

Together magazine

DEC 2019 / JAN 2020 #104

Chiang mai
Mauritius
Wonderful Kenya
Wine & Dining

*Politics, Money
& Real estate*

Ski Special

Montclar
Arc 1950
Val Thorens

Personal Development

Wings of wisdom
3 keys to success
Ebenezer effect
Three words to avoid
Light and shadow
New motherhood
6 cornerstones
Shinrin Yoku

WELLBEING
trends

*Luxury
food*

*Fashion
& watches*

**Daisy
Ridley**
Interview

Ready for your new adventure in Belgium?



ING makes your life easy by helping you organize all your financial affairs.
Call +32 2 464 66 64, or go to [ing.be/expats](https://www.ing.be/expats)

Banking, financial and/or insurance offer subject to acceptance by ING Belgium (or, where appropriate, the relevant insurance company) and to mutual agreement. Terms and conditions (regulations, rates, key information documents for investors or savers and other supplementary information) available from any ING branch or on www.ing.be. ING Belgium SA/nv - Bank - avenue Marnix 24, B-1000 Brussels - Brussels RPM/RPR - VAT: BE 0403.200.393 - BIC: BBRUBEBB - IBAN: BE45 3109 1560 2789. Insurance broker registered with the FSMA under the number 12381A. Publisher: Philippe Wallez- Cours Saint-Michel 60, B-1040 Brussels.





LONGINES®



Elegance is an attitude

Simon Baker
Simon Baker



The Longines Master Collection

Mon
GUERLAIN

NEW EAU DE PARFUM INTENSE



LIMITED
EDITION

A warming fusion of tea, fruit, herbs.



fuzetea



Editor's LETTER

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

ON THE COVER



Daisy Ridley reprises her role
as Rey in Stars Wars:
The Force Awakens

LET IT *snow*



Making a list so that no one is missed. A kiss beneath the mistletoe - let it snow. Shopping and more shopping, a robin hopping on the garden gate. Wrapping gifts, his and her. Marshmallows toasting as you're hosting your guests. Walks in the park and a heart-warming movie after dark. Child in a manger in the Grand Place, what more could you ask? A roaring hearth and much mirth as the big day dawns. A fragrant package from Paris or Rome. A brand-new tie, smiles on the faces of people going by. Turkey and ham and, without a doubt, some Brussels sprouts. Mulled wine and eyes that shine. The joy on children's faces, both girl and boy. And did you know that every time a bell rings an angel gets her wings?

Have a very Happy Christmas and a *guid* New Year from all of us at *Together*.

Paul Morris

Editor



[f](#) /togethermagazine

[i](#) /Togethermagazinebelgium

[t](#) @together_Mag



MY PLACE TO INDULGE...

Unwind in your very own refuge in the city,
with swimming pools, fitness, studio classes,
spa and support personalised for your needs.



02 508 08 08
ASPRIA.COM



Contents

DEC 2019 / JAN 2020

- 9 Welcome letter
- 12 Contents & contributors
- 16 Together online
- 18 Starring in Belgium
- 20 Charity: Operation Thermos



Self-help
Wings of wisdom

29



Money
Life planning

58

PERSONAL DEVELOPMENT

- 23 **Fitness:** Wellbeing trends
- 29 **Self-help:** Wings of wisdom
- 35 **Arnon Barnes:** 3 tips for success
- 39 **Self-help:** Ebenezer effect
- 45 **Self-help:** 3 words to avoid
- 48 **Self-help:** Light and shadow
- 53 **Self-help:** New motherhood
- 58 **Money:** Life planning
- 62 **Be Successful books**
- 68 **Real estate:** Duality and Park Lane
- 76 **Self-help:** Shinrin Yoku
- 80 **Politics:** EU budgeting



Luxury
Festive food

85



Beautify yourself

123

LIFESTYLE

- 85 **Luxury:** Festive food
- 90 **Fashion shoot:** Last Christmas
- 101 **Watches:** Roberto Coin interview
- 104 **Jewellery:** FREYWILLE
- 110 **Festive shopping**
- 123 **Beautify yourself**
- 126 **Design:** Home beautiful home
- 133 **Decor shopping**



ENTREPRISE GÉNÉRALE DE CONSTRUCTION
ALGEMEEN AANNEMINGSBEDRIJF

HERPAIN ENTREPRISE S.A. | N.V.
AVENUE DES STATUAIRES 43 BEELDHOUVERSLAAN
B - 1180 BRUXELLES | BRUSSEL
T. +32 (0)2 374 58 10 - F. +32 (0)2 374 74 20
info@herpain.be - www.herpain.be

HONORED
TO BE PART OF YOUR
BEST MOMENTS
AROUND THE TABLE
FOR 120 YEARS



120 years
S. PELLEGRINO
Tastefully Italian

SANPELLEGRINO.COM



Together
magazine

PUBLISHER
David Mc Gowan
david@togethermedia.eu

ACCOUNT DIRECTOR
Caroline Dierckx
caroline@togethermedia.eu
+32 479 47 47 77

ACCOUNT MANAGER
Isabelle Ferier
isabelle@togethermedia.eu
+32 476 85 08 34

MANAGEMENT ASSISTANT
Suzanne Ofner
suzanne@togethermedia.eu

EDITOR
Paul Morris
paul@togethermedia.eu

SOCIAL MEDIA
ACCOUNT MANAGER
Hervé Ndonga
herve@togethermedia.eu

DESIGNER
Xavier Bostem
xavier.be@carafe.be

CONTRIBUTORS
Arnon Barnes; Aspria
Sarah Blennerhassett; Yannick Callens
Matthew Cossolotto; Axel Trinh Cong
Mark Browne; Dave Deruytter
Caroline Dierckx; James Drew
Catherine Feore; Philippe Geluck
Reetika Gupta-Chaudhary; LAGO; Paul Morris
Gemma Rose; Taschen
Anja Van Der Borgh; Katarina Winslow

