

Together

magazine

DEC 2018 / JAN 2019 #94

**Wine &
Dining**

**SHOPPING
& BEAUTY**

FITNESS
STAY FIT IN 2019

Technology
GADGETS

Travel
Well hotels
Shanghai
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Skyline
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*MONEY &
POLITICS*

*Luxury
watches*

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Christmas Céleste
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Designer
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**Brussels
Motor
Show**

**PERSONAL
DEVELOPMENT**

Body, mind and spirit
The present
Redefining things
Get organized
Resolutions
Game changers
Be successful

Jason
Momoa

INTERVIEW

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Warm up your winter at

It's going to be a cheerful winter season! At Maasmechelen Village they know how to brighten up cold and gloomy days. In December guests will be injected with a dose of Christmas joy and Luxury for Less advantages in the boutiques. As from 3 January 2019 the brands will spoil guests with winter Sale offers up to -50%*. Get rid of that winter blues in one pleasant shopping spree!

SHOP EVERYTHING YOU NEED

From unique gift ideas to a glamorous party outfit, brands like Ba&sh, Le Creuset, Essentiel and Ted Baker have it all. Discover more than 100 luxury boutiques in a unique festive atmosphere. Did you

know the streets sparkle with more than 10 000 000 Christmas lights? Gather around the gigantic Christmas tree and feel the joy!

EXPERIENCE THE HOLIDAY MAGIC

There's always something to experience at Maasmechelen Village. Feel the festive spirit in every corner and have some fun!

PICTURE TIME

All weekends: afternoon

Become a (Christmas) star! Let Santa's elfe take your picture. Framed in a star, ready to take home with you.

GIFT WRAPPING SERVICE

All weekends: afternoon

Presents you buy will receive a touch of magic thanks to the gift wrapping service.

LIVE CHRISTMAS MUSIC AND STREET THEATER

15 & 16 December: afternoon

Christmas in Maasmechelen Village appeals to all senses. Get carried away by joyful live music and theater acts.

SANTA'S VISITING

22 & 23 December

Meet Santa and tell him what presents he should bring you for Christmas! Cheerful live Christmas music will take you there already.

LIVE CHRISTMAS MUSIC

29 & 30 December

They lift the festive spirit even more with beautiful live music. The perfect ending to the holiday season in Maasmechelen Village!

Maasmechelen village



LUXURY FOR LESS

During the holiday season the brands already spoil you with Luxury for Less. When you purchase two items or more*, you can shop that magnificent party outfit with an extra % off. Good to know, right? In January it's time for winter Sale. Enjoy offers up to 50%** off. The perfect moment to shop investment pieces and luxury must-haves! The boutiques are waiting for you.

EFFORTLESS SHOPPING

Maasmechelen Village is only an hour away from Brussels. Enjoy free parking or sit back and relax: the Shopping Express®, a coach service, runs from the centre of Brussels to Maasmechelen Village and back for only 5 euro instead of 15 during winter Sale! Reserve your seat now at www.MaasmechelenVillage.com.

Maasmechelen Village, Zetellaan 100, Maasmechelen

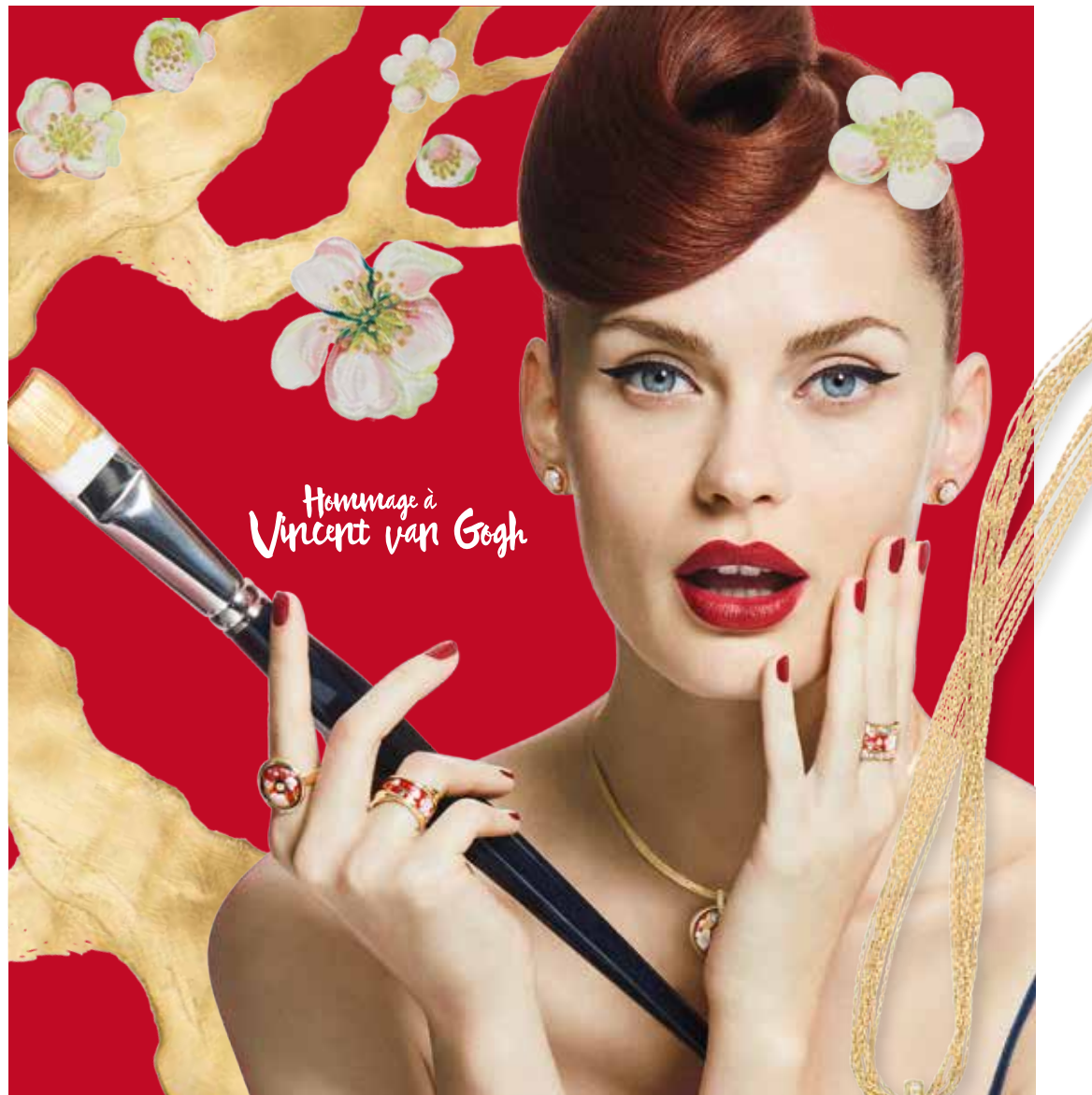
SOMETHING
EXTRAORDINARY
EVERY DAY

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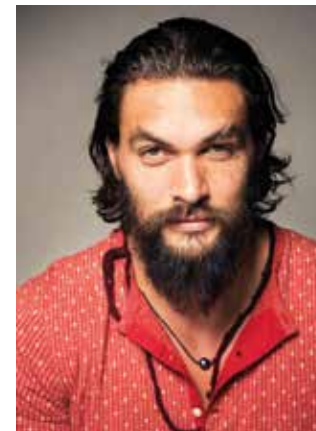
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Editor's LETTER

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

ON THE COVER



Jason Momoa stars in
Aquaman

INSPIRATION FROM THE STARS

"When I consider how much I've achieved having at one point feared making any decisions, I can only be confident for the future." *Emily Blunt*

"I felt very tall when I was playing her. I felt empowered and that's what I want people to get when they see it." *Keira Knightley*

"That all came across because somebody believed in me and she believed in me and I think that that is the key." *Bradley Cooper*

"The relationship with your mam is the most important relationship you'll ever have in your life. Your mam is your mam." *Saoirse Ronan*

"It's about sound body, sound mind, keeping healthy as you can, because we've only one body, that's it." *Chris Pratt*

"To help paint that power in the light. Because light is truly more powerful than darkness and always will be. And just a small amount of light can overcome any darkness." *Oprah Winfrey*

"I like the idea of leaving it alone, allowing the memory and the legacy to live on untarnished." *Martin Freeman*

"That's even weirder. It's so wrong to mention our names together, c'mon it's Meryl Streep. I don't know what I'm doing there." *Margot Robbie*

"My biggest success is having a wonderful wife and family that are the centre of my world." *Chris Hemsworth*

"To see your kids thrive and enjoy something that gives you so much pleasure is a massive thing." *Jason Momoa*

Have yourself a merry little Christmas and a guid New Year!

Paul Morris
 Editor





WHY WAIT FOR THE NEW YEAR?

More than good resolutions; discover how the latest fitness innovations of Aspria Arts-Loi will enhance your wellbeing on a sustainable way.



ENTER AN IMMERSIVE WORLD

Our new cycling studio is the largest in central Brussels, with 40 state-of-the-art bikes, a giant screen and spectacular sound and lighting.

GET IN THE ZONE

Our new TribalFit functional training classes helps you become fitter, stronger and healthier while having fun at the same time.



ENJOY UNRIVALLED FACILITIES

Beside the latest fitness innovations, unwind and escape the stresses of everyday life in our sauna, jacuzzi and a 21m pool.

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The present - a gift



Self-help

A more organized you

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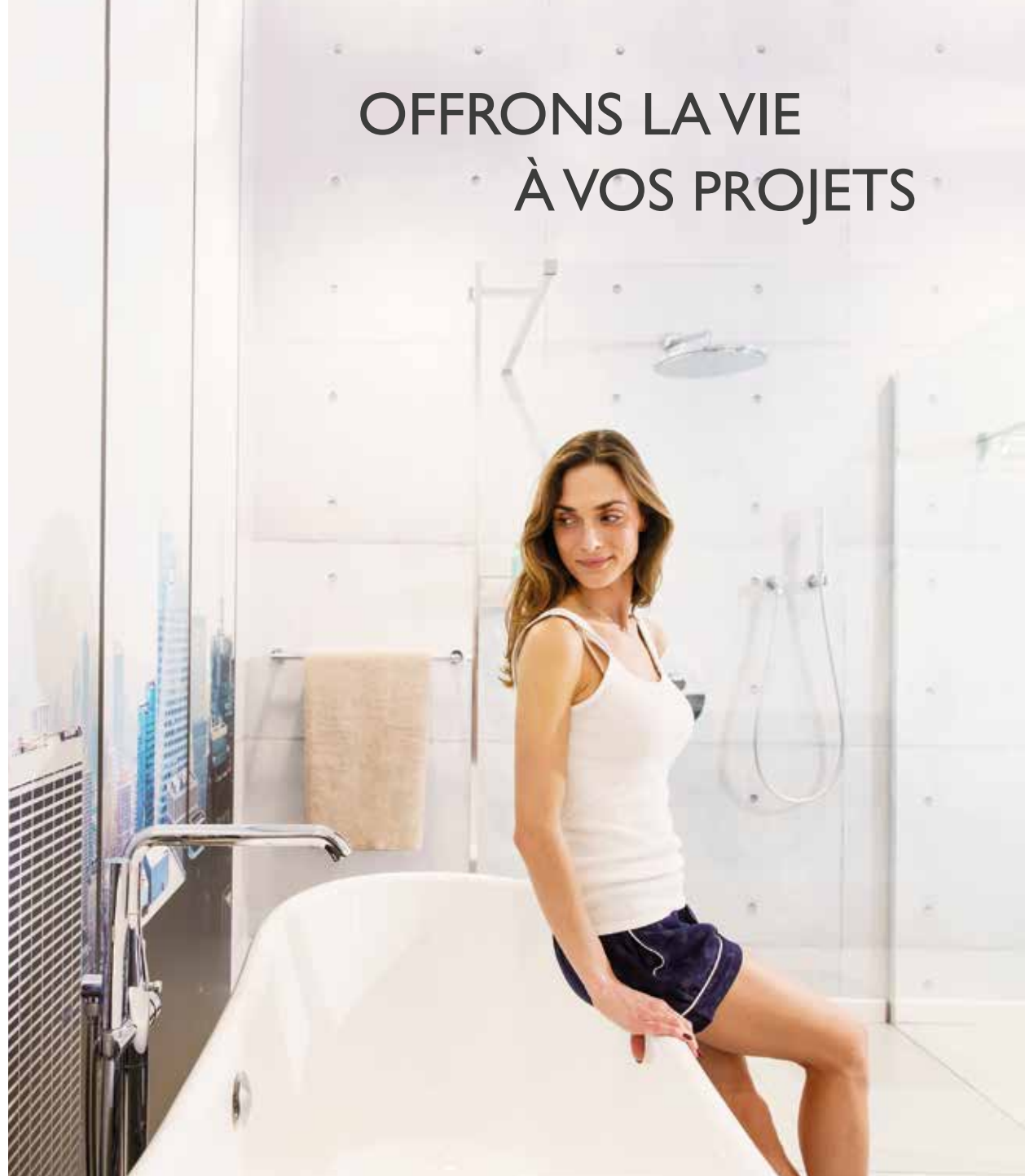
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Personal development: Ask yourself 'Who is driving the car?'

In our latest personal development article International Speaker, Peak Performance Trainer and Business Mentor Anon Barnes asks us to guard against being our own worst enemies. One of the greatest blessings in my life is having the opportunity to work with so many amazing people. Especially entrepreneurs and business leaders from all over the world. I have had the pleasure of witnessing the rise of many entrepreneurs. People who started out from the bottom and slowly but surely grew into a successful multimillion euro business...

International Design: Never stop living kindness

In our international design pages we take a peek into some very unique homes. Italian LAGO Furnishings asks: "Kindness: what is it? Our research began with eight women who have inspired eight gorgeous interiors, develops in the most varied responses and by creating opportunities of welcome and sharing." Chiara Gamberale says: "Kindness is welcoming the world instead of defending yourself against it. It's understanding others instead of judging them."



Belgian health care: What to do if you are unwell or recovering from an accident

We offer more useful advice about the Belgian health care system. Picture the scene – you have settled into your new country, and your brand-new dream job then, guess what? You fall ill, properly ill, and you have to take time off work or, worse, you are involved in an accident that leaves you bedridden for weeks. So, who to turn to, what to do? It happens time and time again – expats fall foul of a system which, to be fair, is only set up to help in Belgium.

Brussels dining reviews: Costa d'Amalfi and The Brugmann

Enjoy the best of Italy in the heart of the European district. The Amalfi Coast, probably

one of the most beautiful in the world, offers breathtaking landscapes. Beyond its simply exceptional geography, this beautiful part of Italy stretching below Naples, from the Sorrento Peninsula to Vietri sul Mare, surrounding the Gulf of Salerno, is also a land of high gastronomy. This restaurant, with a bright and elegant setting, is decorated with modern and comfortable furniture – the interior volumes are distributed on different floors and can be privatized on request. ①

Starring in Belgium



Brian Fallon: Songs From The Hymnal

American singer-songwriter and musician Brian Fallon has already been involved in countless projects. We know him mainly from *The Gaslight Anthem* but, aside from that, he is also active in projects like *The Horrible Crowes*, *Molly and the Zombies*, and *This Charming Man*. After recently releasing his latest solo album *Sleepwalkers*, he now comes to AB solo and acoustic to play songs from his entire oeuvre.

12 February 2019. Ancienne Belgique. **Tickets: €30**
www.abconcerts.be



Les Negresses Vertes

1988: Amid the full effervescence of alternative rock, the album *Mlah* by Les Negresses Vertes appeared. It opens on *La valse* followed by the famous, followed by the excellent *Face à la mer*. Those who attended their concerts still remember the music full of energy melting with the humanity that emanated from their show. Les Negresses Vertes are en route to the AB. **22 February**

2019. Ancienne Belgique. **Tickets: €30**
www.abconcerts.be



Bruce Dickinson

Bruce Dickinson is an English singer, songwriter, musician, airline pilot, entrepreneur, author and broadcaster. He is the lead singer of the heavy metal band Iron Maiden and is renowned for his wide-ranging operatic vocal style and energetic stage presence. He has since worked on many solo projects and will be bringing a mixed bag to the AB early next year. Arenberg, Antwerp. **Tickets: €82.50**

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CHARITY

I See Public Benefit Foundation

Frederic Storme, Founding
President of I See Public Benefit
Foundation, explains what the
initiative does

Frederic says: "The creation of the I See Public Benefit Foundation is the result of my personal journey. Visually impaired, I gained optimal mobility thanks to Yankee, a female Belgian shepherd dog. With her by my side, my autonomy has become complete: I move independently, I work, I lead an intense family, social and cultural life.



"While Yankee had been sharing my road for 10 years, I had to worry about preparing for her replacement. I realized then that the situation for the acquisition and training of guide dogs was still difficult in Belgium: too few training centres, a very long waiting time and a very high cost.

"So, in 2009, I decided to surround myself with specialists with a long experience in the field of guide dog training as well as various aspects of visual impairment to create a foundation dedicated to the accompaniment of visual impairment.

"Today, I am pleased to see our activities grow and our team strengthens. This is a sign that we are on the right track, that of integration."

Their services include guide dogs, new technologies, personal accompaniment, family support and, last but not least, audio description, which is an additional narration track intended primarily for blind and visually impaired consumers of visual media (including television and film, dance, opera, and visual art).

The audio description service is intended for all public or private organizations wishing to use it for an event, convention, conference, training or public event to make it accessible to all visually impaired people who attend. During an event, many visual elements are used to support oral communication: Power Point presentations, placards with speakers' names, stands, etc. These elements are often essential for an overall understanding of the message, but are not accessible for the visually impaired.

