustainable

This month we look at the sterling efforts of a Brussels luxury hotel to get even greener

**L**ike many of you, we at *Together* often stay in hotels across Europe and far-flung places on the other side of the globe. Over the years we have happily noticed –the tendency for hotels establishments to play their part in environmental issues. It was relatively recently that we became aware that quality hotels encouraged us to leave towels on the rails and only put those we wanted washed on the floor – seems like a small thing but when you add it all up worldwide the hotel business is having a very positive impact on the health of our environment.




major aspect of it all is the 'cogeneration system', which basically uses energy more efficiently. It doesn't vanish into the atmosphere, it's reused elsewhere - the scientists call it 'useful heat'.

All appliances that use water, from the shower

in your room to the sinks in kitchen, are designed to save water, a vital but sadly diminishing resource on the planet. They also encourage you not to put recyclable products in the bin but rather leave them out so they can sort them into their respective bags for you.

The Hotel stays local whenever it's possible when it comes to food, following the example of the many top restaurants in the city by offering a varied fare, organic and following the seasons – and it tastes good too!

It's little surprise that the people at The Green Key initiative stamped the certificate that made The Hotel part of a powerful, effective eco project for the tourist industry. The Green Key states: "A Green Key stands for the promise to its guests that by opting to stay with the Green Key establishment, they are helping to make a difference on an environmental level."

When you turn your room key in The Hotel you are helping to unlock sustainability.  
[www.thehotel-brussels.be/en](http://www.thehotel-brussels.be/en) 

Close to home, here in Brussels, there is one hotel that takes this issue very seriously indeed and has gone further than others to improves its – and our - carbon imprint. You'll no doubt have spotted that grand, tall hotel rising up from the Boulevard de Waterloo. Behind those gleaming window panes, all manner of initiatives have been put in place in order to improve Brussels' quality of air.

The towels on the bathroom floor are a given but The Hotel management has applied vigour across the board to ensure that when your stay is over you know that you have played a part in their worthy endeavour. When those towels – and everything else – are washed, the detergents are environmentally friendly too. A



# Rachel Khoo: Living life on her terms

**Gemma Rose** meets the British cook sensation, who also happens to be her idol

**P**ersistence is a prized possession of Rachel Khoo's. Ever since the British food creative burst onto BBC television over six years ago with her cookery programme *The Little Paris Kitchen*, she's published two more cookbooks (with the third to be released at the end of July), presented four more programmes, launched her online lifestyle platform 'Khoollect', as well as done an array of food writing and consulting; and she's still in her 30s! I've taken a leaf from her book and persisted in interviewing her because she is my role model: with grit, good-humour and guts, Rachel is living life on her terms.

Our interview takes place on either side of the world, 9,000km apart, thanks to Skype. Rachel is in cool, fresh Sweden (where she lives with her husband and son) whilst I'm in hot, tropical Sabah. I'm sitting at the desk of my corporate French hotel room, whilst she appears in a bright room with bare, pale walls, which looks very Scandinavian. Both of us natural, relaxed and content, we easily jump into conversation, like catching up with an old school friend. I secretly hope this easiness is partly because we share some common ground – similar in age and origin (both being half European, half Malaysian), growing up in London and settling in Europe – like two peas in a pod. Wishful thinking aside, it's probably because she is simply a friendly, down-to-earth person.

Rachel was born in Croydon, south London, to an Austrian mother and Malaysian father. She grew up with a lot of Eurasian food fusion: stir-fries, schnitzel, rendang and roast dinners. Despite being exposed to such rich and varied



cuisine, sometimes she just wanted to eat chicken nuggets and chips like her schoolmates did. "Being culturally different wasn't embraced in the 80s," she says, her south London accent still clear after many years abroad. "My mum used to make curry puffs (a Malaysian savoury pasty) and my

**“ SHE BOARDED THE EUROSTAR, WITH £600 IN HER POCKET ”**

brother and I didn't want to bring them to school because it was embarrassing. We didn't want to stand out." At school, a career in food never crossed her mind. Instead, she wanted to be a physiotherapist ("I was told I was too short to be one"), and when that fell through, a politician.



Her professional interest in food began when she worked with food stylists during her art and design degree at London's Central Saint Martins. After graduating, she continued food styling on the side whilst working full-time in fashion PR to pay the bills. In order to break into the business, she was advised to have some hands-on cooking experience. So, she registered at Le Cordon Bleu culinary school in Paris. She says: "I thought I'd give Paris a shot. I said to myself that if it didn't work out then I could always come back to London and get a job." In 2006, she boarded the Eurostar, with £600 in her pocket and no French in tow.