ART DIRECTOR
Nicholas Sirot

FOUNDER
Jérôme Stéfanski
jerome@togethermedia.eu

Together Media
Brusselsesteenweg, 187 – 1560 Hoeilaart
+32 (02) 644 90 92
info@togethermedia.eu - www.togethermag.eu

**Make sure that you get
your monthly printed magazine**
Just send an email to subscribe@togethermedia.eu

For advertising sales rates please consult
www.togethermag.eu

Nothing in this magazine may be reproduced in whole or in part without
the written permission of the publisher. The publisher cannot be held
responsible for the views and opinions expressed in this magazine by
contributors. Together is neither responsible for nor endorses the content
of published advertisements, nor can the magazine be held responsible
for any errors or inaccuracies in the same.

togethermag.eu | 15



Travel
Wonderful Kenya

149



What's on Belgium

193

LIFE OF LEISURE

139 Celebrity interview: Daisy Ridley
149 Travel: Wonderful Kenya
155 Travel: Mauritius
160 Travel: Chiang mai
164 Travel: Ski dossier
172 Books: Paris 1950
179 Wine and cheese: Rasteau
180 Dining
193 What's on Belgium
198 What's on International
200 Cinema news
202 Le Chat: The seashell

Be inspired on www.togethertmag.eu



Together magazine in your (non-virtual) mailbox!

If you want to make sure that you get your monthly printed magazine, it's best to subscribe to our special delivery service. And it couldn't be simpler – just send an email to the dedicated email address: subscribe@togethertmedia.eu. And happy reading!

Travel: Luxury Chalets this Winter

The exclusive Chalet Orca is one of the most prestigious chalets in Val d'Isère. Located in Le Fornet, a slightly outlying and residential ancestral hamlet at the foot of an exceptional ski area, Chalet Orca is part of Le Mouton à Bascule, a complex of two prestigious chalets unique in the French Alps. It is undoubtedly one of the most beautiful chalets built in the resort.

Property: Duality in Real Estate

Our real estate expert Yannick Callens advises us to rest for long-term investment. Money has never been so cheap and access to property so difficult. Recently, there has been another wave of rate cuts; a Belgian bank offered a negotiated fixed-rate of 0.92% for a 20- year mortgage in September to one of its customers.

Fitness: Why everyone should try boxing.

Aspria, experts in Brussels fitness, explain how this sport allows you to combine cardio and all-round muscle strengthening with a focus on core muscles and developing speed, agility, co-ordination and flexibility. It banishes stress, tension, frustration and anger. And that's not all, because this sport is also very good for your self-confidence. 🏆

The image shows a dark grey BMW 1 Series driving on a city street at dusk. The car is in the foreground, moving towards the right. In the background, there's a large, ornate building with many windows, some of which are lit up. A person is walking on the sidewalk to the left of the car. The overall atmosphere is urban and sophisticated.

The BMW logo is displayed in a circular frame, with the text 'Sheer Driving Pleasure' written below it.

YOUR DRIVING PLEASURE BEGINS AT BMW BRUSSELS.

 GIVE WAY TO SAFETY.

Environmental information (RD 19/03/04): www.bmw.be

7,1-13,0L/100KM • 196-295 G/KM CO₂ (WLTP)

BMW Brussels
Branch of BMW Belux
Chaussée de Louvain 864
1140 Brussels
Tel. 02 730 49 11
www.bmwbrussels.be
marc.moncousin@bmw.be

16 | togethertmag.eu

Starring in Belgium



Supergrass

'We are young, we run green...' That catchy opening will surely come back to you when you want to sing along. At AB they are delighted with the return of "this enjoyable, refreshing British trio around singer-guitarist Gaz Coombes (a trio that turned into a quartet.) They strive for the perfect pop-rock songs and succeed!" Supergrass returns with their *Greatest Hits*, the best of all those albums with titles such as *I Should Coco* and *In It for the Money*. **5 February 2020**. AB Main Hall. Tickets: **€29**

www.abconcerts.be/en



Sam Fender

His debut album has been upending the internet for a while now. His charisma softens every heart. Sam Fender lets his guitar speak for itself and easily wins over the world while doing so. The young Brit from Newcastle continues his rise with the long-awaited album *Hypersonic Missiles*. With the single of the same name and successors *Leave Fast*, *Dead Boys* and *That Sound*, he reveals his fine and exceptional talent. A captivating voice. **25 February**. AB Main Hall: **€26**

www.abconcerts.be/en



Freya Ridings

23-year-old Londoner Freya Ridings released her debut single *Blackout* in May 2017. Produced by Rich Costey, it has flown past 1m Spotify streams. Her latest single, *Maps* (a breathtaking version of the Yeah Yeah Yeahs original song) is already proving to do the same as word begins to spread of this young talent. Fast forward a few months and she has secured numerous summer festival bookings. **1 February**.

Botanique, Orangerie: **€22**

www.botanique.be 📍

So magic gifts So inno!



The only department store in Belgium.
More than 800 brands under one roof.



So many styles!

Operation Thermos: On the road again

The impressive local association heads for the streets to help the needy

As it does every year, the association Operation Thermos started its season of food distribution to the needy in Brussels on 1 November. This time, a team of volunteer bus drivers from the public transport company STIB was in charge of the preparation of the first meal and the distribution to the more or less 100 people coming every night. For the occasion, they chose a funny-looking bus to transport the food and the volunteers to the Botanique metro station where it takes place: an old bus, a Fiat '8860', one of the first urban autobuses built by Belgian constructor Van Hool back in 1954 – they are now leaders in the field.