During an event, the audio-descriptor is placed in a room next to the conference room or in a booth from which it observes the unfolding of the event filmed on a screen. Each visually impaired person who wishes to benefit from the audio description is equipped with a headset connected to the cabin of the audio-descriptor and thus receives all the visual information to which he or she would not normally have access. The I See Foundation takes care of bringing and installing all the technical material on site on the day of the event.

www.fondationisee.be

PERSONAL DEVELOPMENT

*Our outer world also shifts to reflect
our new perspective*

PERSONAL
DEVELOPMENT

Fitness

10 ways to stay fit and well in 2019

Kate Cracknell marks your
wellbeing card for 2019



This month we take a look at the trends that are set to shape the way we approach our fitness and wellbeing over the coming year.

1 – Yin and yang

HIIT (high-intensity interval training) has been such a buzzword over recent years, and remains a great way to achieve your fitness and weight loss goals. But as with all things, moderation is key. Indeed, the latest advice is that we shouldn't spend more than 30–40 minutes a week in our highest heart rate zone (over 90% of maximum heart rate); any more

than this leads to diminishing returns, reduced performance and higher risk of injury. So, less really is more when it comes to HIIT. In 2019, make sure you balance high-intensity work with complementary activities such as strength training and mind-body classes.

2 – Fit for life

Functional training will gain an ever-stronger foothold in 2019, as more and more people appreciate its role in developing strength and fitness that's applicable to real life scenarios. How so? Well, functional training works your body in all the forms and planes of movement



it naturally has to use on a daily basis. Combining cardiovascular work with bodyweight training and exercises that use special functional equipment – from medicine balls to boxing bags to battle ropes – functional training doesn't only get you fit. It gets you fit for life.

Whether you're a young mum having to bend, lift and rotate to carry your child; a golfer or tennis player who wants to be match-fit and injury-free; an office worker who needs to strengthen their core and improve their posture after long hours at a desk; or an older person who needs to safely sit, stand and walk, functional training is for you.

3 – Tension release

Awareness is growing of the key role stretching can play in our everyday wellbeing. For those with sedentary jobs, stretching mitigates the effects of limited movements, compromised positions and repetitive actions. For those who are active, it optimizes performance, restores the body and brings it back into pain-free balance.

Flexibility training is also a great starting point if you're just setting out on your wellbeing

journey, increasing your range of movement and allowing you to exercise and build strength safely.

But we aren't only talking about traditional stretching. In fact, the trend that's really catching on is what's known as fascial release. It sounds complicated, but in fact it can be as simple as using a foam roller to release areas of tension in our body before we start a workout, allowing us to move efficiently and without pain so we get the most out of each workout – as well as helping us move more freely in our everyday lives.

4 – Conscious breathing

Breathing properly – by which we mean deep, diaphragmatic breathing rather than shallow breathing into your chest – has a wide range of proven health benefits, from reduced anxiety to detoxification of the body.

This knowledge – combined with the rising interest in meditation and holistic health – means we're set to see a growing focus on the importance of breathing for health and wellbeing in 2019.

Focusing on breathing while you exercise is

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ships glide by, at night,
a twinkling competition between
the trees and the stars in the sky.
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PERSONAL DEVELOPMENT

Fitness



also important, and not only in classes like yoga and Pilates where it's emphasized throughout every move. Indeed, adopting the correct breathing techniques can ensure you get the best results from every workout you do.

5 – Mental health

Mental health is receiving huge coverage in the media at the moment – the importance of it, but also the prevalence of mental health issues even among those who outwardly seem fine. With this, we're reaching a tipping point where our rationale for exercise may start to switch, or at the very least broaden.

That's thanks to a growing body of evidence which shows how exercise can not only offer an immediate feelgood factor – that rush of mood-lifting endorphins we get after a workout – but also help prevent, and even treat, depression.

We don't expect people to abandon fitness and weight-loss goals. However, going forward we *can* expect to see people exercising just as much for their mental health – for how being active makes them feel inside – as for their physical health. This chimes perfectly with our

approach to wellbeing at Aspria: one in which we focus on holistic health, and where exercise is just one part of the jigsaw.

6 – Relax to stay well

Gone are the days when spa was seen as an indulgence. Nowadays, society is starting to accept that spa and relaxation are in fact vital to a wellbeing lifestyle, with clear benefits for every aspect of our health.

At Aspria wellbeing is about how you *feel*, not simply how fit you are. It's about being truly well at a physical, mental and emotional level – which is why spa and relaxation are core to the offering at every one of our clubs. Even if half an hour is all you have, this is a chance not only to relax, but also to place yourself in expert hands to redress your physical and mental balance. It's the restorative time your body and mind need to function effectively in everyday life.

7 – Strong = sexy

The backlash against the size zero models has been gathering momentum for a year or two; finally, it seems women no longer have to be skinny to be seen as attractive. Amen to that. What's now deemed sexy is in fact a strong,

PERSONAL DEVELOPMENT

Fitness

athletic, toned body – which means women, as well as men, can finally be healthy *and* feel attractive at the same time, building strong, resilient bodies and enjoying healthy, balanced, nutritious diets.

This is one key reason why strength training for women has really taken off over recent years, and will continue to grow in popularity in 2019.

8 – Eating for health

With a growing body of research showing how our gut health – and indeed the food we eat – can impact everything from our immunity to our mood, it's no overstatement to say that food is increasingly being viewed as medicine. As a result, we're likely to see a societal shift towards 'clean eating': an avoidance of processed foods in favour of real, wholesome ingredients that boost our health.

We're 100% in favour of this. Indeed, our in-club restaurants have always focused not on diet fads but on tasty, healthy dishes that feature wholesome, locally sourced ingredients. After all, you are what you eat – and in a 360° approach to wellbeing, it's vital that our food intake complements and supports the rest of our wellbeing efforts.

9 – Sleep quality

It's no coincidence that a growing number of apps and trackers monitor not only how many steps you do each day, and how many calories you burn, but also the quality of your sleep. Sleep has long been neglected as a contributor to health, but with our busy (sleep-deprived) lifestyles increasingly leading to burn-out, we're finally paying attention to this most vital of (in)activities.



And it's a good thing, because lack of sleep is an important contributing factor to a number of health issues, from stress and weight gain to risk of stroke. In 2019, there will be more and more focus on the quality of our sleep – specifically, how to achieve the health-restoring deep sleep we all need, from monitoring our diet and alcohol intake, to our mobile phone use, to our exercise choices.

10 – Stay on track

As the vast array of fitness gadgets, watches and apps on the market show, we're all becoming very interested in tracking our activity and wellness habits 24/7 – steps taken, calories burned, sleep quality achieved. We're totally behind this. Our holistic approach to wellbeing means our clubs embrace many different facets of what makes us all feel good – from spa and group classes, sports and fitness, to social events and nutritious cuisine.

But we also know you can't be at the club 24/7; maintaining a wellbeing lifestyle outside the club is also crucial, so you don't undo all your good work with us. Indeed, technology such as apps and trackers can be great tools to help ensure we reach our goals quicker, by doing the right things outside the club to complement our wellbeing programmes in the club.

www.aspria.be ①

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Yoga for your body, mind and spirit

Erika Brincat shows you how to move your body, calm your mind and nourish the spirit



For those of you who live and work in the EU 'bubble', the reality is that despite the fact your work may be highly interesting and rewarding it may seem at times that life revolves around an endless stream of meetings and reports every waking hour of the day. Therefore, it is essential to find a few moments after a long day when one can relax and unwind and get back in touch with the body, mind and spirit.

Although yoga has been around for centuries, reaping its rewards doesn't take long at all.

Just a few minutes of practice at the end of a long day can help stretch and relax sore muscles. Practiced regularly, yoga can be a powerful way to relieve anxiety and cope with everyday stress. Over time it can also transform your body by building stronger muscles while improving flexibility and joint mobility. Though many people think of yoga as a fitness exercise it is actually a comprehensive life philosophy that originated more than 5,000 years ago in India.

At its core, yoga means to 'unite' and refers to

the fusion of body, mind and spirit through meditation, breathing practices and physical postures. Yoga means the union of body, mind and spirit, and the union of the mundane and the divine. The yoga postures (*asanas*) were developed to strengthen the body, improve health and prepare for meditation. Many different styles of yoga exist, ranging from the gentler form of Hatha Yoga, to the faster-paced Ashtanga Yoga.

**“ IT CAN ALSO
TRANSFORM
YOUR BODY ”**

outer world also shifts to reflect our new perspective.

The great gift of yoga is that it serves and nourishes us at every level of our being and spontaneously contributes to greater wellbeing in all domains of life. Yoga will help you discover gifts within yourself that have

remained unopened since your childhood – the gifts of peace, harmony, laughter and love.



Practicing yoga can improve both your physical and mental health. Yoga can have emotional and spiritual benefits and performing the postures can also reduce your stress levels. Over time the inevitable pressures of life will have less of an impact on you and you will begin to respond in a more conscious manner. As we become more balanced and harmonious our interactions with people and situations become calmer and more relaxed. When our inner world begins to change, our

The good news is that you do not need to travel all the way to India to establish a weekly yoga practice. Brussels has a wide selection of Yoga studios waiting to be discovered. But where does one start the search? I would suggest downloading the MIND BODY App which connects to your location to give you a number of interesting options within close proximity. Here I have selected a few choices for those of you who live in the centre of Brussels.

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PERSONAL DEVELOPMENT

Self-help

Radiant Light Yoga

Radiant Light Yoga is close to Rue Stevin in the Schuman area and provides a €10 Intro Offer for two classes within reach of the EU quarter and a stone's throw away from the European Commission's Berlaymont building. Their mission is to inspire lifelong learning, joyful practice, mindful living and a sense of connectedness. Whether you are brand new to yoga, or if you have an existing practice, you can choose from a wide range of classes such as Yoga Fundamentals to Hatha Yoga, Yin Yoga and even Kundalini available also after 20h00. The centre is comfortable and the teachers friendly, international and English-speaking. The website offers some useful Home Practice videos including a nine-minute meditation technique with Kristen MacPherson for coping with the stresses of modern-day living.
www.radiantlightyoga.be

Sampoorna Yoga Studio

Sampoorna Yoga Studio has a Trial Offer of 10 days at €20 and offers a vigorous, energising and relaxing style of Hatha Yoga in the Sivananda tradition. A complete workout for the body while calming your mind and nourishing your spirit. Daily yoga classes including yoga for children, meditation, prenatal yoga and a wide variety of workshops are available to help you maintain your health and wellbeing. The studio is located in the heart of Brussels – near the buzz of Rue Antoine Dansaert, yet far from the noise of the city. A haven of peace where one can practice authentic yoga this studio even offers Family Yoga Sessions for parents and children age four and up at €25 for one parent and child together.
www.sampoornayogastudio.be

Yoga Room

Yoga Room is a well-known yoga studio frequented by many busy EU officials searching for some balance in their lives. The studio's motto is a happy thought once a day

keeps the doctor away. Disconnect from your routine to reconnect with yourself and feel refreshed. This big, bright and beautiful centre located in the quieter district of Saint Gilles offers an amazing yoga experience in the heart of Brussels thanks to a complete Yoga offer – the B Discovery Pass at €60 for 30 days unlimited yoga, providing you with excellent international yoga teachers and outstanding facilities.

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Keep Calm and Chant OM as part of your practice

Om is a mantra that is traditionally chanted at the beginning and end of yoga sessions. Also originating in India, the mantra is considered to have high spiritual and creative power however it can be recited by anyone. Everything in the universe is pulsating and vibrating. The sound OM or AUM when chanted vibrates at the frequencies of 432Hz which is the same frequency found throughout everything in nature. As such OM is the basic sound of the universe and by chanting it we are tuning in to that sound and acknowledging our connection to all other living beings, nature and the universe.

In addition, the vibration can also have a positive physical effect on the body by slowing down the nervous system and calming the mind. When the mind is relaxed your blood pressure decreases and ultimately your health improves. Finally, it is also a way to delineate the time of your yoga practice from the rest of the day and signify that this is a special time to care for yourself and your wellbeing. ❶

**“ OUR OUTER
WORLD ALSO
SHIFTS TO
REFLECT OUR
NEW
PERSPECTIVE ”**

The present - a gift

Intuitive Healer **Katarina Winslow** reflects on the present



The time for the winter break is upon us and the church bells ring out this year, too, even if there is a lot of fear, doubts and drama in the world. The delight of the Christmas celebrations is once again illuminating our winter darkness as we rejoice in happy times. We celebrate, we eat, and we drink to be merry. The songs of twinkling stars and reindeer sleighs warm our hearts in the cold.

All our gifts are waiting patiently under the Christmas tree, in kitchen cabinets or in our shopping bags. The gifts with which we will be able to communicate how much

we care for each other and how much we appreciate the person we want to surprise. Even though we were given strict instructions about what to buy, the colour code and the model!

“ WE WOULD ALL KNOW THE MEANING OF LIFE ”

But what if the real gift of these times is not our presents but to be present? *Presents* and *present* seem to have some intricate connection, even a mystical one. What if language was created for us to awaken us and see the codes and connections that a word can hold? Maybe everything is there right in front of us, and we just need to see it to understand the meaning

“ WE HAVE ALL THE TIME IN THE WORLD OR NO TIME AT ALL ”



of life. Our reality would drastically change if we all truly grasped the meaning of the present as a present. We would all know the meaning of life. We would understand that the only thing we have is now and that it is a gift.

And if that now can't be lived today, it is not that likely that it can be lived tomorrow either. If we live not now, but tomorrow, or when *that change* happens, we never truly live. If we push our capacity to be truly alive, truly present, to the next moment, the next hour, the next month, we will wake up just before our last breath and realize that we were never actually there. We will then realize that all our precious moments went by unnoticed as we were waiting for the next one, the perfect one

condition for us to just feel alive.

The time we have doesn't come back even though time doesn't exist in our soul's dimension. So, when we leave this human life, you could say that we have all the time in the world or no time at all, as time is no longer an issue. When our souls leave our bodies, we have 'time' as there is no time in the quantum field of our essence.

What if instead of giving each other presents, we gave each other the present moment? An unaltered absolute attention in the now. To be present with ourselves, with each other and with the winter climate. After all, time seems to be a beautiful thing to give each other. Time

is also beautiful to give to yourself.

When I talk about time as a present, I'm not talking about a three-hour massage or a two-hour tennis game or a long walk in the forest. I'm talking about each moment and each minute of a three-hour massage. To be there in each stroke on your skin, to feel each instant of the touch. One touch after another, no mind involved only your senses. No thoughts about things, as all your thoughts are condensed into the gentle touch on your skin. Each movement and each ball of a tennis game. Not worrying about the whatever you said before you hit the ball.

All of you exist only in the movement of your arm and the strength of your gesture. Each step and each breath of a long forest walk. No abstraction from where you are as you walk along the forest trail. You are there in each of your steps, hearing each crack under your feet as you touch the earth one instant after another. Your open senses feel the slightest wind on your cheeks. You welcome each breath of fresh air into your lungs. And if it rains, you become even more present, feeling the cleansing of a water drop. Cleansing your face and your soul.

Let us give ourselves the precious moment of now and keep at it until it becomes natural. One now, followed by another now till the end of eternity. Each moment dies, and it never comes back. So, if you are not here now, when will you be here? To push our present, our precious now into the future seems to be very human. It is something that we see



everywhere and within most of us. I will start to live when I get that job. I will start to appreciate life when I find my perfect partner. I will start to love myself when I lose five kilos. I will celebrate with others next time, next year.

When we could all stop right now and love ourselves and others just the

way we are. And take time to just be, to walk without purpose and to listen without agenda. To join in a Christmas carol just for the sake of singing the sacred song. To give yourself the gift of a long bubble bath and silence. To give yourself time. Time to just be and time to just see, each other. To really look into another person's eyes, to see their soul. To take the time to really feel the softness of skin, in a gentle touch. To take the time to savour the delicacies and the grace that Christmas has to offer, to slow down to really appreciate the flavours and the bubbles.

More than anything we have the now and we have our senses. The capacity to see and to touch, to listen and to be heard. The desire to

raise our voices and join the Christmas chorus. To sing and to illuminate Saint Lucia's path. So, let us all be merry and happy.

And present.

Together.

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Redefining personal development

Karen Northshield offers advice on how to plan for your goals



To be, to do or to have, that is the question. The auxiliary verbs 'to be', 'to do' and 'to have' lie at the foundation of the English language. Grammatically speaking, and when used as main verbs in a sentence, there is a fundamental difference between each of them. Semantically speaking, they imply different sets of values. Within the context of personal development, they can be arranged in an order of importance. 1. To have, 2. to do, and 3. to be. At their most basic level, 'to have' implies a meaning of possession - a prize possession - something we give value or esteem. 'To do' describes an action or is called an action verb. The verb

implies something that you strive to achieve. Lastly, 'to be' describes a state or a feeling. "I am this or that". In its simplest and purest form, it implies a state of existence: "I am", "You are."

Personal development is about the self-directed evolution of one's self, in extracting the most from one's talents and potential as a person, thereby advancing towards the realization of one's dreams and aspirations. In its broadest sense, the overarching goal is to enhance the quality of one's life and ultimately reach a state of satisfaction or happiness. This begs the question, what is your most treasured dream? What is it that wakes you up in the

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morning, drives you throughout the day and makes you look forward to the next day? Asked differently, what exerts an irresistible force of attraction on you? The answer lies in being able to capture your dream, in defining what drives you in life. You can remain in dream state or you can make your dream a reality. In other words, the evolution of one's self is about making your dreams a reality.