After obtaining her pastry diploma at Le Cordon Bleu in 2010, she wasn't quite finished with Paris. A culmination of circumstance (the mother of the family she was au pairing for introduced her to an owner of a culinary bookshop, which in turn introduced her to food writers); strong multi-tasking skills (she had up to four different jobs at one time); initiative (she wrote two cook books in French); and sheer determination brought her knocking on the



doors of UK book publishers - not to mention the BBC - with her story: a young British woman cooking French classics with a twist, using two gas rings and a mini oven in her 21 metres square studio apartment. She tested her recipes by converting her studio into a pop-up restaurant, where guests donated to cover the cost. *The Little Paris Kitchen* cookbook became a smash hit, selling over 120,000 copies and translated into 14 languages. The BBC TV series, based on the book, pulled in as many as 1.5 million viewers per episode.

Although the show painted a romantic picture of a young woman living her dream in Paris, making delicious dinners in her little kitchen, the reality was quite different: "There was mould on the walls, the paint was peeling, the electrics needed fixing and I could hear the neighbours snoring," she groans. Also, her journey from getting off the Eurostar to having a best-selling cookbook and TV series was no picnic. "In Paris, if you are not French, then it's very hard to break into the culinary world. There were many points when I was broke, depressed, and had to borrow money. But I battled through because there was always something on the horizon, which made me work that bit harder." Getting *The Little Paris Kitchen* taken on was a battle - seven publishers rejected it, but she persisted.

One would think after all the obstacles overcome and success that has ensued, failure for Rachel would be a thing of the past. "I'm met with failure all the time. 2017 was a really hard year for me," she admits bleakly. "People just don't talk about failure enough." But like many successful people, it doesn't stop her from moving forward: "If it doesn't work one way, then I'll try a different way. There are so many ways to do things."

What is remarkable about Rachel is her energy: one minute she's mixing up culinary

techniques and influences, the next she is providing lifestyle tips on her online platform. She gets ideas through podcasts and social media as well as from nature and the everyday. "I try to be open and find inspiration in so many different ways," she says. "If you are working in the food world, it's very important to move beyond that world." She does however recognize the pressure nowadays to constantly be creating, especially on social media. Therefore, she tries to find the balance, channelling her energy in testing recipes and having a rest now and then. "It's good to have down time. I love to sit in the bath and have a piece of chocolate with a cup of tea."

Thanks to Rachel, the budding cook or busy bee needn't be intimidated to take on the classics nor the extravagant. Her new cookbook *The Little Swedish Kitchen* follows the theme of its Parisian predecessor: "Little-ness' is more of a mind-set," she says. "It is the way that I write recipes: they are approachable; they are for home cooks. Whatever you have at home, you should be able to make it."

Once I return home to Brussels, I watch some episodes of *The Little Paris Kitchen* again. I marvel that I got to interview someone I have admired for so long, who - like her recipes - is just as approachable, colourful and fuss-free.

*The Little Swedish Kitchen* by Rachel Khoo is available to purchase on 26 July. Printed by Michael Joseph, an imprint of Penguin Random House. Follow Rachel on Instagram @rachelkhooks or on her website

[www.rachelkhoo.com](http://www.rachelkhoo.com) ●

“ IT’S VERY  
IMPORTANT TO  
MOVE BEYOND  
THAT WORLD ”

# Cod with asparagus and egg

**Rachel Khoo** offers her recipe for *Torsk med äggsås, sparris och persilja*

**S**wedish dishes often mix flavours and textures that quite simply translate into the ultimate plate of comfort food, and this creamy egg sauce with a perfectly cooked piece of cod happens to be one of them. The sauce is reminiscent of something you might have on a cold day but combine it with white asparagus (which is one of the vegetables that crop up towards the end of spring) and it signals the promise of warmer weather. I like adding a touch of horseradish for some heat, but feel free to leave it out if you prefer.