It was a way of thanking the public transport company STIB, which is the main partner for the association. It will allocate more than 50 (normal) buses during the year for the transport, and 30 teams of volunteers of the company will organize the cooking and distribution. From November, a complete warm meal is being distributed every evening - the initiative will not end until 30 April. It means the needy will receive every day a soup + a warm dish + dessert + coffee and hot chocolate (the latter is much appreciated). For Christmas Eve, a celebration dinner will be organized in a special location. For New Year's Eve, it will be party time with different associations in the Botanique metro station.

For more information:
www.operationthermos.be
 Facebook / Instagram / Twitter
info@operationthermos.be 📧



“ A FUNNY-LOOKING BUS TO TRANSPORT THE FOOD AND THE VOLUNTEERS ”



YOUR EVENTS AT TANGLA HOTEL BRUSSELS

14 functional & elegant venues
 Personalized dining options
and even ...
 a private Karaoke room!

Contact our Event Designers
+32 2 345 67 89
sales.office@tanglabrussels.com

*Mention the code **TOGETHER**
 & **save** on your offer today*



Tangla Hotel Brussels

Avenue Emmanuel Mounier 5, 1200 Brussels

+32 2 345 67 89 | info@tanglabrussels.com | www.tanglabrussels.com

PERSONAL DEVELOPMENT

I will not be that wretched creature any longer

PERSONAL
DEVELOPMENT

Fitness

5 wellbeing trends for 2020

Aspria explains how we should approach our holistic wellbeing over the coming year



1 Applied data

Heart-rate monitoring is booming, and for good reason. Where much of the exercise tracking technology out there gathers reams of data, but without any immediate application for the exerciser, heart-rate monitoring adds immediate value to any workout in the shape of that most invaluable of resources: motivation.

By showing exercisers how they're doing in their workouts – in real time and based on their own personal effort levels – colour-coded heart-rate training zones encourage everyone to put their all into their training, and with it get better results from their workouts.

This technology has been around for a while now, but it's fast becoming an indispensable part of a workout.



2 Recovery for results

When you want to achieve results fast, it's all too easy to think you have to push yourself to your exercise limits every day. In fact, the key to maximising the impact of your workouts is building recovery time into your routine.

Recovery time not only helps protect the body against injury, it also gives muscles the time to rebuild after the stresses of a workout. It is during recovery time that they upgrade, whether that's building endurance, strength and/or size.

It's one of the many reasons why Aspria takes a holistic approach to wellbeing, recognizing that, some days, time out in the spa is just as valuable as a workout.

“ HEART RATE MONITORING ADDS IMMEDIATE VALUE ”

3 Mindfulness

And it isn't just about physical recovery, but also mental recovery. In parallel with a growing awareness of mental health issues across society and rising acceptance of a more holistic style of wellbeing, we're seeing meditation and mindfulness go mainstream.

Research has shown that meditation can lower blood pressure, strengthen our immune system, lower stress, sharpen our focus, boost memory... the list goes on. Perhaps less tangibly, it also increases the joy and compassion we find in our everyday life. It is

a contraindication-free route to improved physical and mental wellbeing.

With a number of apps now available to support people through this journey to enhanced self-awareness, meditation is fast becoming an everyday self-help tool – something people can tap into during their working days, or even on their commute home.



INDOOR SKYDIVING

Come Fly With Us...!!



www.airspace.be

Rue Charles Lindbergh 26 - 6041 Charleroi



4 Digital detox

Research suggests use of mobile phones is negatively impacting our self-esteem, relationships, sleep, decision-making skills, productivity, memory, etc.

By chronically raising our levels of the stress hormone cortisol, mobile phone use may even have long-term health consequences; raised cortisol levels have been linked to higher risk of a whole range of serious health conditions, including depression, obesity, metabolic syndrome, type 2 diabetes, fertility issues, high blood pressure, heart attack, dementia and stroke.

Of course, going totally tech-free in our digital world would be a challenge – but for the sake of our health, 2020 should be the year we all start to take some time out to digitally detox.

“ TAKE SOME TIME OUT TO DIGITALLY DETOX ”

5 Sleep

The vital role sleep plays in our overall health has long been neglected, but that finally looks set to be addressed in 2020.

And this couldn't come soon enough, with lack of sleep contributing significantly to a number of health issues, from stress and weight gain to risk of stroke.

In 2020, 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 mobile phone use, to exercise choices.

www.aspria.com 



“
**AN MBA SHOWS
THAT YOU HAVE
A BUSINESS
ATTITUDE AND
MINDSET AND IT
HAS GIVEN ME
GREAT CREDIBILITY
WITH CLIENTS
AND INVESTORS.**

KATRIEN VANHONACKER,
Founder-Director BioConAct

”

**A NEW GLOBAL
EXPERIENCE AWAITS YOU**
Discover our Global Executive MBA

WWW.VLERICK.COM/GLOBAL-EMBA



Nouvelle
Honda e

Ceci n'est pas
un prototype



DONNONS PRIORITÉ À LA SÉCURITÉ.

Informations environnementales (AR 19/3/2004) : www.honda.be

La Honda e est un véhicule électrique à batterie nécessitant une alimentation électrique pour sa charge. Zéro émission de CO₂. Les chiffres concernant les performances peuvent varier, dépendant de plusieurs facteurs comme le niveau de charge de la batterie, les accessoires posés (après mise en circulation), la météo, le style de conduite et le poids chargé dans la voiture. Il est possible que la puissance, les émissions, la consommation de carburant et autres données ne représentent pas les chiffres finaux/officiels. Modèle illustré à titre d'exemple.