Identifying the auxiliary verb that correlates with your heart's desire helps to understand the nature of your dream. Is it something you want to do such as sailing around the world or competing in a race? Is it something you want to have (a sports car, a big house, money, etc.)? Or is it someone you want to be (a professor, a doctor, a lawyer, a politician, a scientist, etc) or even standards you want to live by (e.g. set of values)? The first step in realizing your dream is understanding and being able to define it. There is no better way than to put your desire (or goal) into words. In doing so, identifying the auxiliary word that relates to your dream is a

“ WHAT IS YOUR MOST TREASURED DREAM? ”

good place to start.

The fundamental difference between the three aforementioned verbs is as follows:

1. To have. Your dream can be to obtain something. It can be a goal in itself. However, possessing something does not necessarily make you evolve personally. There is nothing wrong in desiring something but there is danger in the possibility of losing it. What happens if your heart's deepest desire (money, house, car, etc.) is stolen or taken away from you? Possession can be dangerous and even turn into a vice. When lost, it can lead to disappointment, dissatisfaction, dashed hopes, disillusionment... If you lose your dream possession, what do you do now? What remains when everything is taken away from you? To me, it boils down to who you are. Your competences. Your talents. Your person. Your aura. And this leads to the next two auxiliary verbs: 'to do' and 'to be'.



2. To do implies an action. Your goal is to achieve something.

The characteristic of this auxiliary verb 'to do' implies a set goal, or a destination. Having a destination already gives you guidelines or 'sets the tracks'. In life, to get anywhere, we need directions. And truthfully, we can only move in one direction at a time. You can change directions at any given moment, but you cannot move in two different directions at the same time, so a choice must be made. But what happens when circumstances arise, so that you can no longer advance towards your goal? For example, you lose your position in a company, your status, you are set off track? If you are no longer 'in action', does that mean you are no longer achieving your goal? How do you recover? How do you rebuild? How do you pick yourself back up? What resources are available to you? What tools or tricks can you use?

This leads me to the last auxiliary verb and the one I give the highest importance.

3. To be. Being implies a state. A state, as a 'state of being', in itself, is enduring. It is a quality. It is about who you are fundamentally speaking: "I am". "I am happy". "I am content". This also answers the question, when everything is taken away from you, what do you have left? This could also be translated into: what is it that money cannot buy? If you've lost everything, are physically

incapacitated, or cannot (no longer) advance for any particular reason or given circumstances, this does not take away your identity, who you are. You are still you. For this reason it is important to know your assets and values that define you no matter what life throws at you. Despite loss, you can still be, grow and evolve and 'become' again. Realizing one's dream is not so much what you have or what you achieve, but what remains when everything is taken away from you.

Ultimately, Self-discovery (or personal development) leads to an appreciation of your own worth. Some call this a kind of satisfaction or happiness. In order to be and appreciate

“ WHAT DEFINES YOUR BEING? ”

PERSONAL DEVELOPMENT

Self-help

your own worth, you have to be able to define your set of values. It is a kind of deep dive into the core of your own being. What are your animating principles? What defines your being, and what are the principles according to which you live? These principles should form the foundation of and provide the means to find meaning in your life. Knowing what they are is empowering. Could it be for example helping others or being a hero for someone? Your principles or set of values are also what I call one's toolbox (or toolkit) - your sources of power.

When you're sick, you resort to your pharmacy (first aid kit) in the kitchen. According to the symptoms, you take a certain pill. It's the same with defining the tools in your toolbox/values. What tools and values do you need at different moments in life? They come in hand in times of difficulty or struggle or when faced with generic challenges such as inertia, bad habits, negativity, laziness, getting discouraged, depression, etc. Examples of one's values (or tools) are strength, courage, hope, love, family, community, sharing, gratitude, compassion, patience, perseverance, positivity, faith, etc. These tools/values can be as simple as taking time out to enjoy a cup of tea or as valuable as sharing a moment with a friend. These are the tools and tricks that you pull out when you need to. They also aid in assessing yourself on your road to personal development and self-discovery.

As you travel on the pathway of personal development, you must know what you are after, what you are pursuing – what is your dream. Identifying the auxiliary verb that correlates with your dream ('having', 'doing', or 'being') is the first step in 'realizing' it. By diving deep into the core of your 'self', you identify your set of values which ultimately define who you are. Money, prize possessions, and material objects can contribute to the quality of life but should not be the main motivation. If taken away they can lead to an emotional derailment. If faced with the failure to achieve

your dream, what set of values or guiding principles allow you to bounce back? These should ultimately facilitate you to resort to a state of satisfaction or happiness. Personal development should enable you to assess your set of values that define you and your life. What's in your toolbox? To be, to do or to have, that is the ultimate question. ❶

“ KNOWING WHAT THEY ARE IS EMPOWERING ”



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5 steps to a more organized you

Sarbani Sen sets out a fool-proof plan to become organized



In a joyfully overwhelming world with trillions of things to do every day, and as a mother of five, running two businesses, teaching in two schools, keeping a thriving relationship with my husband and honouring my beautiful self, I definitely need to stay organized. People often wonder how I manage to do everything I do and still have time to take care of my nails, pamper my man and hang out at the latest cool bar. What's the secret they ask? Well, to start with I have these amazing German genes that definitely help. But more seriously, I am also very organized and have developed a talent at handling

“ HANDLING DIFFERENT ISSUES WITH A RESOLUTELY POSITIVE APPROACH ”

different issues with a resolutely positive approach. My magic motto (which I wrote on all my files) is: “All of life comes to me with ease, joy and glory.” This magic phrase opens doors, dissipates resistance (ours and others)

and is definitely the backbone of my life philosophy. I say it's the perfect space to start this article on life's organization!

1. Fly high

First of all, you need to have a very strict – royal like –

approach to all your tasks, after all you are the one handling all these issues so you should know best: Is this urgent? Is this to be handled by me? Can it be delegated? Can it be

postponed in time? Is it consistent with who I am today and with my annual objectives?

So, yes, to keep the coherence in all you do, I suggest you do an annual planning per trimester, and readapt it with who you are today. I usually do it in the format of a 'mind map'. It can be done online or on paper. Take an A3 sheet and see big. Let your imagination help you. Start with facts and items that are in your life today, then develop each item, starting from the centre and see the magic happen. Before you know, you have a plan coming out of nowhere and concrete ideas showing up. I love this tool.

'Bullet journaling' is very interesting too in that sense, because it invites you to write every day (about emotions, deeds, fears, basically empty the emotional sand bag), dive into colours and beauty, just for the sake of it – super healthy for us unicorn girls! How many of us are

depressed because we are on our Fablets all day and don't use our beautiful colour pencils anymore? Start today if this brings up some tears, plan monthly, plan seasonally, plan annually and come back to a more cyclical approach to life. There is a lot of material on YouTube if you want to start one! it's very creative too.

2. Smart agenda

Somehow this autumn I started looking into paper agendas again. I realized I wasn't happy with my smartphone agenda because I couldn't repeat events or add information. So, I analyzed all versions of Calendar apps. I finally opted to upgrade my present version (Readdle Calendar). Now I can also add colours to the events which makes it very visual to see how your week is coming along. This is my personal colour legend – pick yours!

- Everything to do with family (kids, husband, events) is yellow.
- Work & projects in Brussels (purple) and

abroad (deep blue)

- Everything to do with sports, yoga and dance (red),
- Generic holidays or leaves for longer periods (grey)
- Everything that is personal Soul food (dinners, concerts with friends) is green

As soon as I schedule events into my agenda, I make sure to use the correct colour. So, all the weekly kids' activities are there already (sports, scouts, music school), the classes I give are there already, the special events I am planning to attend are there too. Of course, I make sure my week is harmoniously filled with all the colours

“ ALL OF LIFE COMES TO ME WITH EASE, JOY AND GLORY ”

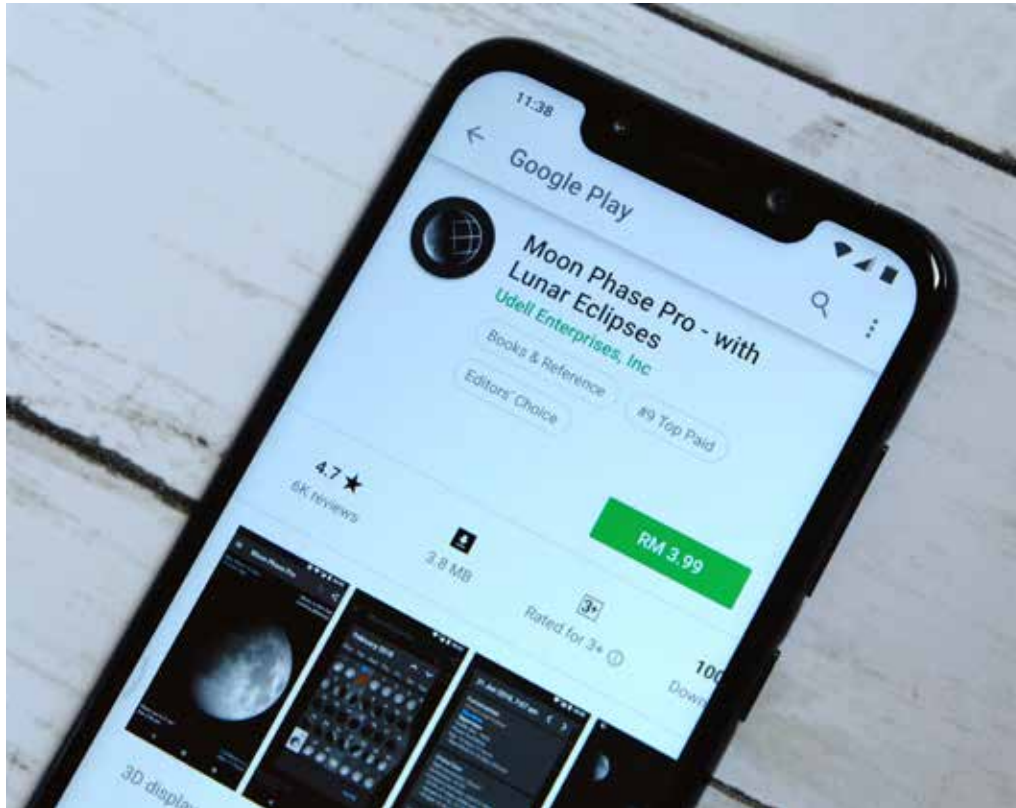
3. Know thyself

For the last three years, I realized that - for me, I don't know for you - I needed to take a break in nature (like a day off or a week end with an overnight) every six weeks and a minimum three-day break every three months. So now, instead of

waiting for me to go nuts and take an emergency exit, I try to book my escapes in advance. That way, I really take care of myself. For that I use Airbnb or TUI to fly.

In the pursuit of self-knowledge, I also downloaded the Moon Phase Plus app on my phone. I check it now and then when I feel that the energy is more intense around me or inside of me. Usually it has to do with the moon building towards full. A couple of days before the full moon, people get electric, anxious or just hyper. The kids usually sleep less or not well. I also integrated the new moon concept into my calendar. New moons are moments when we can start anew for the coming month, we can improve something in our character, or change a habit.

Regarding lunar cycles in the self, I also downloaded the Clue app that is specific for menstrual cycles. I love it! It allows you to enter your data, calculates your cycle, informs you on your fertile days (to keep it contraception



free), your cranky days, your hottie days, as well as periods when you'll want to go out more, indulge in some drinking or eating, partying harder than usual, and basically messing up the system that you've been keeping clean all the rest of the month!

4. Notes & pictures

I started using Notes in a more organized way too. Now I have project-based sub folders to put my notes in. I no longer need to look at all my notes to find the ones related to my project. I did the same for my pictures. I regularly sort them and put them in the appropriate folder so when I need them for social media or in the middle of a conversation I know exactly where to find them. I do this in spare moments such as waiting at the dentist,

or waiting for a kid to finish some activity somewhere.

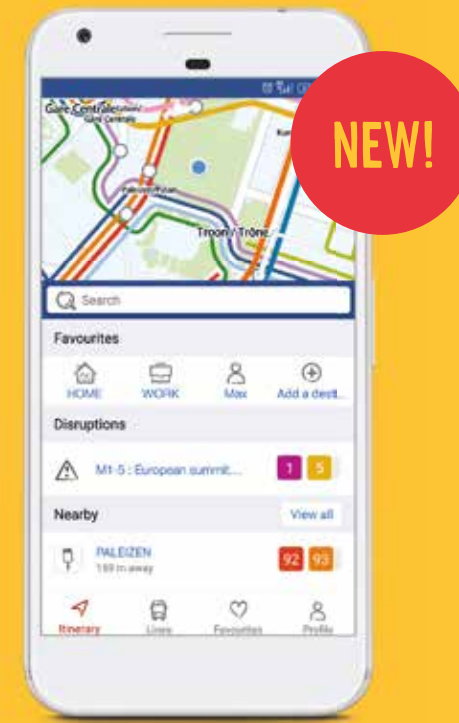
5. Delegate

For my businesses, I started using apps that will take away the boring part of my job.

“ I ALSO DOWNLOADED THE MOON PHASE PLUS APP ON MY PHONE ”

For example, for my healing centre I have an integrated widget for bookings called Treatwell where people can book automatically on my website or on my FB page and I get a text message to inform me. They also have an integrated client reminder service which is great and very professional. I still need to find a way to get my bookings automatically into my agenda. I will keep you updated on that in a next article. Until then just remember: “All of life comes to me with ease, joy and glory.”

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IT'S ALL OF US



New Year's resolutions

Anna Boroshok helps you actually achieve them



New Year is approaching and you have already started thinking about new year resolutions. It feels exciting: a new chance to achieve something meaningful and important in 2019. But then the planning process hits and you realize that you need to move some of your old resolutions from 2018 to 2019 because they did not become reality. But it does not mean you should quit planning, right? It means you should start planning smarter.

Before we jump into the smarter planning, let us look at the typical mistakes we do when setting ambitious goals for ourselves and pick

up some examples of such goals:

- Finally launch my consultancy business
- Lose 20 kg
- Learn French etc...

All these goals sound so exciting until January passes and nothing has moved an inch especially if you have set only the goals but did not do any planning on how you will make them come true. You think: "What if magic happens?!" But time passes by and magic does not happen. You get somewhat upset by little or no progress and wait to see if something happens in February. But February passes uneventfully. In the following months

you will probably do some trivial or even non-trivial things but this will not bring you to your ambitious goals. Sounds familiar?

Now, we have all already heard about cutting a big elephant into small pieces, right? But this also does not help. You know why? Let us say you have cut the annoying huge elephant into many pieces but what do you do then? You start imagining how you will do (eat) those pieces somewhere sometime in the following 11 months. Be honest with yourself, you postpone the most difficult chewy pieces until later months focusing on pieces which are easy to eat. Have you noticed that? Danger! Easy solutions are our biggest enemies on the way to success. They create a feeling of busyness and even importance that we are working on achieving our big goal. But in reality, we are procrastinating doing 80% of tasks which bring only 20% of results instead of focusing on 20% of tasks that will bring us to 80% of results.

The problem with all long-term planning is complexity and lack of clarity, not only about the tasks but also where they will bring you. Will they work out or not? Will they bring the desirable results? That is why I propose you to plan and test your goals and tasks in sprints. This methodology was first used for IT projects but being so efficient, it started penetrating other spheres of our lives including personal goals. Let's have a look at how it works.

Do your strategic planning in eight-week sprints. Each eight weeks is equal to one sprint. Schedule the time for sitting down and defining what tasks do you need to complete to get closer to your goal. When you list all the tasks, prioritize 20% of the tasks which will bring you 80% of results and allocate time for working on those tasks during the eight weeks sprint. You will also need to plan each week and each day to ensure you understand how to implement each task by splitting it into comprehensible and actionable steps. Here is an example:

Imagine you want to change profession because you do not like what you are currently doing. But, at the same time, you do not even know what you would like to do. Usually, we set a very general yearly goal to understand who we want to be. This is where you get lost and end up doing nothing because it is a scary goal: what if you identify what you want to do, throw yourself into it but it will turn out to be not what you expected? Knowing that this is a problem, plan out discover and trial sprints. Make an eight weeks actionable plan by posing a question: "How might I find out what I would enjoy doing?" For example:

Search and read for 40 articles on how to find your passions

Identify 10 books about changing profession and read at least one by the end of the sprint

Research if there are courses/consultants on career change and take them

Search for tests on self-awareness and take them

Start a diary on understanding yourself

These are already concrete and actionable steps which call for action. The next step will be to plan each week of the sprint to ensure you reach the stated goals. For example, you can decide to read five pages each day to finish reading a book in eight weeks. You can also set a goal of reading five articles a week.

To make this process easier (and not to forget the tasks you need to do), make an excel file for 56 days (eight weeks), list all the tasks on the left hand side and dates on the top. Tick the boxes of completed tasks. This will help you to see where you procrastinate and need to re-focus on priorities. Daily planning will also help you to be more organised and focused on tasks you need to complete and not to lose yourself in daily routine and distracting urgencies.

Once your first sprint is completed, you can

**“ BUT TIME
PASSES BY AND
MAGIC DOES
NOT HAPPEN ”**



move to the next sprint. In this case, if you have managed to identify some of your passions and interests, it would be a testing sprint where you set up a goal of testing your passions and interests in more or less safe environments. For example, taking evening courses, meeting people with the same interests and trying to understand their routines, etc.

From time to time you will need to look at your yearly goal and adjust sprints as per that goal not to drift from the identified course. Beware though, testing and self-discovery might make you realize that your yearly goal needs to be adjusted to fit your new reality.