Serves 4. Preparation time: 30 minutes.  
Cooking time: 15 minutes  
25g sea salt, plus extra for seasoning  
500ml water  
600g skinless cod fillet, cut into 4 pieces  
2 heaped tbsp butter, plus extra for the vegetables  
8 white asparagus  
8 bulbous spring onions  
white pepper  
zest and juice of ½ a lemon  
1 heaped tbsp plain flour  
375ml whole milk  
125ml single cream  
a handful of curly parsley leaves  
2 tbsp finely grated fresh horseradish, plus a little extra to garnish  
4 medium hard-boiled eggs, peeled and roughly mashed with a fork

Preheat the oven to 220°C/fan 200°C/gas 7. In a large glass or ceramic bowl, whisk together the 25g of salt and the water until the salt has dissolved. Place the cod in the bowl, making sure it's submerged, and leave for 10 minutes. Remove the cod from the water and



dab off any excess moisture with a clean tea towel. Put the cod into a baking dish and dot with half the butter. Cover with aluminium foil and bake for 10–15 minutes, or until the cod is cooked through and flakes slightly.

While the cod is cooking, trim and peel the asparagus. Trim the spring onions and discard the green tops. Bring a large pan of salted water to the boil and add the asparagus and spring onions. Cook over a medium heat for 5





minutes, or until the asparagus is al dente (insert a sharp knife into the base of the asparagus; if it slides through with little resistance, it's ready). Remove with a slotted spoon and toss in a bowl with a knob of butter, a pinch of pepper and a squeeze of lemon juice while still warm.

Melt the rest of the butter in a medium-sized saucepan. Stir in the flour until it forms a lump and beat hard. Gradually whisk in the milk, cream and lemon zest. Bring to the boil and cook for 1 minute before taking off the heat and stirring in a generous amount of salt and white pepper. Check the seasoning and adjust to taste. Chop the parsley leaves and stir most of them in, then add the 2 tablespoons of grated horseradish and the mashed eggs.

Divide the asparagus and spring onions between four plates, place a piece of cod on top and pour over a generous ladle or two of the smashed egg sauce. Sprinkle over some



freshly grated horse-radish and the rest of the parsley, and serve with some new potatoes, if you like. Top tip: Trim about 2cm from the woody end of the asparagus, then lay the spears flat on a board and peel the stems with a vegetable peeler.

## “ CREAMY EGG SAUCE WITH A PERFECTLY COOKED PIECE OF COD ”

Two other recipes we like... Cardamom bun bombe Kardemummabullar bombe If you happen to have day-old, slightly stale buns lying around, this is a good way of using them up. I've also made this dessert using bought buns when I've been short of time and need a quick and easy dessert for a dinner party.

Smoked sausage stroganoff Korv Strogano This is another Swedish comfort-food classic, but one you're unlikely to see served outside of work canteens or someone's home. It's usually served with rice, but I like to serve mine with pasta and add a few (elderberry) capers to the sauce for a bit of a kick. [www.rachelkhoo.com](http://www.rachelkhoo.com)

# La Maison du Luxembourg – Top of the Ardenne's terroir

Welcome home: When Belgian Luxembourg comes to Brussels

Until December, Belgian Luxembourg, the Ardennes, will be appearing in the capital. Land of nature, legends and sport, gourmet heritage and the millennium, Belgian Luxembourg has not finished surprising you. In this context, Belgian Luxembourg will offer its very best in the restaurant La Maison du Luxembourg.



And it begins with the gastronomy. Philippe Lecomte, the chef of the La Maison du Luxembourg restaurant, will promote local Ardennes products thanks to his inventive cuisine. Anchored in the heart of the European district, La Maison du Luxembourg has become, over the years, a renowned table. From farm-fed bacon wrapped in grain-raised poultry, orange-maitrank sorbet, watercress, to farm-reared eggs and Ardennes ham, the chef from Rochehaut knows how to put his terroir in the limelight.

### Arlon and jazz in the spotlight

If there is one evening not to be missed this summer at La Maison du Luxembourg, it is Tuesday 17 July. An intimate concert from the Gaume Jazz Festival will present Arlean musician Rudy Mathey from the Accord'Art trio to the Brussels public. Maitrank, the flagship drink of the Arlon region, a blend of sweet white wine and woodruff, will also be on tap.

Why not book a table in the evening and first enjoy a musical and tasty aperitif? An exhibition of the most beautiful landscape paintings in chiaroscuro by the artist Pascal Jaminet is also waiting to be discovered during summer.

The Belgian Luxembourg Tourist Federation, with this original programme, wants to catch the eye of the visitors and inhabitants of the European district to promote the wealth of the Belgian Ardennes. Art, gastronomy, nature, the green lung of Belgium is well represented in the capital. Do not miss your opportunity!