CONSOMMATION ÉLECTRIQUE EN KWH/100 KM : 18-20 (WLTP 2.0)



ÉMISSION COMBINÉE DE CO₂ (G/KM) : 0



EFFICIENCE : A+



HONDA | FRANCORCHAMPS

Lozenberg 13 - 1932 Zaventem - www.honda-brussels.be



PERSONAL
DEVELOPMENT

Self-help

Wings of wisdom

Intuitive healer and therapist **Katarina Winslow** reflects on belonging



Wisdom is about letting nature be and knowing that everything and everyone is connected to each other, just like the right wing and the left wing belong to the same bird. Pushing it a little further, we can ask ourselves what would happen if the two wings didn't belong to the same bird? Would the bird be able to fly then? No, it would fall out of the sky in a twisted spiral, to meet its destiny.

Isn't that precisely what is happening to us? If we imagine that all humanity is a bird, just one bird, aren't we trying to pull the wings of the bird apart, making it plummet to the ground?

On a global level, everything and everyone is connected, and it is clear that we lack respect for nature. As for humanity, there is a growing absence of inclusiveness of

all parts and facets of humanity and a loss of consideration for all life on earth. Social injustices increase daily, metaphorically pulling the wings of the bird apart. Everybody who knows history is aware that it is inequality, conflict and chaos that permeate our communities to tear the wings of the bird apart, to tear humanity apart. As world citizens, it is wise to truly see the world, to understand the interconnectedness of everything and everyone to maintain peace.

On a personal level, inner peace is to embrace all of you. We are a microcosm of the macrocosm; our own lives reflect the whole. It is quite simple, if we all found inner peace, there would be peace in the outer world too.

Looking closer, inner peace and wisdom are often sought out as a result of internal

Self-help

suffering. Seeing it that way, the opportunity to seek world peace is at its greatest today. You could say that the world is at the 'suffering' point where you were with yourself before you mustered the courage to seek help. When you go to therapy, engage in personal development or experience healing, you reach out to find more peace and belonging within yourself. You could say:

"All healing is the cleansing of the illusion that you are anything but love."

Naturally, healing is a return to the essence, a homecoming, a return to love. Just as the bird is at peace when its wings are left alone in accordance with nature, high in the sky, you genuinely live when you stop the secret war of tearing yourself apart.

The good thing is that the impulse to seek wisdom is found in its opposite, in all that is not wise: in separation and obsession, in disillusionment and addiction, in sorrow and victimhood, in anger and frustration, in depression and a lack of meaning - in all that makes you suffer, metaphorically tearing yourself apart. But there is a hidden blessing, however difficult it is. It is the starting point for a better you, the universe gently pushing you to awaken to the beauty of you and the beauty of life by uniting yourself within you.

It is an opportunity to accept that your past and your future symmetrically belong to now, serving to magnify the moment. To comprehend that your right arm and your left arm wholly belong to your actions.

To accept the simple evidence that the right side and left side of your brain equally give you the ability to analyse, reflect and create. To manifest your inner self through your outer self as the highest version of yourself on earth. To witness that the earth and the sky belong to the love of life. That is what wisdom is, to seek and find the

**“ EVERYTHING
AND EVERYONE
IS CONNECTED
TO EACH OTHER ”**

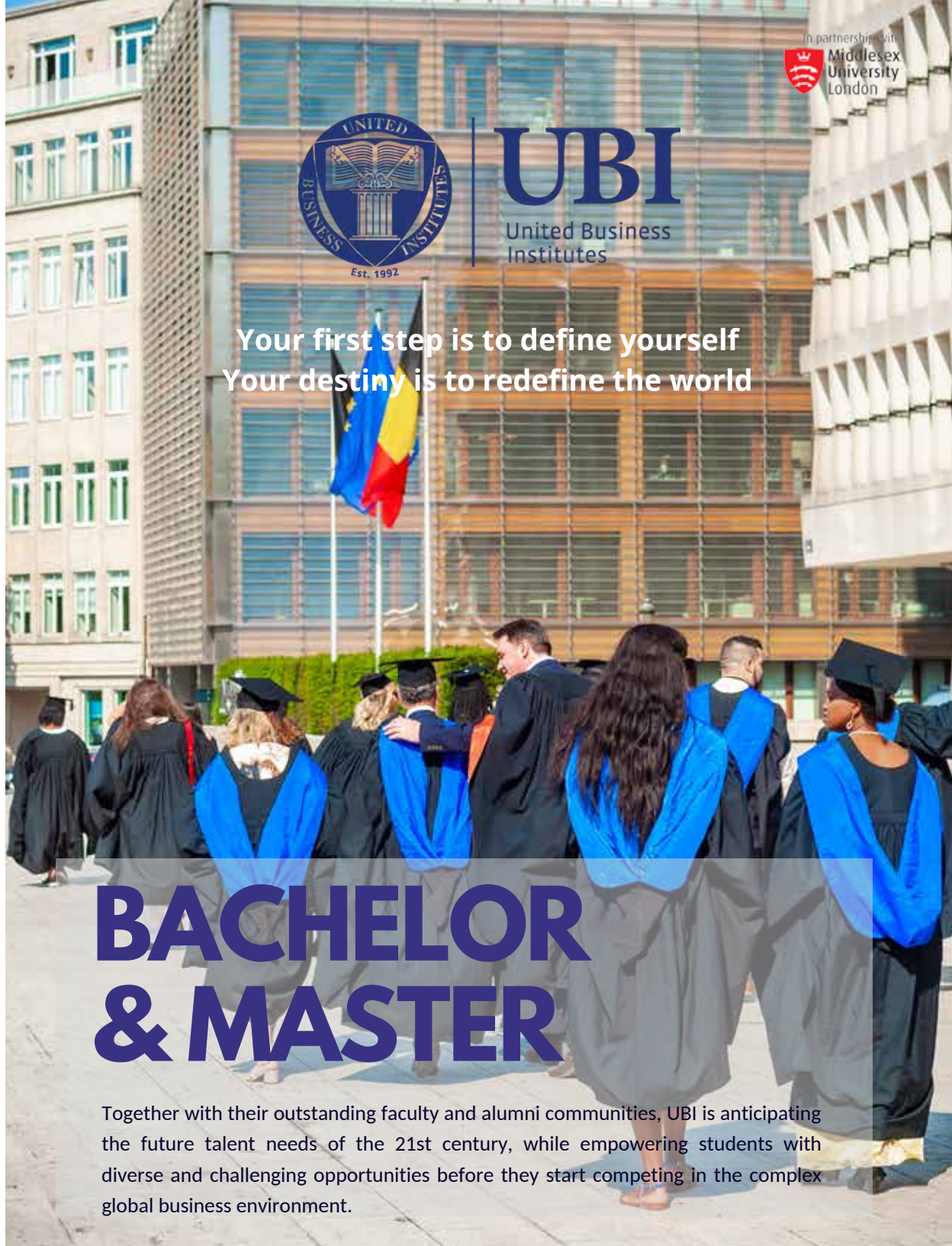
love in you. To transcend the limitations in the knowledge that you are everything and nothing at the same time. To know that you are the deep breath of the universe and a small breeze at the same time. To share the air, lung to lung, with all living beings.