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Arnon Barnes: Game-changing in 2019

International Speaker, Peak Performance
Trainer and Business Mentor



Yes! It's that time of the year, Christmas lights are shining bright and people are planning their gift lists and how to dress up the turkey dinner this year. Maybe you are even considering 'What do I want to achieve in 2019?', or 'What are my goals?', and 'What do I wish to change, keep, grow, reduce or eliminate in order to make 2019 my best year ever?'

Well, let's get right into it. Firstly, and let me be clear about this, I strongly recommend that you **DO NOT** write down any new goals. Again - I strongly recommend you **DO NOT set goals for 2019!** What?!? Yes, you read that correctly.

Before you stop reading this article, let me share my perspective on 'setting goals'. After researching, studying and working with some of the best business leaders from all over the globe, one thing is very clear. None of them simply 'set goals'. Although that might be the 'terminology' they use, they definitely do not set goals. What they all do, is set Game-Changers!

What is a Game-Changer?

Think about it like this: A Game-Changer is something that when you 'go after it' and eventually achieve it, it will completely transform the landscape of your personal, professional and/or your financial life. It's about doing something so massive and radical that

the impact would be positively huge on your life and the lives of others. It's about contributing to the legacy you are currently creating, whether you are aware of your legacy or not. A Game-Changer needs to be something BIG! Something that is going to cause you to have to take big amounts of focused and dedicated action. It will require commitment, creativity and energy for you to achieve that specific Game-Changer. It will require you to step out of your comfort zone and grow!

A Game-Changer, as the word presents itself, will immediately require you to think bigger, to act bigger and, as a knock-on effect, will result in you stepping up and playing a bigger game. So much more than you just setting another 'goal'.

The energetic vibration you will need to put out in order to accomplish two or three clear and specific 'must achieve' Game-Changers is far greater than even the terminology and the possible future rewards of achieving any goal. Having a goal is fine for the short-term, but when we want to step into our power and create a stronger and more powerful vibration, that's going to demand you taking massive, focused action. And that comes in the form of having and setting clear, beneficial and life-changing Game-Changers!

To give you a simple example: going to the gym twice a week is a goal – weak. Running a marathon or doing an Iron-Man event, that's a Game-Changer!

Making an extra 10k, 20k or 50k next year, is a goal – weak. Making an extra 100k, 500k, 1m is a Game-Changer!

I hope you're catching onto this new terminology. I teach this subject to all my entrepreneur students and the business leaders I work with from all over the world. And they love the idea and the massive results this

change in mindset has brought them.

For me, one of my Game-Changers from the past was successfully authoring my first book, *Rebel Entrepreneur: How to win the game of business and break free from what's holding you back*. Leaders I have coached have been able to take their local business and transform it into a global success within a year. Others managed to transform from business operators to business owners in a matter of weeks.

All these results allow the business owners to experience more financial freedom and have the choice to enjoy life more and do more of

**“ IT’S ABOUT
DOING
SOMETHING
SO MASSIVE
AND RADICAL ”**

the things they love. Because, after all, having a business and building it 'correctly' should benefit and reward the business owner both financially and from a more 'time-freedom' perspective.

What are the two or three Game-Changers that will positively change your life? What will completely transform

you from someone who is doing good, to someone that can no longer be ignored? Because that's exactly who you need to become, someone that can no longer be ignored by the market place.

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 or contact his office for more information on coaching via info@arnonbarnes.com 📧

Be successful

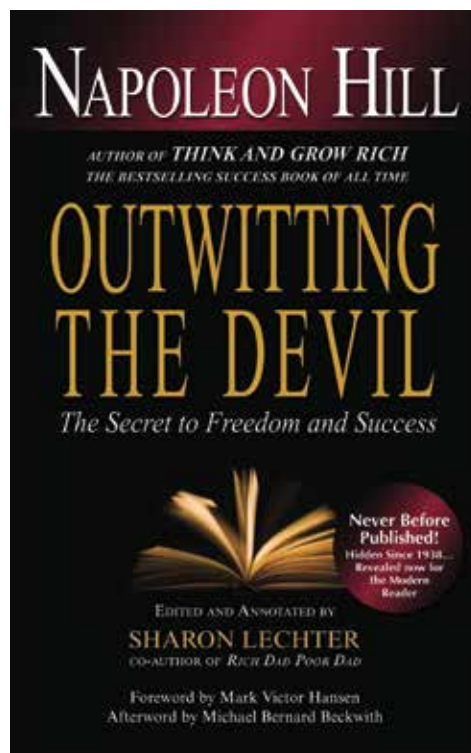
Two more life-changing books to help you on your way to success

Outwitting the Devil: The Secret to Freedom and Success

Bestselling author Napoleon Hill reveals the seven principles of good that allow us to triumph over obstacles... and find success. Oliver Napoleon Hill (born October 26, 1883 – November 8, 1970) was an American self-help author. He is known best for his book *Think and Grow Rich* (1937) which is among the 10 best-selling self-help books of all time. Hill's works insisted that fervid expectations are essential to improving one's life. Most of his books were promoted as expounding principles to achieve 'success'.

Hill was born in a one-room cabin near the Appalachian town of Pound in southwest Virginia. His mother died when he was only nine but his stepmother Martha was a major positive influence on him. Later in his life, Hill would say that he spent the years of 1917-1918 advising president Woodrow Wilson amidst World War I. Using his legendary ability to get to the root of human potential, Napoleon Hill digs deep to reveal how fear, procrastination, anger, and jealousy prevent us from realizing our personal goals. This long-suppressed parable, once considered too controversial to publish, was written by Hill in 1938 following the publication of his classic bestseller, *Think and Grow Rich*. Annotated and edited for a contemporary audience by *Rich Dad, Poor Dad* and *Three Feet from Gold* co-author Sharon Lechter, this book is profound, powerful, resonant, and rich with insight.

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Dean maximized the success and profits in each of these endeavours along his evolution and his businesses and brand have generated nearly \$1 billion dollars in revenue. Dean is obsessed with sharing the Success Habits learned along this journey with the world.

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**“ THIS BOOK
HAS BROKEN
DOWN THE
WALLS OF
COMPLEXITY ”**

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Growth picking or bottom fishing

Dave Deruytter takes a look at the financial markets' investment strategies



There are many ways to try to outperform the market indices of the financial markets. Still, common wisdom states that one cannot beat the market consistently over a longer period of time.

Looking for growth stocks, searching for companies with potential, or that are operating in fast growing industries or activities worldwide, is a well-known strategy. Investment company Berkshire Hathaway, with its paramount leader Warren Buffett, is very

famous for this approach. It uses a process whereby companies are followed, studied and scrutinized for their good management, good products or services, and for their potential - and, that are undervalued by the financial market because those elements are (still) unknown. It can be as simple as buying a good local company with great products and an important pipeline, that has easy potential to scale the business outside its home market, but has not yet done so. All of this requires a lot of study of course. That is why quite a few people buy the shares of Berkshire Hathaway,

or their competitors, instead of venturing themselves in such detailed, and sometimes complex, analyses for stock picking.

Other growth-picking strategies bank on the investment in the future new Google or Facebook companies. In the process they buy a lot of shares in potential candidate companies, only slowly but surely, whilst studying each of them in detail, adding money only to those that keep on increasing their chances of winning in the quest for stardom. Often this strategy is only successful if you can buy those shares before the company is actually listed on a Stock Exchange. Although with the likes of Google or Facebook this was not necessary; even after the IPO their share-price multiplied over a short period of time. Private equity companies are very active in this field of scanning for future winners - big time. Also, large conglomerates that look at optimizing their product offer, the countries in which they operate, or that are searching for synergies or advantages of scale in takeovers, are very actively searching the market for potential scale-ups or partners.

Bottom fishing is a very different technique whereby you follow companies that, for non-fundamental reasons, are oversold on the stock market and go under their real value in price. The investors hope that after they buy the distressed shares, they will increase in price, back to fair value at least. This approach often requires patience as one does not want to buy too soon in the downfall. Still, when the price is bottoming out, or the reasons for the overselling ebb away, it is a question to act fast.

It is very important to really study the reasons why the share of the company is over-sold. Because, if the sell-off is justified, you do not want to step in at all. Then the rule is: "Do not throw good money after bad." Still, if the long-term profitability of the company is good and

if it should be able to withstand the current shock, because panic sales seem to happen, one should, after thorough analysis, swiftly act upon the buy opportunity.

The best situations are those where the share price has been decreasing already over a rather long period of time and then, all at the sudden, extra bad news has the bottom fall out of the bucket and the share price drops further, sharply and fast. That is when panic takes over from reason with mainstream investors. And, at least if it is fundamentally a good company, you can step in to buy.

This bottom-fishing strategy is difficult and can be dangerous. For one because it is not always easy to know all the reasons for the weak performance of the company. Secondly, how do you know that the bottom of the share price has really been reached? The key element here is to be as sure as possible that this company is fundamentally a good one and will not only survive but even thrive in the future. Because you want people to keep on buying the share after you bought it. It must

really be a panic sell-off of a solid company with potential. There is the important rule of shying away from deals that look too good to be true. So, do your homework well. You can imagine that these bottom fishing cases are more occasional opportunities than the search for growth stocks are. Still, when successful, bottom-fishing stocks can also double in value.

All in all, the growth stock approach is the better one. And if you do not have the capability or time to do it yourself, you can still buy shares of companies that do that for you. Anyway, if you buy a mutual fund of a financial institution, according to your risk profile, you also want to know the quality and performance of the fund manager behind it. Luckily, the likes of 'Morningstar' rate the funds of fund managers on their historical performance and

“ SHYING AWAY FROM DEALS THAT LOOK TOO GOOD TO BE TRUE ”



management. But historical performance is no guarantee for future performance of course.

The conclusion for investing is always the same: diversify, invest in what you understand or know, according to your investor profile and, shy away from too good to be true offers. If you really want to take more risk, do not borrow for it and do so with money you can afford to lose. ①

“ BOTTOM FISHING
STOCKS CAN
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Going Back to 2019

Our tech guy **Colin Moors** does his annual roundup of those wonderful gadgets

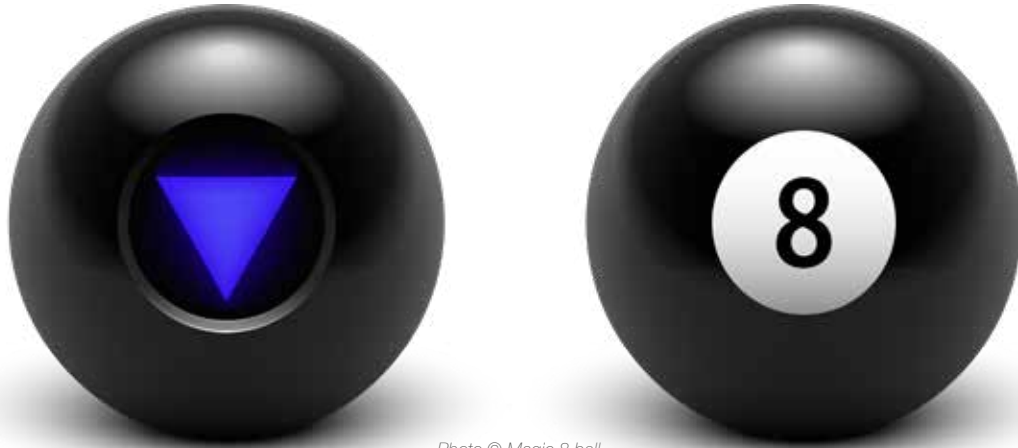


Photo © Magic 8 ball

Around this time of year, thoughts will probably turn to what to buy for your nearest and dearest for Christmas. If you've known them a while, you've probably already done the "name a star" thing, sponsored a goat or bought them more socks than they could feasibly ever have a use for. Why not try something a little different this year and give them something retro? People enjoy the frisson of nostalgia, particularly when it's backed up by solid tech. These items all look the part but will sadly carry a realistic 2018 price tag.

Let's kick off with a turntable. Vinyl is back, although by the time this goes to print, it could well be out again, I have no idea. Nevertheless, a turntable on which you can play your new heavyweight vinyl releases is a beautiful thing to the ears and the eyes. Very

well received and not too shabby looking is the **Audio Technica AT-LP60-USB**. Yes, it's a USB version, meaning you could rip all your vinyl to mp3 if you wanted to - presumably, you want your mp3s to sound like a web stream, I don't know. Gadgety USB outlet aside, it's a solid contender. It looks like a real turntable and acts like one. It's got a built-in phono stage (a special amplifier) so you can plug it straight into your computer or your amplifier at home.

If you want proper retro that looks very sexy indeed and is around three times the price, may I recommend the **Rega Planar 1**? No USB, but good enough to make you drool at the look and the sound. It'll be a bit trickier to hook up to your PC if that's your aim but who cares when it sounds this good?

“ LEVERS, SWITCHES AND BUTTONS TO DO PRETTY MUCH ANYTHING ”



If you get that perfect Christmas gift, why not call to say thank you? No, not on your all-singing, all-dancing smartphone, silly - on a **Nokia 3310**. Yes, that's right, the old house brick is making a comeback. Admittedly, it isn't the really basic model of yesteryear but they have kept the spirit of the iconic 3310 in the design and features. It apparently gives you access to Facebook and Twitter but most people who buy them do so to get away from being connected all the time. The mobile data is served at blistering 2G speeds, rendering the act of using social media fairly pointless.

The features that will appeal to the hardcore user and the newcomer alike are the ones that made the cut from the old version. There's a 'new' feature in the 2-megapixel camera and 16 MB of storage, expandable to 32 GB with a MicroSD card but mostly there are two things that really stand out. Firstly, you can play Snake - a feature I genuinely believe would

have spelled the end for Nokia had they missed it out. Secondly, the battery life is the stuff of legend. Talk time is between 22 and 24 hours and it will sit around on standby for 30 days. This also frees a space in your pocket or bag where your power bank used to go.

“ A BEAUTIFUL THING TO THE EARS AND THE EYES ”

Another item that's been looking for a way to break back into the market for a while is the **Polaroid OneStep+** camera. If you have ever seen a Polaroid camera, the look and feel of this will come as no surprise to you. The controls are satisfyingly minimal, the biggest of all being the button that works the shutter. We are

talking proper mechanical here, with levers, switches and buttons to do pretty much anything. However, the photos tend to suffer somewhat from being incredibly blurry, very much like the product of the original iterations of the camera were. If you've ever used Instagram to add blur to a picture for that retro



look, you'll love it. Of course, there has to be a tech angle in the Polaroid story, so there's a free app in which you can configure various modes and features via Bluetooth although it has to be said these features are pretty basic. The big thumbs down on these cameras is the price tag of around €20 on the film cartridges. This would be OK if it took 36 shots instead of just 8. Oh, and while we're at it, the company states that "Rapid movement during development can cause portions of the film to separate prematurely." So, if you were thinking of 'shaking it like a Polaroid picture', don't.

Radio used to be a thing before Spotify and iTunes. The **Haynes** company would like you to believe it could be again with their FM radio kit. Another example of logo engineering, the Haynes name has been bought by a licensing company and is no longer the reliable source of engineering information it once was.

“ NO, NOT ON YOUR ALL- SINGING, ALL- DANCING SMARTPHONE ”

However, as a relatively cheap project kit that'll keep someone quiet for a couple of hours on Christmas day, it's a reasonable investment. It doesn't look like the sturdiest radio you'll ever see but at around €20, you probably shouldn't expect it. the battery, of course, is no included.

Straying away from the path of tech for the final item, something that caught my eye recently was the return of the magic **8 Ball**. Perhaps it never even went away, I have no idea. In case you've never seen one, it's an enlarged version of the 8 ball in the game of pool, colloquially known as something of an unknown quantity. It has a small window in the front and when you shake it, a simple message will appear. Does this mean all your Christmas gift ideas are solved? Let's shake the Magic 8 Ball. Hmm..."don't count on it". 🎱

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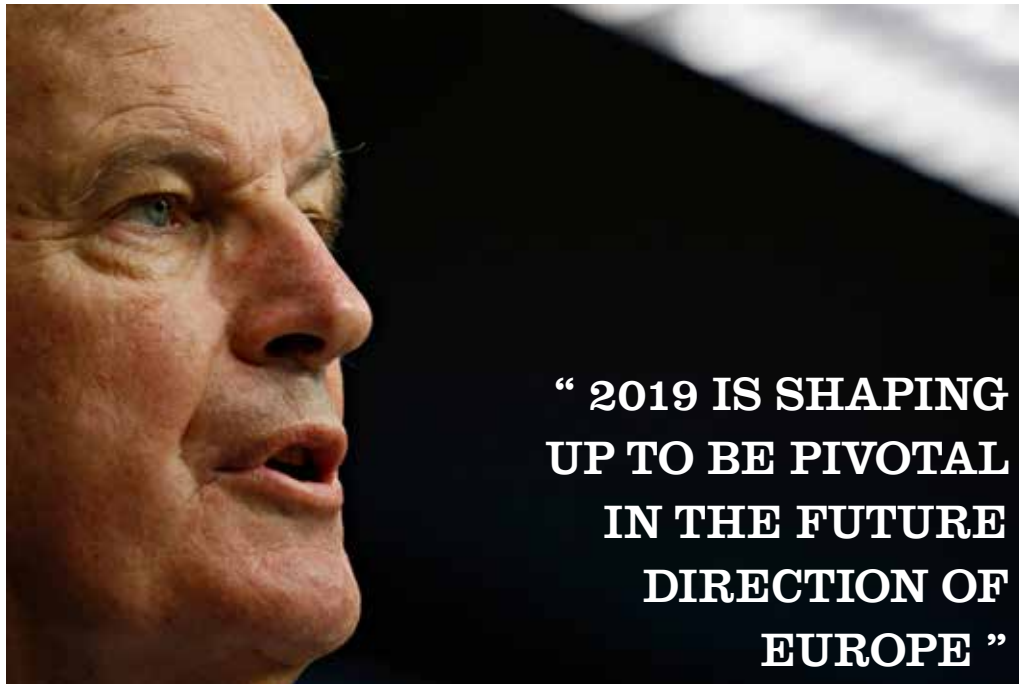
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Designed and assembled in Berlin, Germany (796 km)

The EU in the year ahead - 2019

Our politics correspondent **Gerry Callaghan** consults his crystal ball...