The detailed programme up to December is available at the Maison du Luxembourg restaurant and on the website: [www.luxembourg-a-bruxelles.be](http://www.luxembourg-a-bruxelles.be)

**Maison du Luxembourg**  
**Rue du Luxembourg, 37 – 1050 Bruxelles**  
**+32 (2) 511 99 95**  
**info@maisonduluxembourg.be**  
**www.maisonduluxembourg.be**



# It's summer, it must be Cava

We look at the background to Catalonia's classic bubbly

**T**he area has a long winemaking tradition and was the birthplace of the sparkling wine Cava, invented in the early 1870s in Sant Sadurní d'Anoia by Josep Raventos of Codorníu Winery. At the turn of the 20th century, the Catalan wine industry was at the forefront of Spain's emergence as a world leader in quality wine production, being the first Spanish wine region to adopt the use of stainless steel fermentation tanks. The area is also an important cork production region, with output a hundred years before the Romans arrived there. The Romans had a major influence in the development of Catalan wine-growing, particularly around Tarragona, the Roman capital of occupied Spain.

Cava was invented in the Penedès region and eventually became an internationally recognized wine style. During the 20th century, the Catalan wine industry became one of the leaders of the innovation behind the Spanish wine revolution, embracing modern winemaking techniques and increasing the plantings of international grape varieties. The region received international attention in 1979 when a bottle of Torres 1970 Gran Coronas Black Label (a blend of Cabernet Sauvignon, Tempranillo and Monastrell)



was secretly entered into the "classified Bordeaux wine" category of the Gault Millau Wine Olympics and ended up winning that category. The local Macabeu, Parellada and Xarel·lo have since become established as the most popular grapes for producing Cava. Early versions were called champán or xampany after champagne, but this practice ended

when the EU awarded Champagne Protected Geographical Status. Catalan winemakers adopted the name Cava after the Catalan word for cellar, where the wines were traditionally stored.

According to Spanish wine laws, Cava can be produced in six wine regions (such as Aranda de Duero, Navarra and Rioja) but 95% of Spanish Cava production takes place in the Penedès region. In order for the wines to be called 'Cava', they must be made in the traditional méthode champenoise. Wines made via the low-cost Charmat process may only be called 'Spanish sparkling wine'. A rosé style of Cava is also produced in small quantities by adding still red wines from Cabernet Sauvignon, Garnacha or Monastrell to the wine. The first Cava to use the Chardonnay grape was produced in 1981.

[www.docava.es/en](http://www.docava.es/en)



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LIFE OF  
LEISURE

What's on

# What's on Belgium

*Bacchus & Ariane, fresque fresco Museo  
Archeologico Nazionale di Napoli*



## Pompeii: The Immortal City

The Museum of Europe, a nonprofit organization, in collaboration with Tempora and its Italian partner Civita, have organized an exceptional

exhibition in Brussels on the history of Pompeii entitled: 'Pompeii: The Immortal City'. The Museo Galileo Firenze and the Museo archeologico nazionale di Napoli have produced the scientific scenarios within the

exhibition layout. This exhibition plunges the visitor into the heart of the drama and the ruins of the ancient city. Spectacular immersive moments allow the visitor to experience the destruction of the city and to identify with the inhabitants of that time, immobilized by the volcano's ashes. Over one hundred archaeological items originating from Pompeii, including a large number being exhibited for the first time, demonstrate the knowledge that the Romans had about nature as well as their scientific and technical know-how at the moment Vesuvius erupted in 79 A.D. All the latest techniques of modern-day museology have been exploited in order to bring to life this ancient city, destroyed in 79 A.D. **Until 5 August**

**August**  
[expo-pompeii.be](http://expo-pompeii.be)

## THE ART OF DIFFERENCE: SCIENTIFIC RESPONSES TO DISABILITY & APPROPRIATIONS THROUGH ART

The Université libre de Bruxelles, in partnership with BOZAR and in collaboration with the ULB and VUB research centres, is proud to present the exhibition, The Art of Difference, a scientific, historical and artistic exhibition about disability. Thanks to new technologies, research into



sensorial, physical and mental handicap has led to many new inventions. These innovations have undoubtedly improved the day-to-day life of people suffering handicaps and those caring for them. However, they have also ignited many discussions around the augmented humans and transhumanism – a debate that is also addressed and challenged by artists through their work. **Until 26 August. BOZAR. Free**  
[www.bozar.be](http://www.bozar.be)