To throw light on wisdom, the Wikipedia entry states: "Wisdom is the ability to think and act using knowledge, experience, understanding, common sense and insight. Wisdom is associated with attributes such as compassion, experiential self-knowledge, self-transcendence and non-attachment, and virtues such as ethics and benevolence."

A lack of inner peace is the seed to transcend internal contradiction and stop 'dividing' yourself. The same needs to happen in society - the divisions are the seeds for world peace. I would like to say that not accepting that the right and the left wing belong to the same bird is a lack of wisdom and a lack of compassion for the bird. It reflects the lack of care and compassion we see for individual wellbeing in society today, as greed and profit are taking more territory each day.

It is common sense to accept that there are two wings to a bird. Right? Really, not that much to fuss about when you think about it. It is like agreeing on the fact that your left-side brain and your right-side brain belong to you. Couldn't we then, in the same way, recognize that we all belong to the same humanity?

On another note, when I'm watching TV, I can't help feeling frustrated that I live in a society where so much seems to be concentrated on pitting one thing against another, one wing against the other. It is like the two opposing sides chipping away at each other, slowly, until there's nothing left of either one - the extinction of our species.



In partnership with
Middlesex University London

UBI
United Business
Institutes

**Your first step is to define yourself
Your destiny is to redefine the world**

**BACHELOR
& MASTER**

Together with their outstanding faculty and alumni communities, UBI is anticipating the future talent needs of the 21st century, while empowering students with diverse and challenging opportunities before they start competing in the complex global business environment.



How come we continue to pit one gender, one country and one belief system against another? Surely, we are at a point where we need all our powers to reverse the mess we have created.

Symbolically, it is like pulling one wing of the bird to the ground and the other towards the sky, being so preoccupied with getting 'your' wing where you want it, without any care for the bird and no concern for its survival.

If we continue long enough pulling each wing in opposite directions, we can easily understand that the bird will eventually die and drop dead to the ground – wingless.

Seeing the bigger picture of what is happening in the world today, I would say that this metaphor is entirely accurate. It is strikingly obvious that there are forces that are tearing humanity apart, while we are standing by watching it happen, powerless - attached to the strings like puppets. Then I

hear the soothing words of Deepak Chopra ring true in my inner being: "When you belong to yourself, you belong to the whole human family."

Belong to yourself in the sense that you are pure love.

It is the law of nature, as straightforward as both wings belonging to the same bird.

Let us stop creating more separation and mess. Let us start to fly towards a new way of integration of the left and right, the male and the female, the earth and the sky.

On that note of the human choral, let us celebrate Christmas.

Together. ❶

“ OUR OWN LIVES REFLECT THE WHOLE ”



Where we make great friends

Lara aged 5, Diya aged 11, Chunyi aged 11,
Thami aged 5 & Alfie aged 7



SPACIOUS . INVITING . DIFFERENT

3 keys to a successful life

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** shows us how to manage success

The new year 2020 is upon us; a new decade is just around the corner. What better time than this to share three important things that will help you make this new year a mega success.

As a big believer that there are many 'keys to success', I do believe that the following three keys are critical and if you indeed want to take your business, your life and your success to the next level, read carefully.

1. We all share one commodity equally, regardless of age, sex, religion or creed; the one commodity that is always equal to us all and binds us is 'time'. Being given 24 hours per day to live our lives, fulfil our dreams, discover our passions and drive and make the most impact on the world, it is important how we chose to use those hours. The way we use those hours will make a massive difference to whether you have another average year or whether you will have a phenomenal year.

I don't believe that you can manage time, therefore, the only thing you can do is manage yourself. Looking at the most successful people on the planet, one thing that they do well is manage themselves. The only way to manage yourself is to stick to your plan, be dedicated to your actions and learn to say 'no'. When you want to be even more successful, you must learn to use your time wisely. That means safeguarding how you spend your time daily is key.



Every day we are confronted with distractions vying to 'take us out of the game'. So, when you want to take a massive step forward in 2020 and achieve lots of goals, then your ability to say 'no' more than 'yes' will be critical.

2. It's no secret that my business roots and basis of achieving financial freedom by the

Self-help

age of 28 is real estate. I always say success in real estate is known to be about 'location, location, location'. I believe that in business and in life the saying should be 'action, action, action'.

We all know people in our lives that know exactly what to say, or always have an opinion to share and judgement to make about other people's choices. These know-it-alls will be loud and make themselves known. They may even be perceived as experts because, nowadays, those who stand out and make a lot of noise often outshine those who are actually doing it (and being too busy to make all this noise).

I am not telling you to start making a lot of noise, not until you've actually achieved what you set out to achieve in your business and life. What I'm telling you about is key number 2: take action. Nothing great is ever achieved without taking massive, committed and focused action. When I teach at events, I make sure to drill this concept into all my students, it is 'the name of game is ACTION!'