It seems like not a day passed in 2018 where Brexit was not at the forefront of European discussions. In November an agreement was reached and it looks like 2019 will be the year when Brexit finally happens. And as the United Kingdom withdraws from the EU on 29 March 2019, Europeans will be gearing up for parliamentary elections. Then, into the second half of the year we will see the appointment of a new European Commission. So, as much as 2018 seemed critical for EU stability, 2019 is shaping up to be pivotal in the future direction of Europe.

Brexit

At some point in March 2019, there will be a final EU summit to ratify the UK's Brexit deal. The 28 member states will meet in Brussels for the last time before the UK's withdrawal from the European Union. Leaders are expected to ratify the withdrawal agreement, after it has been passed by Westminster. At 23h30 on Friday 29 March next year, the UK will officially cease to be a member of the EU - although a transition period will remain in place until the end of 2020.

European Parliament elections

The European Union in 2019 is also set to see nearly all of the most important leadership positions across EU institutions change. So, depending on how seats are distributed at the elections in May, Europe could witness a major realignment of power among member states, within EU institutions, and between nations and Parliament.

Voting will take place between 23-26 May and a new distribution of power within EU

engaging arguments for the future of Europe.

However, a nationalist victory in May next year would rock Europe to its core and throw it into another deep crisis. It would represent a defeat for the fundamental values of the European project. Given the scale of the threat, pro-Europeans cannot count on business as usual and must work together to preserve what has already been built.

The parliament has been dominated by an



institutions will emerge, largely through a change in personnel. Given the unprecedented rise of nationalist parties in the last election cycle, the usual European campaign issues will take a back seat. Pro-EU parties must make sure Europe's place in the world is a central issue of the parliamentary election campaign. If they do not, they could suffer a shattering defeat at the hands of the new nationalist parties. The nationalists want to return to the misremembered past. Therefore, it is up to the pro-Europeans to offer better and more

effective grand coalition between the centre right and centre left for decades. But with the UK Labour Party exiting and the centre right under increasing pressure from populist parties, it's unclear what kind of result will emerge next year. Even if the European People's Party remains the leading force, as is widely expected, it's unlikely to enjoy the same sway it does now. That's one reason why whomever the EPP selects as its Spitzenkandidat won't be a guarantee for the presidency.



Commission, Council and ECB

In the months following the vote, the parliament will oversee the appointment of a new European Commission. The top job at the Commission will become part of the negotiations for other big posts that become open next year, for example, the presidency of the European Council, the bloc's foreign policy and security chief and a leader of the European Central Bank in Frankfurt.

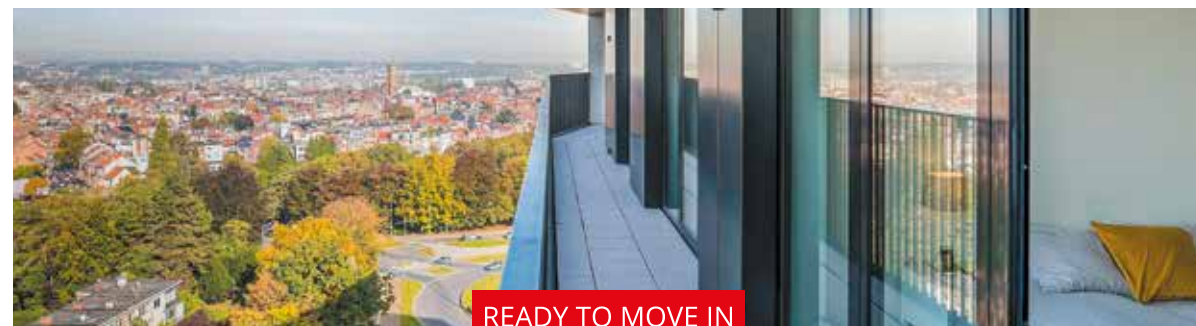
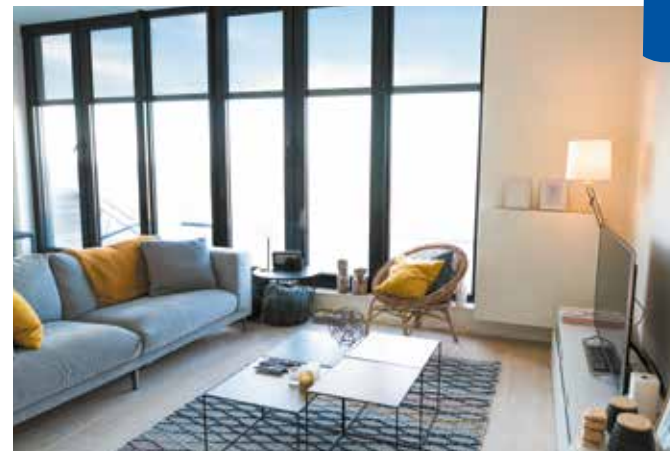
More critically, before these positions are occupied, there are still competing visions within the soon-to-be EU-27 that must be ironed out. Especially over the role of the European Commission. Newcomer to the table, French President Emmanuel Macron favours a more activist executive, others, including several Eastern European countries and Merkel's Germany, are wary of vesting the Commission with even more political clout fearing it will

reduce power at national level.

So far, most attention has focused on Michel Barnier, the chief Brexit negotiator. A former French foreign minister, Barnier tried to edge out Juncker in 2014 for the EPP nomination but fell short. This time round, if he manages to negotiate a Brexit deal that both limits the damage to Europe and puts the future EU-UK relationship on a solid footing, he could be hard to overlook. His position as chief negotiator has helped him build relationships with leaders across the EU, an advantage no other candidate is likely to have.

1

“ EUROPE COULD WITNESS A MAJOR REALIGNMENT OF POWER ”



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This grand astronomical theatre has been presented in a Tellurium-Orrery, with the sun represented by the flying tourbillon, whose carriage bridge evokes fiery rays and a spherical moon orbits the earth according to the exact length of its synodic period of 29.53 days.

www.bovet.com



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Mechanical self-winding movement. Calibre R 27 HU. Case and slide piece with hand-guilloché hobnail-patterned decoration. Skeletonized lugs. Dial: Cloisonné enamel centre, Lavaux landscape. 18K gold dial plate and 24-hour ring. Alligator strap with square scales, hand-stitched, shiny chocolate brown, fold-over clasp. Rose gold. Interchangeable full back and sapphire-crystal case back. Humidity and dust protected only (not water resistant).

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Montblanc 1858 Pocket Watch LE100

The Montblanc 1858 Pocket Watch Limited Edition 100 honours the 160th anniversary of Minerva with its new manufacture Calibre MB M16.24, a beautifully hand-crafted monopusher movement with the iconic V-shaped bridge and Minerva arrow, directly

inspired by the historic Minerva monopusher chronograph Calibre 17.29 for pocket watches. Designed for mountain explorers, this ultimate and versatile timepiece offers the unique opportunity to appreciate time in different ways while discovering new adventures.

The pocket watch can be positioned on a table with a stand or combined with a built-in compass that can be accessed by opening it up to lay flat on a map for planning adventures. The back of the compass features an engraving of the four cardinal points, which are enhanced with SuperLumiNova®. Over 50 elements compose the versatile and adaptable case. The dial offers high readability and performance during the day and at night. It is crafted from Dumortierite stone, named after famed French explorer Eugène Dumortier, who discovered it in the Alps mountain chain in 1881. This natural mineral gives the dial a unique blue lustre.

www.montblanc.com

Jacob & Co: Brilliant Flying Tourbillon

For more than a quarter of a century, Jacob & Co has created revolutionary timepieces and exquisite jewellery that have captivated celebrities and notables from the watchmaking world and dazzled fashion's red carpets and cover shoots. With a unique talent for creating designs that are as innovative as they are spectacular, the company has grown into one of the most recognized luxury brands in timepieces and jewellery.



The Brilliant Flying Tourbillon is a masterpiece of world-class gem setting artistry and spectacular high horology. The daring, imaginative and enticingly feminine timepiece features a richly coloured dial showcasing the one-minute flying tourbillon carriage with a power reserve of 100 hours. The stunning case is invisibly set with 403 baguettes and a beautiful rose-cut of natural gemstones. Their slogan: "Inspired by the Impossible."

www.jacobandco.com



Van Cleef & Arpels: Lady Arpels Planétarium

Poetic Complications® watches provide a unique vision of time, in which craft skills combine with technical prowess to bring stories to life. Their intricate mechanisms offer precious moments of emotion, marked by the distinctive imagination of Van Cleef & Arpels.

Poetic Complications Collection, Lady Arpels Planétarium watch. 38 mm white gold case, round diamonds. White gold bezel, round diamonds. Aventurine dial, pink gold sun and white gold shooting star, pink mother-of-pearl Mercury, green enamel Venus, turquoise Earth, diamond Moon. White gold crown, round diamond. Sapphire case back. Glitter blue alligator strap with white gold pin buckle and round diamonds. DEF, IF to VVS diamonds. Automatic mechanical movement (Valfleurier Q020), equipped with a Christiaan Van der Klaauw module developed exclusively for Van Cleef & Arpels, 40-hour power reserve. Numbered edition

Van Cleef & Arpels offers an unprecedented women's version of the Midnight Planétarium watch, as part of the Poetic Astronomy universe. Distinguished by its refined aesthetic and automatic movement, developed specifically for the Maison, the Lady Arpels Planétarium watch depicts the Sun and the nearest planets: Mercury, Venus and Earth, the latter accompanied by its satellite, the Moon.

www.vancleefarpels.com



Louis Moinet SpaceWalker

The destinies of Moinet the astronomer and Leonov the cosmonaut have been brought together in SpaceWalker – an exceptional contemporary creation dedicated to Alexey Leonov, a man who was not only the first to walk freely in space but also the initiator of one of the most symbolic gestures in all history – an interstellar handshake with his NASA counterpart in 1975, at the height of the Cold War.

The timepiece features an outsize tourbillon at 12 o'clock, representing Alexey Leonov's spaceship on his Voskhod 2 mission. A diamond revolves around the tourbillon, representing Alexey Leonov himself, floating in space outside his spacecraft. The decision to use a diamond was quite deliberate: 'Almaz-2' was Leonov's code name during the mission – and *almaz* is the Russian word for diamond. The picture would not be complete without an evocation of the vastness of the cosmos.

The SpaceWalker dial is also an all-new creation by Louis Moinet. It makes use of an exclusive, secret graphic composition, depicting an artistic view of the starry heavens in which Leonov drifted at will for 12 minutes and 9 seconds on March 18, 1965.

www.louismoinet.com

Also find out more about luxury watches on www.elitetraveler.com



Christmas Céleste

Photographer: Julien De Wilde www.juliendewilde.net

Art director: Nicholas Sirot

Hair & Make up Artist: David Bettega for Kérastase Paris & Lancôme

Model: Céleste @ Dominique models agency

Special thanks to agency & studios www.reporters.be

Total look: Zara

Belt: Olivia Hainaut

Boots: Sarenza

Bracelet: Maison Silvius Druan

Ring: Maison Howards



Palette caractère Chanel lipstick collection
N°5 L'eau de Chanel eau de toilette
Nail polish Chanel n°918 Flamboyance
Rouge Allure Chanel velvet n°5



Dress: Zara
Bracelet: Collectors Gallery



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 Music for a while from Frederic Malle parfum
 Timbuktu from l'artisan parfumeur eau de
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 From Le Labo santal 33 eau de parfum
 from Etro Musk eau de parfum



Sweatshirt: Zara



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Équilibrant pour peaux mixtes.

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This refreshing and balancing toner gently addresses an oily T
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Toner équilibrant pour peaux mixtes.

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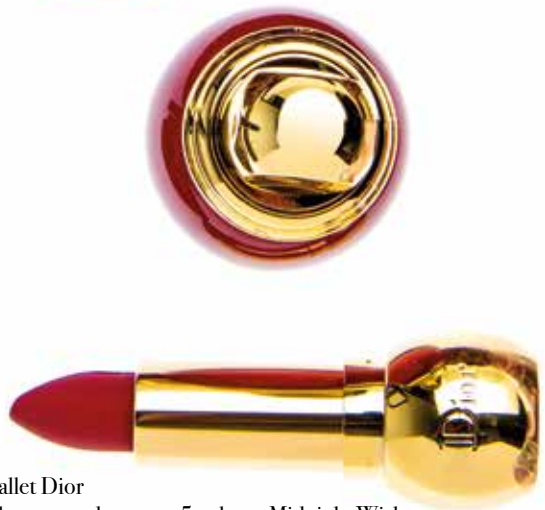
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LIFESTYLE

Fashion interview

Buissonnière: A Belgian family with a passion for clothes

Catherine Feore spoke with two
of the four sisters that make this firm
tick

When
Laurence

Buissonnière came into this world, little did she know that she was about to inspire the creation of a unique and exclusive brand: Buissonnière. A brand that combines style, with *joie de vivre*. Myriam, Laurence's mother, couldn't find clothes in the shops that met her requirements. Myriam wanted clothes that were attractive, practical and made of good fabrics at affordable prices. So what else to do, but to create the clothes herself?!

Myriam's efforts did not go unnoticed – soon her family and friends were asking her where she had found Laurence's outfits. Then came the Eureka moment, Myriam and her husband Christian realized that there was much a wider demand for her clothes and the family business was launched.

Over the years, the family grew to include Emilie, then Philippine and finally Clémentine. Four little girls who would inspire and grow up to share their parents' passion for clothes. As the girls grew, so did the business, not just in



terms of its success but also in the range of clothing that Buissonnière offered. Today, those little girls are adults with families of their own and adapting the business to modern needs; with five shops across Belgium and a website that allows busy families to explore their extensive range of clothes for children, men and women. We spoke to Laurence and Philippine.

Q: Given that you were surrounded by clothes from an early age, was it inevitable that you would follow in your parents' footsteps?

Laurence: Our parents never obliged us to follow in their footsteps. When we were students we would certainly help in the

Fashion interview

summer holidays. Even before becoming adults we would occasionally travel with our parents. For example, each year they would visit the Paris Textile Fair to see the latest fabrics.

From an early age, my mother would fit clothes on us, making sure that the fittings were right, the arms the right length and the fabrics tested to destruction. It was a major influence and inspired me to study fashion design.

Philippine: I did a Master's in business management and wrote my thesis on the management of small and medium family businesses.

L: We all have a creative spirit and we all have the Buissonnière brand in our DNA.

P: I try to make sure that we have a good global vision of the brand. Each of us brings different strengths to the team. Emilie is responsible for the E-shop and communication and Clémentine is responsible for the social networks and works with Laurence on design and purchases.

Q: You are sisters, you must disagree from time to time! What do you do when you disagree?

P: It doesn't happen often that there is a disagreement, mostly we will discuss and if necessary, hold a meeting to find a compromise. Between us we usually agree, sometimes we need to prove our ideas to our parents and convince them that they are good for the development of the company.

L: The business is constantly evolving. Our mother is still very much involved in the design, she instilled in us a commitment to high-quality design and the use of good quality natural materials, while always ensuring affordable prices for young families.

Q: What influences your work?L:

L: We keep abreast with fashion, but with a regard 'Buissonnière', but mostly we look at

daily life: What do we like? What's missing for families?

Q: I see from your website that you are an official supplier to the Belgian royal family!

P: Yes, we became an official supplier to Prince Philippe when he became king. The royal family bought clothes for their children for school and even for official ceremonies from time to time.

L: Prince Laurence and Astrid have also dressed their children in our clothes.

Q: Your online business appears to be very successful, isn't it difficult to buy clothes without trying them on?

P: We provide lots of information about size and ensure that we supply lots of photos so that customers can see what the clothes are really like. There is always the possibility to return an item but because we are already very attentive to quality so we have very few returns; according to Bpost, we are one of the most successful online companies, with fewer than 10% of items returned.

L: We have five shops in Belgium and we've expanded a lot, but for a small business opening shops far from our base is difficult to manage. We have customers in France, the Netherlands and Luxembourg, we are also receiving more and more orders from England and Germany. For us this is the best way for the moment.

Q: What about your children, do you think they will join the family business?

P: We don't know yet, but we hope that they catch the same virus as us, because it really is a very nice family business. They are already ambassadors for the brand.