What's on

### Paul Taylor dans Franglais

Paul Taylor's stand-up comedy is 50% in French et 50% en anglais. He's coming to Belgium to take part in the Waterlol Comedy Festival. How many kisses do you have to do when saying hello? Pourquoi y-a-t'il 15 jours dans deux semaines? Why are French anglicisms not real English words? Ce sont des questions que Paul Taylor se pose tous les jours. Paul is a bilingual Brit confused about his identity. Il parle français



comme un Froggy mais il pense comme un Rosbif. This is why, in 2015, he quit his job at Apple to take to the stage and find some answers. **14 September, 21h00-22h30.** Waterlol comedy festival, Salle de Jules Bastien, Waterloo. **Tickets:** social media, Ticketmaster and MediaMarkt in Braine l'Alleud [www.waterlol.be](http://www.waterlol.be)

Photo © Fifou

### Leo Copers

BOZAR, in partnership with SMAK, M HKA and the Middelheimmuseum, is commemorating the fifty-year career of the Belgian artist Leo Copers, who has built up a multifaceted body of work since the late 1960s, consisting primarily of sculptures, installations and performances. The artist uses symbols and metaphors as points of departure to create surreal-looking objects. In doing so he has consciously maintained a distance from the trends within the international art scene. At BOZAR, Copers exhibits a series of works on paper that occupy a crucial position within his artistic trajectory, with drawings and paintings refer to significant exhibitions and performances that the artist has put on or intends to put on complemented



by the LICHT WIT GENERATOR [Light White Generator] and sketches, designs and drawings that form the basis of many of Copers' projects but rarely see the light of day, if at all. **Until 9 September.** BOZAR. **Free** [www.bozar.be](http://www.bozar.be)



Chef Adwin Fontein



**La terrasse de l'hôtel Sofitel Brussels Le Louise devient le lieu chic de cet été avec une offre culinaire estivale tout BBQ façon show cooking.**

Niché au premier étage de l'hôtel Sofitel Le Louise, il est un des havres de paix les plus secrets et divins de Bruxelles. A l'écart de l'agitation urbaine, il vous accueille toute la journée et offre en outre une magnifique sélection de cigares que vous pouvez déguster sur la terrasse. A la belle saison le restaurant prend ces quartiers d'été et vous accueille en terrasse avec une offre Barbecue Chic. Du 15 juin au 31 août, venez savourer poissons, viandes et légumes grillés préparés par le Chef devant vous. Un véritable plaisir pour la vue et pour le palais des plus fins gastronomes.



Barbecue Chic sur la terrasse du Sofitel Brussels Le Louis du 15 juin au 31 août. Réservations : 02/514 22 00





### Maison du Luxembourg

Discover a few aspects of the Belgian Ardennes in the "Maison du Luxembourg", standard bearer of our destination in Brussels (European quarter). From 15 May till December, the nine Houses of Tourism will put forward their artists, craftsmen and producers. Various activities, concerts, exhibitions of painters and photographers and sampling of local produce will allow you to discover different assets of our beautiful province. Throughout the year, Philippe Lecomte, chef of "La Maison du Luxembourg" restaurant, will highlight local products in his inventive cuisine!

July events include: Concert 'off' of the Gaume Jazz Festival in Rossignol  
Tuesday 17 July at 4pm  
Accord'Art trio + sampling of Maitrank (a drink made of white wine and sweet woodruff (flower) and other local products.  
Pascal Jaminet - Mezzotint engraving.  
Mastered chiaroscuro landscapes. Silky aspects of material, deepness of blacks.  
[www.maisonduluxembourg.be](http://www.maisonduluxembourg.be)



### Espace Wallonie: Téo Becher exhibition

As part of the distinctive theme year Amazing Wallonia, Wallonia Belgium Tourism (WBT) presents an exhibition of exclusive photographs, in collaboration with Photographic Brewing. Entitled Interstices, moments of an unusual territory, this exhibition, initiated by WBT, presents the work of Téo Becher, a photographer who lives and works between Brussels and Nancy, his hometown. From extraordinary places to the most offbeat experiences, Téo Becher freezes with his seasoned gaze moments of astonishment and emotions, thus illustrating the imagination of an unusual territory. A photographic work of quality and relevance from which strong images, and intense, surprising and sometimes strange landscapes stand out to illustrate the charm of Wallonia.