3. Research and studies show us that people that have external accountability; in other words, someone that is holding you accountable to take action, deliver on your words and push you to achieve what you set out to achieve, is much more successful than those without an accountability partner. When you have someone holding you accountable, the probability of you increasing your chances to achieve your goals increase by a massive 78%!!

If I could give you any golden nugget to help you make 2020 your best year ever, it would



be 'get a coach' – find someone that won't buy into your excuses or your self-sabotaging behaviours that will cost you time, energy and success. Find a coach that will hold you accountable so that you can guarantee you have a great year.

I am excited about the new year, the new decade, to commence and will be heading into it with new energy, new projects and many new learnings and successes to come. I will be sure to keep you in the loop with these articles, on my social media and website and wish you to achieve the most success you have ever had! All you have to do is three things.... say no more, take massive, dedicated action and get yourself a coach.

Here's to an incredibly powerful 2020!

Meet and work with Arnon Barnes live? Join one of his next upcoming events in Europe. For more information on the event, or coaching, contact his office via info@arnonbarnes.com or check out his website www.arnonbarnes.com 📍

“ LEARN TO USE YOUR TIME WISELY ”



4,5 - 8,7 L/100 KM • 119 - 198 G/KM CO₂ (WLTP).

Contact your dealer for any information regarding the taxation of your vehicle.
Environmental information RD 19/3/2004: www.mercedes-benz.be - Give safety priority.

Diplomacy is about driving progress. Starting with the all-new A-Class.

Looking for the best way forward? With the intuitive voice-activated MBUX interface on the new Mercedes A-Class, all you have to do is ask. That's assuming this revolutionary, adaptive system hasn't already anticipated your needs in advance. Leaving you free to enjoy all the style, elegance, safety and performance you would expect from the flagship of the Mercedes-Benz line-up.

Discover the new meaning of progress, along with extremely attractive conditions for diplomats, at your nearest authorised Mercedes-Benz dealer.



Go local ...



TASTE THE CULTURE

Film, concerts, theatre in the neighborhood



SPEAK THE LANGUAGE

Dutch courses, workshops for children,
practice opportunities



MEET THE PEOPLE

Clubs and activities for children and adults



DISCOVER THE REGION

Randkrant and RINGtv

welkom.derand.be

local information and events on
www.randkrant.be - www.ringtv.be

Harness the power of the 'Ebenezer effect'

Matthew Cossolotto hails the
power of an unlikely self-help hero

Photo © Film stills ©Walt Disney



This time of year, it's worth considering several valuable lessons we can learn from Charles Dickens' memorable miser, Ebenezer Scrooge. In *A Christmas Carol*, Dickens tells the story of a wealthy miser whose name has become virtually synonymous with words like 'heartless', 'stingy', 'penny-pincher', 'tightwad' and 'moneygrubber'.

But those adjectives miss the message of the story. It's really a tale about redemption and personal transformation. The way I see it, Ebenezer Scrooge should be hailed as one of the great role models for personal change. In the story, Scrooge comes face-to-face with the effects of his lifetime of negative habits and attitudes when a series of imaginary spirits escort him to scenes from his past,

present and potential future.

The first apparition to pay him a visit is Scrooge's deceased business partner, Jacob Marley, who tells Scrooge: "I wear the chain I forged in life. I made it link by link, and yard by yard; I girded it on of my own free will, and of my own free will I wore it." The links of Marley's chain sound like they could well be the same negative habits and attitudes that also shackle poor Scrooge.

After Scrooge encounters disturbing events from the Past and the Present, the ghost of Christmas-Yet-To-Come transports him to a time in the future when Scrooge's loyal employee Bob Cratchit's son, Tiny Tim, has just died. Why? Because his father couldn't afford proper medical care on the meagre

Self-help

salary Scrooge paid him. Upon hearing this news, Scrooge is forced to confront the tragic result of his cruel stinginess, and this has a deep emotional impact.

Scrooge is then escorted by the ghost to a time just after his own funeral. Here he endures the painful, unvarnished truth of what people really think of him. It's an alarming but invaluable wake-up call for the stone-hearted curmudgeon.

Soon thereafter Scrooge comes face-to-face with his own tombstone. Dickens writes: "The Spirit was immovable as ever. Scrooge crept towards it, trembling as he went; and following the finger, read upon the stone of the neglected grave his own name, Ebenezer Scrooge."

Spurred on by this shocking, up-close-and-personal rendezvous with his own mortality, Scrooge asks the Spirit to assure him that he "yet may change these shadows you have shown me, by an altered life!" He exclaims to the Spirit: "I am not the man I was. I will not be that wretched creature any longer." Scrooge feels an intense motivation to change his ways, and he is indeed transformed overnight. He awakens the next morning, Christmas Day, a changed man. Delighted to still be alive with a chance for redemption, Scrooge exclaims: "I am as light as a feather. I am as happy as an angel. I am as merry as a schoolboy!"

That's the power of what I call 'The Ebenezer Effect'. A key lesson for us to consider is that personal transformation can happen quite suddenly, even overnight, if you believe it can and if you have the right motivation. As Napoleon Hill wrote: "Whatever the mind can conceive and believe, it can achieve."

Another life-changing lesson from Scrooge is that we all have the ability to project ourselves into the future and imagine what

people are likely to say about us after we're gone. Scrooge almost waited until it was too late. The good news is you don't have to wait for a ghostly escort service or a near-death experience.

Fortunately for all of us, the Ebenezer Effect is available at any moment. You can take this journey anytime you want through the power of your own imagination.

Write your own eulogy

As I describe in my book *HabitForce!*, there's a readily accessible way to harness the power of The Ebenezer Effect: sit down, grab a pen and notepad, and write your own eulogy. Yes, I know that to some this may sound a bit morbid, but I assure you it's an extremely enlightening, worthwhile and motivating process.