L: They also help out with our fittings. This summer we were fitting jackets for winter, in mid-summer, in the middle of a heatwave!
www.buissonniere.com

**“ IT WAS A
MAJOR
INFLUENCE AND
INSPIRED ME
TO STUDY
FASHION
DESIGN ”**



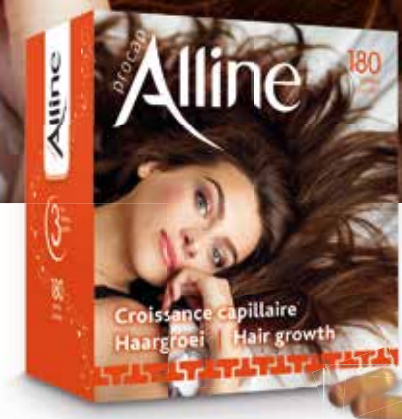
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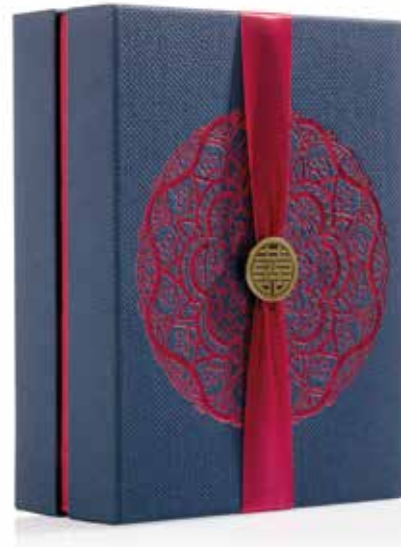
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LIFESTYLE

Shopping

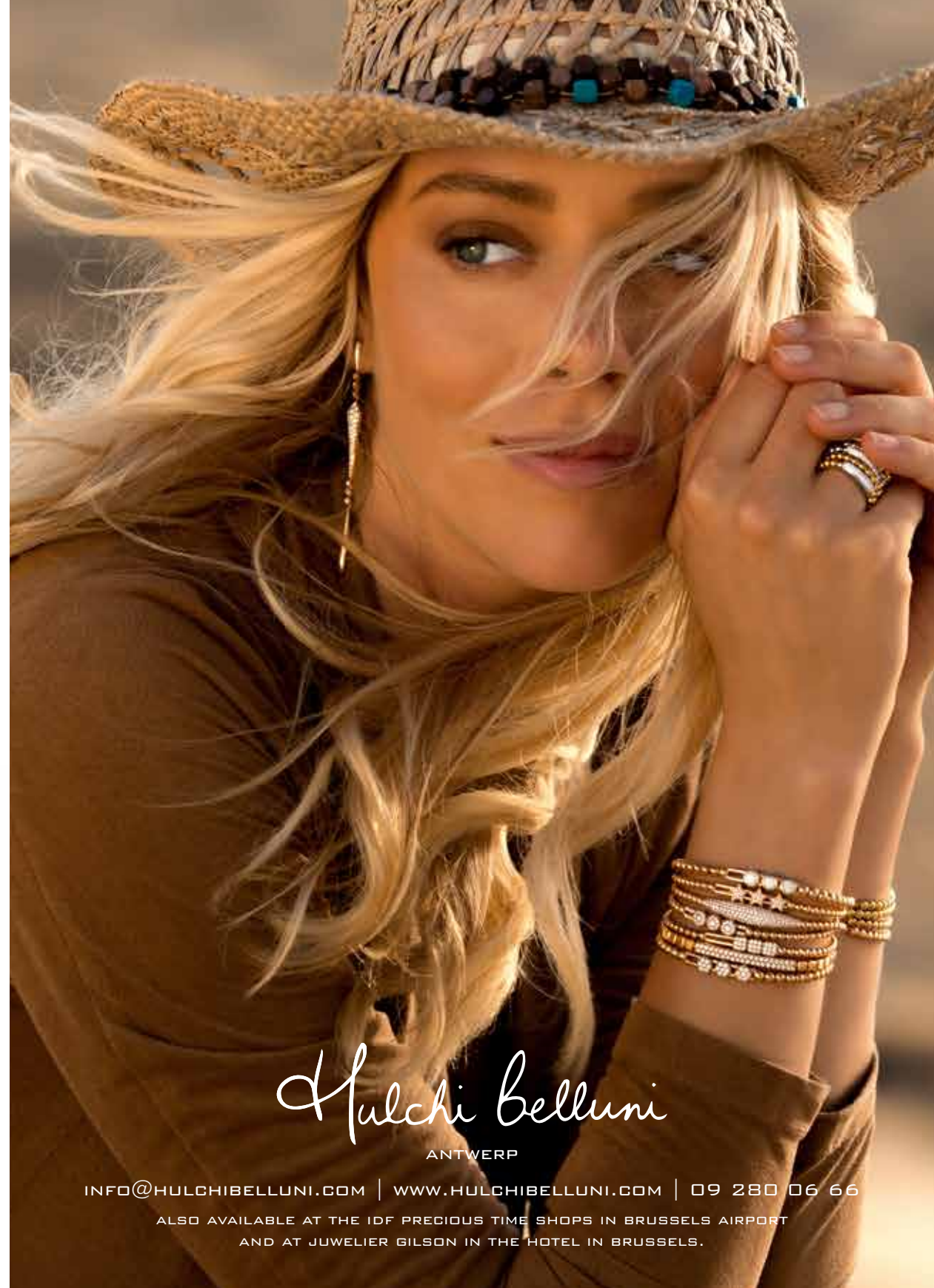
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LIFESTYLE

Shopping

Design

Twenty Homes - One Kitchen

This brand-new publication is surely the ideal coffee table book this Christmas

Since Vipp introduced its kitchen in 2011, the Danish brand has constantly sought refinements, but the basic design remains the same. While the Vipp kitchen is no shape shifter, the setting in which the kitchen finds itself is a diverse palette of taste, culture, personality and architecture. Vipp has gathered 20 of the most spectacular homes in a new book called *Twenty Homes – One Kitchen*.

With its free-standing design and modular anatomy, this nomad kitchen has crossed many borders and is today placed like a piece of furniture in numerous configurations in homes worldwide.

Vipp's new book lets you step into twenty distinctive homes across four continents, nine countries and eighteen cities. The architectural scope presented in this inspirational book offers former-factory flats, an 18th century castle, a modern farmhouse, newly built architecture and even a medieval stone house. The residences all differ in size, location and aesthetic, but share a common denominator in



their choice of kitchen.

The 300-page coffee table book is available in Vipp stores and online. **Price: €35**

vipp.com/en/products/kitchen-book







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DESIGN AND
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LIFE OF LEISURE

Indeed, Shanghai is the true business, finance and service centre of China today

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Interview

Jason Momoa: Hero of the watery underworld

This month we talk to an actor who is more comfortable on land than water – that's the challenge



An only child, Momoa was born in 1979 in Honolulu, Hawaii, to Coni, a photographer, and Joseph Momoa, a painter. He was raised in Norwalk, Iowa, by his mother. His father is of Native Hawaiian descent, while his mother is of German, Irish, and Native American ancestry. After high school, Momoa began college in Iowa as a marine biology major, studying for a period in the Florida Keys.

As a young man, Momoa travelled extensively, took up pastel painting in Paris, and studied Buddhist teachings in Tibet. In 1998, Momoa was discovered by international designer Takeo Kobayashi, who encouraged his modelling career. He began his career in *Baywatch Hawaii* and has appeared *North Shore*, *Johnson Family Vacation*, *Stargate: Atlantis*,

The Game, *Conan the Barbarian* and as Khal Drogo on HBO's *Game Of Thrones*.

Jason Momoa loves *Aquaman*. Even out of the water, he's a modern take on an ancient Viking - intimidating on first approach, but when extending his giant paw to greet, the exterior belies the façade. He's cool as a cat, and he's back as the superhero caught between dry land and the depths of the ocean in the return of *Aquaman* in December.

On a hulking, towering 6'4 frame, Momoa sports a green military sweater with matching, skin tight jeans and striking lace-up army boots.

Here, he discusses climbing, workouts and the satisfaction he gains from seeing his kids

emulate his own muscle-bound achievements.

Together: You're a bit of a bouldering beast - what's the appeal?

Jason Momoa: Bouldering is the most technical and limitless form of rock-climbing. It's brilliant to do with my kids, who always like to go hiking and climbing with me. They love being outdoors and bouldering is the best way they can get to grips with that world. We can do it together in safe spaces yet there is still the thrill of being in the wilderness and tackling the extremes of nature.

Anything that's indoors becomes monotonous after a while, and it sometimes feels kind of fake to be climbing indoor walls when it is man versus rock. You want the hiking, you want the breeze around you, you want the looseness of the rock and you want to feel it under your fingernails.

What does it give you in terms of physical strength and your mindset?

I wouldn't say it gives me anything in terms of physical strength because it's the strength I already have there that I'm using. You don't go climbing to improve strength, you go to prove you have it in the first place!

For me it's mostly about the incredible high climbing will give you – it's the combination of knowing every part of your body, it's tackling something that evolves and changes as a challenge, and no matter at what stage you're at, it's bringing forward that little bit of fear that every climber has.

Where's the most awe-inspiring place you've climbed?

There's the Red Rocks, up in Hueco Tanks in Texas. The bouldering there is out of this world. Perhaps the first time I really got the thrill from climbing – that would have been at The Needles in South Dakota.



**“ HE’S COOL
AS A CAT ”**



**“ YOU WANT THE HIKING, YOU WANT
THE BREEZE AROUND YOU ”**





There are so many – obviously Colorado, then Italy, Tibet – that's the great thing; there are climbs everywhere and they are all totally different, and you can explore them with little more than an open mind and a firm grip. I think mentally and spiritually, it's the healthiest thing you can do in the whole world.

If climbing at home do you have a pattern that you follow?

I'm used to getting up at 5am and going for a run or doing a heavy workout, so I can climb instead if at home. It's a very peaceful time for where I get to think and clear my head and it's a great way to start the day. It's also more fun to do some kind of sport or outdoor training than going to a gym and lifting weights which, like I've said, is kind of monotonous.

You take your kids bouldering - you know that young people have an advantage, right? What happens when he outgrades you?

I love it. Watching my kids climb gives me the biggest buzz of them all. To see your kids thrive and enjoy something that gives you so much pleasure is a massive thing. I think kids have a big advantage in the way they view



“ I FEEL VERY PRIVILEGED TO BE CHARGED WITH SOMETHING SACRED ”



challenges too. The wall you see isn't the same wall they see.

Ultimately, family is a really important word for me. It's everything to me, it's what I live for. And after working with these guys, they are an extension of that. We worked together in these close confines, it was chaos and we were all there for each other, getting in it. These guys are like, if they needed me, anytime anywhere, I'm there for them. I am.

The age they are at now they are just my absolute world. I loved the early days where I would just look them in the eyes and cook them pancakes, where I would read them stories and play and talk about dinosaurs, but this is another level.

When I was younger, I pissed around, I pushed it too far and was a little punk pushing people's buttons, and had fun too. Obviously, I want them to have fun, but this the best way to live, and hopefully they won't make the same



“ FAMILY IS A REALLY IMPORTANT WORD FOR ME ”

But, you know, I've spent my life doing stunts and being physical. I love rugby, I grew up playing hockey and rock climbing, skateboarding, everything. I enjoy anything that presents physical extremes.

Were you inspired by the mystery of the world under our oceans when preparing for the role?

That's an interesting question because so much of what I have lived and loved has been

mistakes I did. They won't end up living in an Airstream!

You're playing Aquaman - what's the most memorable underwater experience you've had in real life?

Some of the shoots for the film have actually been pretty hardcore. I'm used to putting myself on the edge where I'm battling my own strength and gravity. To find I'm going up against a whole new set of rules is pretty cool, but scary. Anyway, it's all about the lungs.



on terra firma. It's been a new world, even though I get to represent my people, Polynesians, and something that's really significant for them is water, and the gods of water, you know that is where I'm at - I get to play a brown skinned super hero, I feel very privileged to be charged with something sacred.

Tell us about your typical training week in the lead up to Aquaman?

My physique in these types of movies is often the same. It's a combination of bulking up whilst staying on a diet that keeps me motivated and full of energy. That's always been something I've had to battle with because those things don't necessarily go together.

I've had regimes in the past I've tired of really quickly and it's tough to stay on them, although I have done. Then there have been those that take too much from my physically. Although

there is a lot of build in these movies you've also got to be in the right place mentally as well. It's a combination.

So the idea is to work towards low-intensity bodybuilding and all-body exercises with regular peaks.

If I'm climbing then it's a contradiction to be pushing the bulk. Instead, it has to be built gradually. It's six hours a day, the aim to put on between 30-40lb, lots of cardio, lots of carbs, chicken, no alcohol whatsoever, gallons of water, and plenty of sleep.

It's about working with my trainer and constructing a plan that we know is realistic, yet that has good results.

Did you get to train with Ivan Drago (Dolph Lundgren)?

Only over steak and wine. ❶

**“ I ENJOY
ANYTHING
THAT PRESENTS
PHYSICAL
EXTREMES ”**



Well Hotels: It's all in the name!

If you're heading for Bangkok here are two exceptional options for your stay



Bangkok, Thailand's capital, is a large city known for ornate shrines and vibrant street life. The boat-filled Chao Phraya River feeds its network of canals, flowing past the Rattanakosin royal district, home to opulent Grand Palace and its sacred Wat Phra Kaew Temple. Nearby is Wat Pho Temple with an enormous reclining Buddha and, on the opposite shore, Wat Arun Temple with its steep steps and Khmer-style spire.

So, where to stay?

The Well Hotel Bangkok could not be more central, located in the world-renowned central Sukhumvit district. The hotel covers two separate buildings, the Memory Wing and the Welcome Wing, making up a grand total of 235 rooms and suites. Of course, all the rooms boast the amenities you would expect from such a prestigious hotel: mini-bar,

personal electronic safety box, 46-inch smart TV, complimentary high-speed Wi-Fi and much more. If you opt for an Executive Room or Executive Suite there are plenty of bonuses, such as a private exercise bike, Well Fit Box which provides yoga and stretching exercise equipment including a yoga mat, yoga block, massage ball, exercise ball and resistance band and an electronic weight scale - perfect for fitness enthusiasts and travellers who love to take care of their health while on the move.

Beyond the confines of your accommodation there's plenty to do within the hotel itself - other facilities include Eat Well Café, The Twist Bar & Bistro, Pool Bar, Well Spa, Fitness Centre and - yes - an outdoor rooftop swimming pool. And when you step out the front door...


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**LIFE OF
LEISURE**

Travel

“ HARMONIZING THE OLD AND THE NEW WITH THE TOUCH OF ART DECO ”



Located in the heart of Bangkok, Well Hotel Bangkok is within walking distance from BTS Skytrain (Asok Station), MRT Subway (Sukhumvit Station), Queen Sirikit National Convention Centre, The Emporium, The EmQuartier and Terminal 21 Mall. The hotel is very well connected as it provides easy access to different areas in Bangkok. Central Embassy Shopping Centre, MBK, Siam Paragon, Silom and Sathorn business districts, Chatuchak Weekend Market and the Chao Praya River are all accessible by BTS Skytrain.

Well Hotel Bangkok was designed by renowned Thai architectural and design company, BEGRAY. The company was inspired by post-modern architecture which can be seen from the old houses and buildings in Sukhumvit area of Bangkok, creating Well Hotel Bangkok to portray the

Classic Twist design by harmonizing the old and the new with the touch of art deco. It does exactly what was required, bringing an exceptional hotel experience to guests who appreciate classic design but do not want to compromise the central city location.

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White Sand Beach Residences Pattaya

Our second Well venue is somewhat different from Well Hotel Bangkok - it's a luxurious beachfront residence that will suit those looking for a modern lifestyle. This unique beachfront development is spread over 11.8 acres and features 37 storeys with 60 units. Enjoy your own private beachfront, and yet be only 1.5-hour drive from Bangkok Suvarnabhumi International Airport and within a 15-minute drive to all major attractions in Pattaya.

Pattaya is always switched on and fun. This vibrant coastal city shot to fame in the early

1980s, and has remained there ever since. From sunrise to sunset, Pattaya's beaches are constantly brimming with life, as water sports lovers and sun worshippers take to the waters. After dark, the action shifts to the streets as revellers explore its electrified nightlife scene, where drinking and partying continue until dawn. Apart from water sports and nightlife, Pattaya offers endless possibilities when it comes to accommodation and entertainment. Whether for couples, families

or business travellers, Pattaya has something for everyone. Only 147km from Bangkok, Pattaya is the closest of Thailand's major beach resorts to the capital city.



Awarded the Best Luxury Condo Development (Eastern Seaboard) by Thailand Property Awards 2015, White Sand Beach Residences guarantees that each unit offers a high level of sophistication, representing a refined lifestyle that can be enjoyed against a backdrop of high ceilings with an unobstructed ocean view and a wonderful beachfront panorama - a spacious ambiance and the sense of freedom that only true five-star design allows.

A private and exclusive lifestyle comes with a choice of studio, one-bedroom and two bedroom which is divided into five categories. Each residence features a large private balcony to enhance the tropical lifestyle, perfect for outdoor entertaining and taking in the spectacular sunsets. White Sand Beach Residences Pattaya consists of five room types: Studio Ocean View (50sqm.), One-Bedroom Ocean View (59sqm), Two-Bedroom Ocean View (83sqm), Family Two-Bedroom Ocean View (90 sqm) and the stunning

Executive Two-Bedroom Ocean View (142sqm).

Facilities include all-day casual dining in the Port Café, an outdoor beachfront swimming pool, a snooker and pool room, a table tennis room, fitness centre and steam room, a tennis court, kid's play room and spacious lobby. The property is surrounded by many tourist

attractions including Cartoon Network Amazone Water Park, Nongnooch Botanical Garden, Silver Lake Vineyard, Ramayana Water Park, Phoenix Gold Golf and Country Club and Pattaya Floating Market. It is approximately a 30-minute drive from U Tapao International Airport.