The exhibition is free at Espace Wallonie, rue du Marché aux Herbes 25-27, 1000 Brussels (close to the Grand Place). From 7 July to 29 August, 2018, Monday to Friday from 11-18h and weekends and public holidays from 11-13h30 pm and from 14-18h. Further entertainment will be scheduled on certain dates.  
More information at [wallonieinsolite.be](http://wallonieinsolite.be)

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What's on

### Antwerp à la carte

The exhibition "Antwerp à la carte" presents the history of the City of Antwerp through culinary glasses. It does not focus on political events, economic theories or artistic trends. Instead it focuses on the vital challenge of how cities feed an ever-growing group of city-dwellers throughout the centuries. Today, more than half of the world's population lives in cities. More than 500,000 people live in Antwerp. That is half a million mouths that have to be fed every day. How does Antwerp do this? What will we do in the future? And is that so very different than a few centuries ago? Follow the trail of food in the city and discover how our food also influences the map of Antwerp. Saunter through markets and supermarkets, look inside inns, cafés and restaurants, be surprised by scent and art installations. Your mouth will water when you see 16th-century recipes given a new look. Peek inside old kitchens full of rare cooking



utensils and discover how food has been influencing the street scene in Antwerp for centuries via paintings by Antwerp's greatest painters and contemporary photography. A vigorous exhibition that will stimulate all your senses.

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

### Discover the Brussels region... through its waterways

**Brussels by Water (BBW)** wants to appreciate and promote Brussels as a 'city and region on the waterside'. Within this perspective, BBW organizes numerous qualitative and affordable boat trips on the waterways of the Brussels Region and from Brussels to other cities and area, such as Antwerp or the famous inclined Plane of Ronquières.



Today the watercourses have become attractive green and 'slow' waterways that play a role in a renewed kind of recreation: such as biking, walking alongside and sailing on the waterways.

The one and two-hour cruises through Brussels are organised on a daily basis. Other day or half day trips are organized weekly and on fixed dates. Often at the weekend there are also relaxing evening cruises. The day trips are guided in French, English, Dutch and are sometimes combined with activities on the

shore including bike and walking trips. The sailing season is from 1 May to 31 October. Individual participants as well as groups can participate. Seats on board should be booked in advance, apart from the short which do not require a reservation. Groups always need to book in advance.

**Info and contact:**  
[www.brusselsbywater.be](http://www.brusselsbywater.be)  
[www.waterbus.brussels](http://www.waterbus.brussels)  
02 218 54 60

# SUM



# GRAND-HORNU

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# T'ES PAS PRÊT!

A new bar has popped up in Brussels for the summer

**T'**ES PAS PRÊT (You're not ready) is an alternative pop-up bar project located in the middle of the Parvis de Saint-Gilles. The promoters of Aegidium decided to create a space for the summer in order to open wide the doors of this magnificent building and to restore access to the public.

This pop-up aims to make the Aegidium better known – it's a magnificent building which was classified in 1905 and has been abandoned since 1980. It will be renovated over the next 18 months, reborn as a large community space mixing co-living, a bar, a workspace and events and a movie theatre, similar to projects such as La Recyclerie in Paris or TCRM Blida in Metz.

The bar will be an invitation to discover this project through a photo montage as well as to meet the future operators of the different spaces. The inimitable Lionel Jadot has been designated to oversee the space, which is inspired by Andy's Warhol *Factory*. Everything has been done with recycled elements from containers of construction sites, insulation residues, galvanized pipes ventilations, old glulam beams and bales of recycled clothing. The place is a liberating



Photo © Lydie Nesvadba

creation, inspired by the dregs of our society.

A small arena with an arm-wrestling competition table is also available to customers. The project also aims to help a Saint-Gilloise association by handing over 25% of the profits to it. Several visits will be organized by Arkadia, an association that develops many cultural projects, especially in Brussels, throughout the duration of the popup in order to visit the back of the building, the classified part.

T'ES PAS PRÊT! will be open until 30 August.

## T'ES PAS PRÊT

18 Parvis de Saint-Gilles  
Saint-Gilles 1060, Brussels  
Wednesday & Thursday 18h-01h  
Friday & Saturday 18h-02h

**“ THE SPACE IS  
INSPIRED BY  
ANDY'S WARHOL  
FACTORY ”**

# Europcar: Moving with a purpose

*Together* takes a look at the excellent car-rental services of Europcar



**L**ike choosing the best place to stay or the most cosmopolitan locales, the renting of a car is often a very important part of whatever trip you are intending to make, be it for business or pleasure.