Before you exclaim, 'Bah, humbug!', let me explain how this will benefit you.

It's important to put your life into perspective. Consider the big picture. In *The*

Seven Habits of Highly Effective People, the late Stephen Covey admonishes readers to: "Begin with the end in mind." It's vital to think about your destination first so you can determine the best route to take. Figure out what you want the house to look like - create a blueprint - before you start building. It makes sense.

Writing your own eulogy will help you jumpstart and sustain positive change in your life by establishing a clear blueprint for what you want to accomplish, what kind of person you aspire to be, and how you want to be remembered. It will clarify both your purpose and your legacy.

Here are a few tips for writing your eulogy. First, imagine what your friends and loved ones will say and think about you when you're gone. Be brutally honest. There's no point lying to yourself about this. Now imagine what you would like them to say



Self-help

and think about you. Is there a gap? If so, you should start closing the gap right away, just as Scrooge did that Christmas morning. He had a lifetime of crotchiness and selfishness for which to atone.

Scrooge had the courage to break the chain that linked him to his unhappy past. Are you willing to show the same courage and transform yourself and your life for the better? Taking positive action by harnessing the Ebenezer Effect is the antidote to feelings of despair and helplessness.

As you write your eulogy, it's helpful to record your accomplishments in the past tense. Did you write that book you've been talking about? Did you set a positive example? Did you donate and volunteer to help those less fortunate? Did you raise a wonderful family, start that business, travel the world, or learn another language?

In short, did you make a positive difference to your family, your community, your country and the world at large? Did you live up to your ideals and your potential or did you fall short? Be as specific and concrete as possible. Don't spare any details. It may be difficult, but try to see yourself as others see you. Don't sugar-coat things.

This eulogy process helps to focus the mind on long-term goals and on big questions about your life's purpose. The sooner you write your eulogy, the better. Jacob Marley never got around to it and he ended up chained and condemned to eternal purgatory. Scrooge almost waited until it was too late. So, don't put it off. This is something you should do right now!

A mission statement you can't ignore Remember this. The personal eulogy you write today isn't etched in stone like Scrooge's name on his tombstone. You can always go back to the document periodically and make some edits, add new goals or

even remove things that no longer apply. The main thing is to get something on paper now that reflects your long-term goals, heartfelt values, and deepest principles. Those things shouldn't change very much over time.

Basically, your written eulogy amounts to a uniquely powerful 'mission statement' for your life, designed intentionally to get and keep your attention over time. Once written, this eulogy is a document that you ignore at your own peril.

At one point, Scrooge makes this promise to the ghost of Christmas-Yet-to-Come: "I will honour Christmas in my heart and I will try to keep its spirit all year. I will live in the Past, the Present and the Future. I will not forget the lessons that the Spirits of all three have taught me." Likewise, we should not forget the lessons Scrooge can teach us.

Scrooge shows us that it's never too late to change and that change can happen literally overnight.

There's no time like the present to project yourself into the

future, write your own eulogy, and harness the power of the 'Ebenezer effect'. It's a great way to clarify what's most important to you and to set your life's course in the direction you want it to take - before it's too late.

So, this holiday season, go ahead - be a Scrooge! You and your loved ones will be glad you did.

Matthew Cossolotto (aka The Podium Pro) is a former Nato speechwriter. Author of The Almanac of European Politics, HabitForce!, and All The World's A Podium, Matthew conducts PodiumPower! public speaking workshops and other Personal Empowerment Programs (PEPTalks) for universities, associations, government agencies, and corporations. Visit www.ThePodiumPro.com

LIGHT ART FESTIVAL

Visit to the planets of the Little Prince



KNOKKE-HEIST

7-8, 14-15, 21-23, 25-30 DECEMBER

1-5 JANUARY

LIGHTARTFESTIVAL.BE



I know that: Three words to avoid

Reetika Gupta-Chaudhary warns against a phrase that could be the difference between success and failure

Let me begin by asking this very pertinent question: have you ever caught yourself saying to yourself 'I know that'? I am sure you have, at some point or other in your life. When someone was advising you about something or when you went to a personal development seminar or while reading a motivational book, for a fleeting second, albeit subconsciously, yes, you have thought to yourself 'I already know that'. Now you must be wondering what's so wrong about saying I know that? The truth is, if you are saying these three words every time you are faced with some information, you are closing yourself off to all the new opportunities that life has to offer. These words could be the difference between success and failure in your life. Just replace your 'I know that' with 'I do that', and you will find the success you have always been looking for.

“ SOME BELIEFS GET RELEGATED TO OUR SUBCONSCIOUS MINDS ”

Ask yourself the following questions:

- If I already knew this then what has been stopping me from following/doing it?
- Yes, I know that, but am I living, following or doing it?

In my personal development journey, I started by reading the book called *The Secret*, and I found it really fascinating and learnt a lot about manifestation and positive thinking and visualizations. I continued attending seminars - Tony Robbins, UPW

and other meditation retreats, all of which taught more or less the same stuff of forgiveness, gratitude, affirmations etc. I even practised it for a few days, a few weeks and in some cases even a few months, and then life took over and I never did them again. There came a point in my life when if I went to a seminar or if I watched a motivational YouTube video, I inevitably said to myself 'I know that' - I have been there, done it all, this does not work.

In the journey of becoming a coach, I went through some intensive coaching and my coach once said to me: "In my training there will be several times that your own mind will take you out of the game and tell you that 'you know that', but knowledge alone is fruitless, unless you do something with that knowledge and become a living proof of what you know. There is no use holding that knowledge in your mind, become a living proof of it." After going through in-depth training and awareness exercises with my coach, I was able to understand what was stopping me from applying what I had already learnt.