“ IT'S A LUXURIOUS BEACHFRONT RESIDENCE ”

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Shanghai: Super dynamic, international and modern

Dave Deruytter wonders if Shanghai is powering ahead to international stardom

The Pudong district



The waterfront view from the Bund at the Puxi side of the city towards the other shore of the Huangpu river, Pudong, is legendary by now. 40 years ago, one saw nothing but rice paddy-fields there. Today, the visitor observes probably the highest concentration of skyscrapers in the world, including some of the top ten tallest buildings on the planet. You can go up in some of those skyscrapers on the Pudong side to have a breathtaking bird's eye view over the city, or cruise on the river and watch both sides, old and new. You can also stroll on the broad Bund river quays that run for miles on either side of the river. The best view is from

the Puxi side, from the old Bund to the new Pudong area.

It all started with the late paramount leader Deng Xiaoping visiting Shenzhen on his Southern Tour of China in 1978, when he proclaimed to the Chinese people: "To become rich is glorious." Whilst Guangdong province in the South, including Shenzhen, was the first to power ahead economically ever since, Shanghai immediately followed suit and in an even more complete way. Indeed, Shanghai is the true business, finance and service centre of China today - Beijing is the political capital and Guangdong province

The Bund



is the gigantic high-tech development and production house of China.

I was back in Shanghai last September after a lapse of two decades. Of course, I could find the obvious landmarks from before: the Bund, the Pearl Tower and Yu Garden. Even the People's Square and the partly pedestrian East Nanjing road were still in line with my old memories. Everything else though has been transforming rapidly into the super dynamic, international and modern city Shanghai is today.

“ TO BECOME RICH IS GLORIOUS ”

The first thing that struck me, even before coming to Shanghai, is that visitors from many countries no longer need a visa to visit Shanghai, if they stay fewer than six days and limit their stay in China to Shanghai only. At the airport there was some misunderstanding on this though, leading to the need for management intervention, but it was quickly and properly solved. The scheme is rather new to them too and certainly to the airlines flying to Shanghai: my carrier did not provide us with the correct forms for landing and immigration.

Although there are great hotels in Shanghai on either side of the Huangpu river and elsewhere,

I kind of like the ones on or near the pedestrian East Nanjing road because they are so well located. Most of them are walking distance from the Bund, Yu garden and the Shanghai museum on the People's Square. Plus, there are abundant shops and restaurants around, although finding a restaurant or a shopping centre is rarely an issue anywhere in Shanghai. Around 25 million people live there and wining and dining plus shopping is an important part of daily life on top of doing business.

I was pleasantly surprised by the remaining French colonial neighbourhood too - it is elegant and interesting to stroll through. Still, the new modern places like the 'Citic Square' building area and the new shopping centre adjacent the People's Square on East Nanjing road, got more of my attention. When shopping at the latter with my son, I wanted to pay for our purchase with my credit card, when the young shopping assistant looked a bit puzzled at me, pointing me to a sign saying that I could only pay with AliPay (Alibaba), WeChat (Tencent), or cash of course, but not by credit card. Eventually I had to leave the building in search of an ATM to withdraw cash using my credit card.



This was an exceptional case though as I could pay by credit card anywhere else, but it is a sign of the times to come. Indeed, in Shanghai the young or dynamic pay by the newer means of payment, not by credit card. The older generation pays by cash. And in the middle credit cards are still used, but maybe they are bound to disappear one day.

There is more to Shanghai than the city centre alone. You can visit quite a few old touristic 'water towns' outside Shanghai that are worth the trip, plus Suzhou, the garden city, and Hangzhou with its lake-district are only a good hour away and easily reachable by car or even better by train.

“ ITS FUTURE LOOKS BRIGHT ”

Coming back to the modern side of Shanghai, you might want to try the monorail (maglev) connection from Pudong International airport to the boundaries of the City, or the other way around. The top operational commercial speed of this train is 431 km/h (268 mph). As your hotel will probably not be near the terminal, for many visitors a ride on that magnetic levitated train (maglev) is more for the experience than for efficiency. Although the young traveller with little luggage can easily connect to the rest of the efficient public transport of Shanghai from

the monorail (maglev) end station, for comfort it is more pleasant, but not necessarily faster, to take a cab from door to door with the cabbie loading and unloading your luggage at the airport and at your hotel.

All in all, I am very much impressed by the evolution of Shanghai and its future looks bright. Not everyone in Shanghai is fluent in English yet though, as you would expect in such a modern and advanced city, but they are mercantile. You will always be able to explain what you want, given their talent for listening and great service attitude.

If you haven't been to Shanghai yet, it may very well be the time to consider a trip. Either you do it on a complete trip to discover the key beauties of the whole of China, or on a long stopover on your trip to another Asian country, or to one of the great beach areas in the region. The choice is yours – it's certainly worthwhile. Whether you like it or not, you will remember your experience and will have something very special to tell your friends. ❶

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Ardennes-Etape: Head south for the winter!

Five homes in the Ardennes for a successful spa holiday with friends



From La Roche-en-Ardenne to Aubel via Butgenbach you can spoil yourself this winter with a sauna, steam room or Jacuzzi – enjoyed privately with friends. It is a luxury that is now accessible thanks to these exceptional accommodations in the heart of the Ardennes. Combine nature and wellbeing for a long weekend! Let's go!

Cocoon in the woods

The highlight of this charming 4-star holiday cottage is its beautiful barrel-shaped outdoor sauna. Because of its round shape, it is like a little bubble of wellbeing where you can curl up - in autumn and winter! The house, located in a green environment, combines comfort, the warmth of a wood fire and contemporary décor. In short, you have all the ingredients for the perfect stay cocooning with friends. **7-8**

people. Location: Dochamp, 7km from La Roche-en-Ardenne. **Ref: 105689-02**

In luxury mode

You are the kind of person who can happily proclaim: "We only live once." And you are right! This old farmhouse renovated with taste will fill all your desires for comfort and luxury with its outdoor heated pool, sauna, steam room, indoor bikes and a Jacuzzi – not to mention panoramic views of the Herve plateau. A genuine small private wellness centre. The tough part will be when you have to leave...

10 people. Location: Froidthier, 2km from Aubel. **Ref: 105689-02**

Optional treatments and massages

Need a break? Want to relax? Pamper yourself? As an anti-stress remedy, set your



suitcases down by the pretty indoor pool in this small cottage. The owner also offers access to a hairdresser's and a beauty centre. Treatments and massages are possible by appointment. For an additional fee, there is also a wellness centre with Jacuzzi, steam room and sauna which can be privatized. **3/4 people.** Location: Libin. **Ref: 105525-01**

For the whole tribe

Looking for a great house where you can gather all your friends? Good news: with this luxurious home of authentic character, you can even take the children with you! While adults relax by the indoor pool or the wellness area (sauna, steam room, infrared cabin), teenagers will enjoy the kicker, billiard or the projection room. In short, pure joy for everyone! **Up to 34 people.** Location: Durbuy. **Ref: 105068-02**

Relax by the lake...

Try this new vacation concept: rent a luxury apartment boasting splendid, unobstructed views of Lake Butgenbach - with hotel-style services! Shared with the complex's eight apartments, you will have access to the swimming pool, the sauna, the fitness area and the play area. A little plus: you can order breakfast, have a massage or privatize the swimming pool and the wellness area in the evening. Different capacities available and the possibility of combining the rental of several apartments. Location: By Lake Butgenbach. **Ref: 106139-05**

Find out more about these properties and many more on the website: www.ardennes-etape.com 



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**LIFE OF
LEISURE**

Advertorial

Reach for Skyline Renting

There is a company dedicated to helping expats look for a home from home

When it comes to renting a property, it doesn't get much classier than Skyline Renting – it's an elite property rental business, dedicated to international employers and expatriate professionals relocating to Brussels.

Based in Auderghem, Skyline Renting has already proved very popular with the expat clientele; the company builds its own buildings, which enables Skyline Renting to offer rentals in the choicest of sites – referred to as 'AAA locations', which means they are close to public transport, commercial centres and nature spots.

The company's aim is to ensure that you really do have a home away from home – and dealing with Skyline Renting will ensure that what is frequently the most stressful part of a move abroad, i.e. finding a place to rest your head, is a breeze.

No more wasting time having to contact agencies or owners, or searching through scores of random addresses. Skyline Renting can offer you their complete range of top-flight properties, take care of administration and communication, and get you moved and settled in quick as a flash. This enables you, the customer, to choose your own home based on your own criteria, so you really will feel at home from the moment you move in.

Skyline Renting offers a choice of studios and apartments with either 1, 2 or 3 bedrooms – furnished and unfurnished – in the most interesting parts of Brussels. All accommodation has excellent parking facilities, is near public transport (metro, bus, train), with



easy access to highways and the airport. And, when it comes to relaxation, locales are in peaceful and green surroundings, well served by local shops & restaurants.

Skyline Renting has been the reference for investment property for more than 40 years, home and abroad. Their strong market position is down to their focus on top locations, stylish architecture and professionalism. For Skyline Renting, quality of life is more than just living in a beautiful property – it's also about the new community that you move into.

That's why Skyline Renting takes a unique approach to finding your home in Brussels. To begin, they guide you through the city's most desirable districts, helping you find the perfect neighbourhood, one that reflects your family and professional needs, as well as your personality and interests. Then, they help pinpoint your ideal home, whether it's a pied-à-terre or a family residence.

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www.skylinerenting.eu ❶

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LIFE OF
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Motoring

Brussels Motor Show 2019

Our motoring correspondent **Bob Monard** runs the rule over all the latest news



When an odd year comes around so does the 'little show', dedicated to utility vehicles. But can we really call it 'little show' when it also welcomes the future stars of our roads?

The 97th edition will spring some very nice surprises across 11 exhibition halls. Exceptional worldwide, all the brands in the Belgian market have responded - the motorcycles will share Palais 8 and 9 while the Salon Dream Cars will occupy Palais 1 during the Salon and Salon #WeAreMobility in Palais

10 during the first four days. Note also that Palais 12 will be dedicated to Vans Solutions and events.

So that everyone can join in the fun, three nights are planned on 21 and 25 January - the halls of the Heysel will be accessible until 22h00, focusing on all the latest innovations.

19 - 27 January 2019.

Enjoy the show!
www.autosalon.be/en



A for AUDI

After the Q8 and the Q7 coupé, Audi launches the new Q3 second generation – it's 10cm longer, boasts a sliding rear seat and reclining backrest and a 530 to 675-litre boot. Plus the e-tron (408 hp) coupé, electric and 4X4 version of the Q3. In addition to the new A1 (95 to 200hp petrol) and A7 Sportback that rub shoulders with the updated A4 which has had a facelift.

A for ALFA ROMEO

The sports brand Fiat Chrysler Automobiles is taking care of its family! Indeed, the Giulia sedan and the Stelvio SUV benefit from new finishes and revised engines.

A for Aston Martin

The DBS Superleggera with 725 hp V12 block awaits the upcoming Rapide electric promised for 2019.

B for BMW

Several Belgian premières such as the new 7th generation 3 series (4.71m or 8.5cm extra) which boast 4 cylinders 320i, 330i, 318d and 32d as well as a 6- cylinder diesel 330d. Also a glimpse of the new, luxurious X5 (265, 340 and 400hp) fourth generation. And the Z4 roadsters (197, 256 and 340 hp) soft top and coupé and cabrio series 8 such as the X7, M5 and M2 Competition.

It is worth noting that the BMW 5 Series Sedan and Touring are now available in a 518d version with 150hp. The BMW 6 Series Gran Turismo has a '620d' 190hp version. Worth mentioning also the BMW 530e iPerformance Sedan.



C for CITROEN

The SUV C3 Aircross and C5 Aircross (4.50m) wgasoline/diesel SUVs with 130hp and 180hp are in the spotlight with the new Berlingo which is can accommodate 5-7 passengers.

D for DS

The top French automobile manufacturer strengthens its range of SUV. We already know that the DS7 Crossback is also available in gasoline hybrid, but now we discover the DS3 Crossback whose originality of design is its major asset. Available in petrol (100, 130, 150hp) and diesel (100hp) and also in 100% electric.



F for Ferrari

The Pista 488 with its V8 720hp can flirt with 340 km/h while the Monza SP1 and the SP2 both boast a plentiful 810hp.

F for FORD

The arrival of the Mondeo Hybrid Clipper Station Wagon is a world first, and there are four Belgian premieres: the Focus Active, the Edge with a facelift and the Ranger Raptor, Transit Custom PHEV and Transit 2T.

H for HYUNDAI

The Kona crossover also opts for electric while the Nexo relies on a fuel cell.

H for HONDA

The HR-V displays a renewed prow and the CR-V has dropped the diesel.



J for JAGUAR

The star is the electric I-Pace but the sporty look of the F-Pace SVR (V8 550hp) catches the eye!

J for JEEP

At the dawn of its second phase of life, the Jeep Cherokee is getting a makeover by enriching its equipment while trading its 3.2-litre V6 for a 2-litre.

K for KIA

Following on from the Ceed, it is the Ceed GT (204hp) and the elegant Proceed (120, 140 and 204hp with petrol and the 136hp diesel) who enliven the Korean stand.

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L for LAMBORGHINI

The most successful version of the Aventador, the SVJ is taking off with its 770hp V12. Just like the SUV Urus which proudly shows off its 650hp V8.

L for LAND ROVER

We have to have a bit more patience for the new Evoque! But we can console ourselves with the Velar and the Range Rover Sport P400e 404hp rechargeable hybrid.

L for LEXUS

Hybrid reigns supreme at the top of Toyota's range, with the new coupé RC 300h whose look has been redesigned, the large (5 metres) ES 300h touring car which replaces the GS and the UX250h SUV (109 and 146hp) based on the Toyota C-HR: these two novelties are Belgian premieres.



M for MASERATI

The Levante SUV is sporty with its V8 550hp.

M for MERCEDES

The new GLE fourth-generation crossover has an 825-litre boot and the new A-class (also in four-door) make Stuttgart pride, as does the electric EQC SUV with 300hp.

M for Mini

Focus is on the MINI 60th Anniversary Edition and MINI JCW (John Cooper Works).



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Opel

The Opel Combo has been around for 30 years now! It is in its 5th generation and offers two profiles: van and MPV. First cousin of the Berlingo and the Partner, this is a highly-developed 'private car' and its 'utilitarian' variation is very pleasant.

P for PEUGEOT

The 508 estate has a 530dm³ boot and a rear roof guard that is higher than the 508 sedan.

P for Porsche

A gentle facelift for the Macan and Panamera, making them more powerful with V8 bi-turbo 460hp.



R for RENAULT

More elegant outside and inside and more dynamic, the new Kadjar houses new 140 and 160hp petrol blocks and in diesel 115 and 150hp.

R for ROLLS-ROYCE

An SUV that is as expensive as it is luxurious? Cullinan! 5.34 m in length, 2.7 tons on the scales and 571hp released by a 6.75-litre V12.

S for SEAT

After the Ateca and the Arona, it is the Tarraco SUV (4.74m) which will delight large families since it can take seven souls! It has petrol and diesel engines of 150 and 190hp as well as a choice of two or four-wheel drive.

S for SKODA

The Kodiak and Karoq have been making the news, and the Fabia has had a bit of a makeover. The newbie is the Scala, a compact 5-door sedan that replaces the Rapid and Spaceback versions.

S for SUZUKI

The restyling of Vitara means it is now available only in gasoline, but it's the Jimny that is causing a stir. With 1500cc instead of 1300cc, a new chassis, 4x4 standard, this mini all-road SUV retains intact its power of seduction and all-road flair.



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GIVE WAY TO SAFETY Environmental information KB 19/03/2004: www.volvocars.be



T for TESLA

The Model 3 family sedan pinches the personality of its big sisters: robust mechanics with a beautiful autonomy.

T for TOYOTA

A Belgian première, the sedan and Corolla estate wagon with two hybrid engines eclipses the Auris, the Camry reappears and the Avensis quits the road. On our soil for the first time, the RAV4 has been freshened up – in both design and habitability – as has the Yaris. Waiting for the comeback of the Supra.

V for VOLVO

Three European premieres. The V60 wagon now doubles as the S60 sedan whose boot offers 442 litres instead of the 380 litres in the previous generation. The V60 CC and S90L are also firsts on the continent.

V for Volkswagen

And one more SUV! Compact, the T-Cross is versatile, flexible with a generous boot. It comes in 3 petrol engines of 95, 115 and 150hp and a diesel of 95hp. Three levels of finishing and Pack make it genuinely attractive.



Caspian Tradition: Exceptional gastronomy

We look at a local family firm who have mastered the art of the world of caviar

Caspian Tradition has forged over the years an enviable reputation in the small, very closed world of caviar marketing. This dynamic and successful company has managed to find a place in Belgian gastronomy and other world markets. A real challenge when you know the complexity of this type of international exchange.



Photo © Catherine Linken



A family story...

Founded in 1995 at the initiative of Ahmad and Arya Razavi, Caspian Tradition SA has quickly gained momentum in the world of caviar trading and has won the trust of its gastronomic and international clientele by their Iranian expertise in the field. In 2009, a shareholding started with JIK GmbH in Düsseldorf and, in 2011, Caspian Tradition acquired La Maison du Caviar in Brussels, which is currently part of the team. This success was made possible by the constant presence of this couple with their team and with their producers in the field.

And the products?

Well, they are nothing short of mouth-watering - and at this time of year caviar is as important as old Santa Claus himself. For the record, only the sturgeon produces the unfertilized eggs which, once treated by a special

process, will have the right to call themselves caviar. Caviar, also known as 'the pearl of gold', is the most expensive commodity in the world and has always been considered the luxury commodity par excellence. Caviar remains of course the heart of its business, but Caspian Tradition has also become, through its distribution centre La Maison du Caviar by Caspian Tradition in Brussels, a true showcase of all the charms of exceptional food, with an incredible variety of rare and precious products, always presented in their most noble version.