And Europcar is all about making it easy – offering the latest car models and full service facilities over its extensive network, with no hidden costs, it's Europe's leader in car rental and mobility services, with a presence in more than 133 countries worldwide.

Choose Europcar Belgium and take advantage of the specific services available to you. You can use the Europcar mobile site and App to make your next car booking – it only takes five steps, and you're on the road! Explore other Europcar's mobile solutions by downloading the Europcar App for iPhone and Android to enjoy the various functionalities: fast booking, locating the closest branch and managing any of your Europcar car reservations.

Europcar's international loyalty scheme

Privilege programme has four tier levels: Privilege Club, Privilege Executive, Privilege Elite and Privilege Elite VIP. The Privilege loyalty program rewards you with points each time you rent with Europcar. With Privilege you also get a free weekend's car rental every time you move up a tier level.

Whether it's a prestige vehicle, van or minivan you are after, Europcar has it all available, and a Europcar business account will save you time and money.

And, as well as the excellent offers that are available from Europcar in Belgium, the company very much has its eye on its environmental commitments.

Since last year Europcar Group has deployed a new European programme aiming to revise the systematic cleaning of its vehicles. After each rental, the real need of cleaning each vehicle is assessed, based on a pre-established list of criteria. This assessment indicates whether the vehicle needs an integral cleaning or if a partial dry one is sufficient. This prevents moving vehicles and the related water consumption. During 2017, 13% of vehicles rented by Europcar Group, in its subsidiaries, have been cleaned without using water, allowing to preserve the water of the equivalent of 31 Olympics pools throughout the year. And, as part of its *Commit together!* strategy, Europcar Group has set the objective by 2020 to reach 20% of vehicles processed without water.

Start your engines!  
[www.europcar.be](http://www.europcar.be)





# SUMMER IN KNOKKE-HEIST



© Beach Caste Fourtou

**Until 30 September**

## BEAUFORT

M. Lippensplein &  
garden CC Scharpoord

6th edition of the three-yearly  
event of contemporary art

**Until 15 August**

## SCULPTURE LINK

Zeedijk – CC Scharpoord

Various sculptures in public areas (for  
the occasion of 'Art Nocturne')



**Until 15 July**

## KNOKKE HIPPIQUE

Westkapellestraat

International horse jumping  
contest

**Until 2 September**

## CARTOON FESTIVAL

In the area of 'Heldenplein'

Theme 2018: 'Tourism: greetings from  
Knokke-Heist'



© Sergey Gorshkov

**From 6 July until 4 November**

## EXHIBITION WILDLIFE PHOTOGRAPHER OF THE YEAR

Zwin Natuur Park

Photo exhibition



**From 11 July until 2 September**

## A MOMENT WITH BUTTERFLIES

De Wandelaar Duinbergen

Tropical pop-up butterfly  
garden

## BMW ART VILLE + JAN FABRE CURATED BY BOZAR

**From 13 July until 26 August**

## JAN FABRE CURATED BY BOZAR

Beach Casino Knokke

Art event

**From 14 until 22 July**

## RIISING STARS TENNIS TOUR ZOUTE

Royal Zoute Tennis Club

Tennis competition for young talents

**From 21 until 29 July**

## RIISING STARS TENNIS TOUR TCD

Tennis Club Duinbergen

Tennis competition for young talents



**From 17 until 22 July**

## KNEISTIVAL

Heldenplein

Free music festival

**17, 18, 24, 31 July &  
7, 11 August**

## KLASSIEK LEEFT MEESTERLIJK

Dominicanenkerk / Final concert  
Margaretakerk

Accessible classic music



**21 July**

## NORTH SEA AIR FESTIVAL

Beach Knokke-Heist

Air show above the sea

**From 9 until 12 August**

## FINALS BELGIAN CHAMPIONSHIP BEACH VOLLEYBALL

Event beach Duinbergen

Several teams compete for the Belgian

Beach Volleyball title



**From 11 until 15 August**

## ART NOCTURNE

Cultural centre Scharpoord

International art fair



**17, 19, 21, 23 & 25 August**

## INTERNATIONAL FIREWORKS FESTIVAL

Beach Meerlaan

Magnificent fireworks festival  
on the beach

**From 4 until 7 October**

## ZOUTE GRAND PRIX

Several places in Knokke-Heist

Exclusive event with distinguished  
car brands, old and new.