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La boutique de Wallonie: Gifts and souvenirs Made in Wallonia

Go on a long gastronomic journey – close to home



Photo © WBT - O. Legardien



Photo © WBT - O. Legardien

La boutique de Wallonie, in the heart of Brussels, offers you many souvenirs as well as delicious products of the Walloon terroir. Come and discover them!

Gourmet baskets

Looking for original gifts for Christmas and the end of the year? Why not leave Walloon products under the tree, such as the bubbly Ruffus from Les Vignobles de Les Agaises, Chant d'Eole, a seriously superior sparkling wine, Edouard's chocolates, a chocolate paradise in Florenville, Aronath mustard, artisanal products that are all 100% natural, Domaine du Chenoy, dedicated to 'true' wines, Walloon beers such as Goliath Triple and Lupulus, Blaise cured hams which are salted with 'stoved' salt and massaged by the craftsman, and not forgetting Bergerie d'Acremont cheeses whose dairy products, ice cream and cheese all consist of 100% sheep's milk.

Fill your basket to your heart's - and your stomach's - content!

Quality craft products, original gifts, souvenirs...

Wallonia's boutique offers a wide variety of products. It also welcomes your queries and will provide you with all the information you need to make your stay in Wallonia unforgettable.

The Most Beautiful Villages of Wallonia - Exhibition at the Espace Wallonie de Bruxelles

Until January 13, 2019, the Most Beautiful Villages of Wallonia invite you to the heart of the Belgian capital, at Espace Wallonie in Brussels, to discover the diversity and richness of the region's heritage. You will have the opportunity to taste many flavours while discovering locations that are packed with tradition and history.

www.walloniabelgiumtourism.com

Maison Pirard: Festive wines

Local wine merchants Maison Pirard have used their expertise to point you in the right direction for the festive period

The metier of the wine merchant has passed from father to son for three generations - the Pirard family stoutly defends the work of artisan winemakers. In more than 70 years of rigorous selection, the 'house taste' has evolved, opening up to new terroirs and new ways to taste wine. With the only watchword: the constant search for authentic wines. Maison Pirard offers beginner and experienced oenophiles a catalogue of more than 500 wines from France and beyond plus free delivery service anywhere in Belgium. We hope you enjoy their selections for the coming festivities. Bonne dégustation!
www.vinspirard.be



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Wine

Aperitifs

Blanc de Noirs – Brut

1. Champagne Alexandre Bonnet

Pinot Noir is the star of the Riceys region. Alexandre Bonnet naturally puts it in the limelight in this vintage, which is produced mainly from Pinot Noir. A beautifully fruity champagne - beautifully full-bodied.

Crémant d'Alsace - Cuvée Prestige – Brut

2. Domaine René Muré

An ambitious vintage whose prestige is by no means usurped! Fine bubbles, with a racy and elegant mouth.

Starters

L'Arrêt Buffatte - Pouilly-Fumé

3. Domaine Tinel-Blondelet

From the oldest vineyards of the estate, the Buffatte Arret presents a lot of intensity and is nice and fruity, revealing the characteristic minerality of this pretty terroir.

White Burgundy

4. Domaine Tollot-Beaut

The white Burgundy Tollot-Beaut estate is made from Chardonnay (100%). Light gold in colour. Aromas of flowers and white fruits. Mouth of great finesse and a nice freshness for this Chardonnay.

Riesling Spätlese – Herrenberg

5. Domaine Maximin Grünhauser

Fresh and delicately fruity, lots of panache. The domain MAXIMIN GRUNHAUS is located on a hillside facing south on the banks of the Ruwer, which that flows into the Moselle.



Main courses

6. Château de Valois Pomerol

You will find in this bottle the prestige of great large Pomerol. On the nose, spicy notes, black fruit and notes of undergrowth compose a harmonious aromatic palette. In the mouth, the wine follows the same pattern and pleases with its roundness and its soft, fine tannins. This wine will accompany you for intimate or large moments with friends.

Marsannay - En Combereau

7. Domaine Collotte

Wine produced from old vines. A terroir very well exposed in the village of Couchey. The richness of a good wine typical of the Côte de Nuits, corpulent, the beautiful class and aromatic complexity of which are revealed after several years.

Cuvée 1551 - Saint-Chinian

8. Château Viranel

This vintage speaks of Time. It is a tribute to our parents, our grandparents and all the generations of vine growers who have succeeded each other at the head of Château Viranel. We are today two brothers to work humbly on this soil that has carried our family since 1551. This wine is a careful selection of Syrah harvested manually; vinified in long maceration then refined by aging for 14 months in French oak barrels. With 1551 we hope to introduce you to the best of Viranel.

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What's On Belgium

Night fever - Designing club culture 1960 – today

The nightclub is one of the most important design spaces in contemporary culture. Since the 1960s, nightclubs have been epicentres of pop culture, distinct spaces of nocturnal leisure providing architects and designers all over the world with opportunities and inspiration. *Night Fever. Designing Club Culture 1960 – Today* offers the first large-scale examination of the relationship between club culture and design, from past to present. The exhibition presents nightclubs as spaces that merge architecture and interior design with sound, light, fashion, graphics, and visual effects to create a modern Gesamtkunstwerk. Examples range from Italian clubs of the 1960s created by the protagonists of Radical Design to the legendary Studio 54 where Andy Warhol was a regular, from the Hacienda in Manchester designed by Ben Kelly to more recent



concepts by the OMA architecture studio for the Ministry of Sound in London. A spatial installation with music and light effects takes visitors on a fascinating journey through a world of glamour and subcultures – always in search of the night that never ends. www.adamuseum.be/en

Recital Silvia Tro Santafé & Julian Reynolds

"It's a terrible mistake to believe that we must understand music in order to enjoy it. Music should never be made in order to be understood, but to be felt." The mezzo-soprano Silvia Tro Santafé is true to this dictum of the composer Manuel de Falla in a programme that presents a large palette of contrasting emotions: worry and hope, regret and optimism, bitterness and joy. These works by iconic Spanish composers introduce us to a host of flamboyant characters who celebrate



Mediterranean culture, in which the scholarly, the popular, and cross-fertilisation of many kinds coexist. www.lamonnaie.be/en

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Ou Foie gras aux dés de vieux porto
Ou Emincé de Saumon d'Ecosse garni

Bisque de Homard à l'Armagnac
Ou Consommé Mosaïque

Consommé aux quatre filets

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

La lotte aux fines herbes
Ou Dinde tradition farcie aux marrons
Ou Filet de Marcassin en Poivrade
pomme aîrèlles, chicon et croquettes

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

Assortiment de fromages transalpins

Roue de fromages transalpins

Buche de Noël

Délice de Saint-Sylvestre

Soirée dansante le 24/12/2018
Ce menu sera servi également le 25/12/2018
au prix de 55 €

Ambiance et cotillons assurés
Soirée dansante
Ce menu sera servi également
le 01/01/2019 au prix de 59 €

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Bright Brussels, Festival of Light

For an entire weekend in February, Bright Brussels, Festival of Light will illuminate various quarters at the centre of Brussels. From the docks, the Nouveau Marché aux Grains right up to the Béguinage, many original works will brighten up the capital from 14 to 17 February 2019. The docks and the Sainte-Catherine quarter will come to life thanks to about a dozen luminous installations and light animations. International artists and collectives will shed their light on several characteristic places.



President of the Brussels-Capital Region Rudi Vervoort and the Brussels Minister for Mobility and Public Works Pascal Smet, visit.brussels will co-ordinate the implementation of these monumental works in the heart of the capital. **14 to 17 February 2019.** Various venues, Brussels. www.bright.brussels

Of links and exiles

Of links and exiles is a residency and exhibition project which invites several artists to reflect and experiment on the meaning of making or breaking bonds in our contemporary societies. This project aims to highlight different artistic approaches and the realities of bonding: territorial bonds, emotional bonds, intergenerational bonds of a collective memory or even bonds of objects...



Zainab Andalibe, Saddie Choua, Hassan Darsi, Hanane El Farissi, Abdessamad El Montassir, Wiame Haddad, Randa Maroufi. **Until 3 February 2019.** In the Project Space of the Villa Empain. www.fondationboghossian.com

Conceived in collaboration with Moussem Nomadic Arts Center, Of links and exiles showcases the works of seven artists from Morocco who work between East and West:

What's on

CATS

The timeless story of *CATS* by Andrew Lloyd Webber moves both young and old: it takes place on the most special evening of the year when the Jellicle tribe of cats celebrate their big ball. Old Deuteronomy will choose one of the cats to be reborn into a new cat life. Grizabella, the glamour cat who has travelled the world for several years, has come home this very evening. She would love to get in touch with her family again, but she is disappointed to find out that they are not interested in seeing her. The cats' party is cruelly interrupted when the evil Macavity kidnaps Old Deuteronomy. The cats join forces to free their leader and the wise old tomcat chooses Grizabella to be reborn. The West End London production of *CATS* will play Brussels for the



very first time in English. A special performance of the hit musical will be staged at the Brussels Palais 12 on the occasion of the venue's fifth anniversary. **19 to 24 March 2019**. Tickets from **€24.95**
www.catsmusical.be/be-en

Brussels Urban Landscape Biennial (BULB) — Rising Waters

Climate change causes an important increase of rainfall rates and more particularly of intense rain events, posing a significant threat to coastal regions and small islands across the surface of our planet. And yet, even in urban areas farther away from these coastal regions, increased precipitations and urban spread also cause a problematic of flood of entire city areas, which occurs more often than before.

The second edition of the Brussels Urban Landscape Biennial (BULB) reviews the increasingly worrying issue of flooding in urban areas. How to manage the complex evacuation of rainwater in an integrated manner? Can landscape architecture provide an answer to



such challenges and how? What are the limits of the current way of addressing this question?
Until 6 January 2019. BOZAR.
www.bozar.be



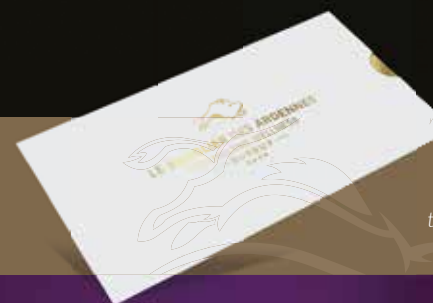
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Winter Wonders: Northern lights light up the heart of Brussels!

With its 2.5 million visitors, Winter Wonders is the unmissable end-of-year event in Brussels which, for the occasion, dons its festive costume and pulls out all the stops on the menu. The warm and joyful atmosphere of Winter Wonders will surround visitors from all over the world: magical lights from the Great North, cultural and fun activities, original gift ideas and other novelties are awaiting them, making for unforgettable shared moments.

The great classics are all awaiting you: magnificent sound and light at the Grand-Place, the majestic tree, the life-sized manger, the skating rink, the magical lights, the various exhibitions which dot the event...and the Christmas markets, bursting with treasures, which will delight the eyes of the curious and the taste buds of gourmets.

For this 18th edition, a high-tech dome will be



set up on the pedestrian zone. In this surprising Dome, 360° audio-visual performances, films, concerts and family activities. Finland is setting up its little wooden houses to let us discover their enchanting universe through a whirlwind of magical activities. **From 30 November to 6 January.**

Brussels city centre.
www.plaisirsdhiver.be/en

Antwerp Christmas market

The ninety or so stalls in the Christmas market sell a fun mix of artisan products and original gadgets. The Christmas market winds its way from Groenplaats to Grote Markt and Steenplein. It is also a great place to score a drink and a snack. Whether you're into traditional winter treats like mulled wine, smoutebollen (donut fritters) or bacon potatoes or prefer vegetarian or more exotic food. There is something for everyone's taste buds. But it's also a fun opportunity to pick up some original Christmas gifts like jewellery, artisan honey, Christmas lights. 8 December 2018 until Sunday 6 January 2019. Groenplaats, Grote Markt, Suikerrui, Steenplein. Antwerp.
www.visitantwerpen.be/en

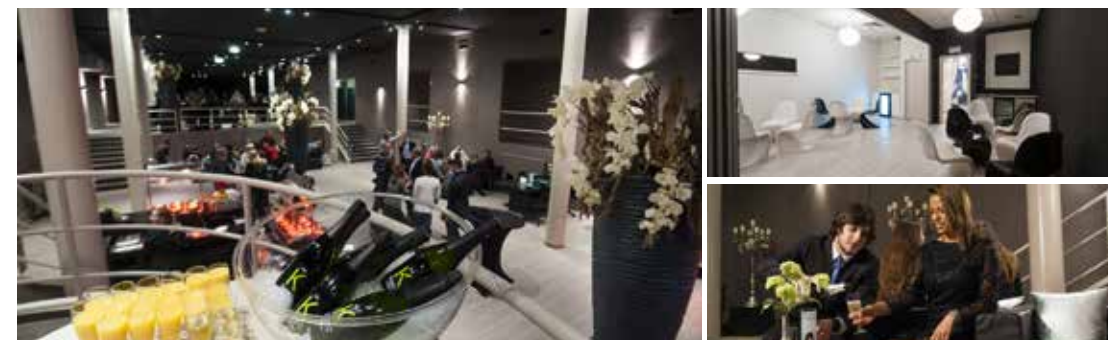


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16-17/03 Cavalluna

01/04 Eros Ramazotti

11/04 Stars 80

22/04 Harlem Globetrotters

01/06 Roberto Carlos

25/06 ZZ Top

29/11 Pascal Obispo



What's On International



Alphonse Mucha

The Czech illustrator, graphic designer, painter and interior decorator Alphonse Mucha is one of the best-known representatives of the early 20th-century art nouveau movement. Much lived in Paris during the Art Nouveau period and was best known for his distinctly stylized and decorative theatrical posters of Sarah Bernhardt. He produced illustrations, advertisements, decorative panels and designs which became among the best-known images of the period. He sometimes worked from photographs of Bernhardt, as he did for *La Tosca*. In addition to posters, he designed theatrical programs, sets, costumes, and jewellery for Bernhardt. The enterprising Bernhardt set aside a certain number of printed posters of each play to sell to collectors.

The Musée du Luxembourg is presenting a comprehensive overview of his work (paintings, drawings, posters, photographs, items of furniture, etc.). Although art nouveau is the primary focus, the exhibition also evokes the creative atmosphere and artistic upheavals of the belle époque. Until 27 January. Musée du Luxembourg, Paris
www.museeduluxembourg.fr



Moulin Rouge

What's Paris without taking in a show? Especially during the festive season. And there's one place that has always stood out from the others... immortalized by Toulouse-Lautrec, The Bal du Moulin Rouge, the internationally famous Paris cabaret, is currently staging the evocatively titled variety show *Féerie* (enchantment). The show features a troupe of 60 artistes including the famous Doriss Girls, 60 outstanding dancers decked out in feathers, rhinestones and sequins. You can choose either the show alone, with a half-bottle of champagne per person included in the ticket price, or dinner and show with three possible menus. Spend an unforgettable evening at the Moulin Rouge and walk out all starry-eyed after the show.
www.moulinrouge.fr



Magical days and enchanted nights!





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

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

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

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

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

Cinema: All the latest movies playing in Belgium

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



Mary Shelley

Jeez, **another** film that is kind of, sort of, connected to *Frankenstein*, or *The Modern Prometheus*. Well, this one at least takes the perilously close to interesting angle of looking at the romantic life of *Frankenstein's* young, very young creator Mary Shelley. Shelley started writing the story when she was 18, and the first edition of the novel was published anonymously in London on 1 January 1818, when she was 20 – it looks at how her relationship with 19-century renegade poet Percy Bysshe Shelley inspired the creation of her most enduring horror story. Elle Fanning plays Mary, Godwin Booth Shelley, and female Saudi Arabian director Haifaa al-Mansour (*Napilly Ever After* (2018)), is in the big chair. **121 mins.**

Mary Poppins Returns

And the lady with the umbrella is back, bless her, in what is near enough the longest gap between original and sequel (54 years) in a live-action movie. Dick Van Dyke, bless him, is the only member of the original cast, returning as the son of the cheery cockney (God, that accent) chimney sweep he played in the first film, but this has a stellar cast, with Emily Blunt (fully approved by Julie Andrews, *apparently*) playing Ms. Poppins, joined by Lin-Manuel Miranda, Ben Whishaw, Emily Mortimer, Julie Walters, Angela Lansbury, Colin Firth, and Meryl Streep in supporting roles. Wow. Mary is back after a family tragedy – but one doubts

whether darkness will prevail for long. Rob Marshall (*Chicago* (2002)) directs. **Running time TBC.**

Peterloo

Mike Leigh's film *Peterloo* marks the 200th anniversary of the notorious Peterloo Massacre when, on 16 August 1819, a crowd of some 60,000 people from Manchester and surrounding towns gathered in St Peter's Fields to demand Parliamentary reform and an extension of voting rights. In the attempt to arrest a leader of the meeting, the armed government militias panicked and charged upon the crowd. The toll of casualties has always been disputed, but as many as 15 people were killed and up to 700 wounded. Not England's finest hour – angry, impassioned and engaging, as you would expect from Leigh. **154 mins.**

The Front Runner

The Front Runner is directed by Jason Reitman (*Thank You For Smoking* (2005)), based on the 2014 book *All the Truth Is Out: The Week Politics Went Tabloid* by Matt Bai, who co-wrote the screenplay with Reitman and Jay Carson. The film chronicles the rise of American Senator Gary Hart (Hugh Jackman, in one of his highest-rated roles), who was a Democratic presidential candidate in 1988, and his subsequent fall from grace when media reports surfaced of his extramarital affair. Sounds familiar... **113 mins.**

Only in Brussels –
a cat eating chips
and drinking beer



LE CHAT by Philippe Geluck

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