# Festive Europe!



## Tomorrowland

Tomorrowland is the biggest electronic music festival in the world. Lineups featuring the most popular DJs on the planet, mind-blowing stage design and spectacular firework displays: there's nothing else like Tomorrowland.

Since it all started back in 2005, the Belgium festival has gone on to reach the pinnacle of dance music, showcasing only the very best DJs and attracting fans from all four corners of the globe. Spanning over 15 stages, expect all dance music bases to be covered – EDM, house, techno – you name it, Tomorrowland has it. 20-22 July 2018 & 27-29 July. Boom, Belgium.



## Creamfields 2018

Creamfields, the iconic UK dance music festival, showcases a lineup of superstar DJs and artists from the worlds of EDM, house, trance, D&B, grime and more every August bank holiday weekend in Daresbury. Curated by the legendary Cream brand – which shot to fame in the 90s thanks to its Liverpool club nights – the festival now attracts 70,000 people and over 300 of the world's hottest dance acts, cementing itself as the place to be for dance music fans on the August bank holiday. 23-26 August. Daresbury, United Kingdom.



## Sziget Festival

Sziget is one of those festivals that could never spend another cent on marketing and still sell out every single year. Its reputation precedes it by almost a decade, and Budapest makes an incredible host city. 8-15 August 2018, Budapest, Hungary.

For more info and tickets:  
[www.festicket.com](http://www.festicket.com)

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## Cinema: All the latest movies playing in Belgium

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



### Mamma Mia! Here We Go Again

Set to be released ten years to the month after the original, the fun is set to start again in the follow-up from Ol Parker (*Othello* (1995), *The Importance of Being Earnest* (2002)). Ten years later, in the greek island of Kalokairi, Sophie (Amanda Seyfried) is pregnant with her fiancée Sky's (Dominic Cooper) child while running her mother's villa. Self-conflicted because she can't do it by herself, but with Tanya (Christine Baranski) and Rosie's (Julie Walters) guidance, Sophie will find out more of Donna's (Meryl Streep) past and how she came to start up her villa, met each one of Sophie's possible dads (Pierce Brosnan, Stellan Skarsgård, and Colin Firth), and raised a daughter, bravely all on her own, without a mother to guide her – with an unexpected visit from someone she had not invited or expected to see...

Running time TBC.

### The Man Who Killed Don Quixote

So, it would appear that the curse of *Don Quixote* has finally been foiled – director Terry Gilliam's effort has, to be fair, been some 18 years in the making, and directors as diverse as Orson Welles have previously had a go (and failed, miserably, in Welles' case). Toby (Adam Driver) is a cynical advertising director who finds himself trapped in the outrageous delusions of an old Spanish shoe-maker, Javier (Jonathan Pryce), who believes himself to be Don Quixote, and who believes, naturally, that Toby is none other than Sancho Panza.

Many an actor has previously tried for both roles – Robin Williams, Johnny Depp, Ewan McGregor, and Jack O'Connell were all previously cast in Toby's role, while Jonathan Pryce as 'Don Quixote', follows in the footsteps of John Cleese, Jean Rochefort, Michael Palin, Robert Duvall and John Hurt. Sounds to me that it's likely to be fantastic...  
132 mins.

### Stalker (Restored Version)

One of the greatest films of all time returns to cinemas in a fully 'restored' version – Russian director Andrei Tarkovsky's masterpiece *Stalker* was originally released in 1979, and was based on the 1971 Russian science-fiction novel *Roadside Picnic* by Arkady and Boris Strugatsky. The film follows a man known as the Stalker (Alexander Kaidanovsky) as he leads an expedition into a mysterious, forbidden area known as 'The Zone'. In the book, the mysterious Zone is the location of an alien visitation decades before the story, littered with fantastic pieces of technology and dangers; in the film, its origins are more obscure. But in both cases, reality there is distorted, and somewhere inside is a room that will grant visitors' innermost desires. The journey to get there is physically and philosophically arduous, and it tests the trio of men traveling there. A sublime evocation of mood, menace and mystery, you will never forget *Stalker*.  
161 mins. ●



## 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](http://www.callenscafe.be)





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LE CHAT by Philippe Geluck



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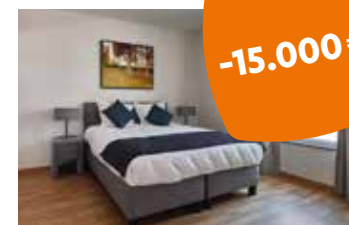
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