I learnt two important lessons:

- Knowledge that is not implemented is far more dangerous than not having the knowledge in the first place.
- In order to learn new things and practise them it is important to unlearn what you



APERIO CHAMBON Every Thursday 5-8pm: free appetizers
LADIES NIGHT Every Friday Night: presents for all Ladies
JUMBO HOUR Every Saturday 5-8pm: XXL Drinks

11 Rue d'Argent 1000 - Bruxelles
Réservations : +32 (0) 489.70.57.03 - Jeanjacques@chambon.brussels

www.chambon.brussels

Self-help

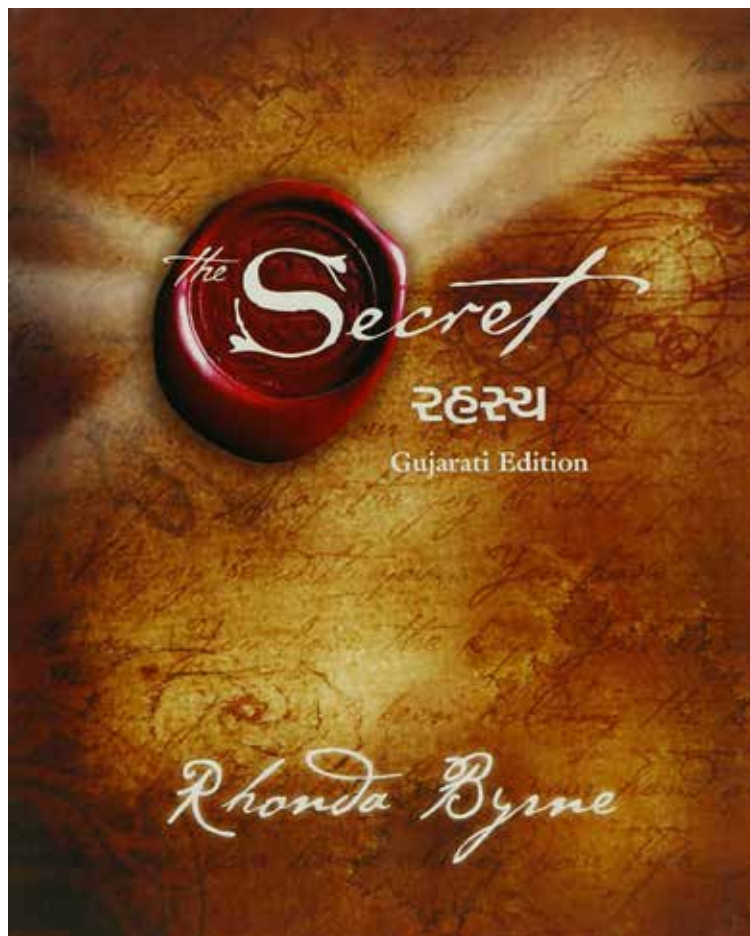
already know so that you can make space in your mind for more useful and productive information.

With awareness, the right action will lead to a new start.

Now we come to the most crucial piece of information/knowledge. We all know that our thoughts lead to feelings and feelings lead to action and action will get us the results. Has anyone ever wondered where thought comes from?

Most of our thoughts/beliefs are as a result of the environment we live in. I call it the 'process of living'. During this process, we see, hear and experience things that contribute towards the building of our thoughts, ideas and our entire belief system. Some of these beliefs we are aware of, we can explain why we acted in a particular way. But some beliefs get relegated to our subconscious minds, and we keep acting and reacting according to these subconscious beliefs without even being aware of where this thought came from in the first place. For example, as a child if our parents told us that money is hard to earn, then this becomes our belief and we carry it with us throughout our life.

Since we are not aware of this belief, it is difficult to take action to change it - how do you change something that you are not even aware exists? The first step is to become aware of what beliefs we hold and where these beliefs came from. These thoughts and



beliefs play a big part in holding you back from taking action when you learn new information. You might try an affirmation about wealth, 'I am a millionaire'. But your negative beliefs about money will lead you to not believe in this affirmation and you eventually stop doing the affirmation and then say, 'Oh, it is not working!'

So, catch yourself out when you hear yourself saying 'I know that' and ask yourself 'Am I living that?' And if not, what beliefs are stopping me from living that?

Awareness = inspired thought = inspired feeling = inspired action = greater results. ❶



MANOIR DE LÉBIOLES
HOTEL.SPA.RESTAURANT

"Plus valet quam lucet" - "There is more to it than meets the eye"



Light and shadow

In chapter three of his series, **Axel Trinh-Cong** considers opposites that attract



In books devoted to personal and spiritual development, one can often find references to the notion of progress which, by definition, implies a passage from a point A to a point B, the latter being either qualitatively or quantitatively superior to point A.

However, this concept carries two implications. The first is that we judge ourselves on the basis of when we reach point B, or when we remain at point A. And judgement can never be compatible with acceptance and love of self. The second consequence is that we might judge others

on the basis of where they stand in their so-called progress, and perhaps adopt a discriminatory attitude towards them. And to hurt others always means hurting oneself.

**“ IN A SPIRITUAL
SENSE, THERE IS
NO GOOD NOR
BAD ”**

To my mind, the notion of progress is misguided. All we have are experiences which we either have or do not have, according to entirely personal reasons or plans. My experience has shown

me that, whether we make the conscious or subconscious choice, it can sometimes be necessary to lose all of one's bearings and resources, to stray from the path others have paved before us, even to abandon our own

hopes. All to suddenly and unexpectedly find a new path, which turns out to be far truer to ourselves than anything we could have dreamed of before.

My experience has shown me that letting go – whether it be a relationship, a situation or a part of oneself – can give way to something new, unknown, and often so much more relevant. To let go means to welcome what the ego dreads, or to avoid situations the ego would gladly welcome. Therefore, there can be no question of ‘progress’ – only of having the courage to accept death. The death of habits, dreams, loyalties and relationships which, at a given time, might lose their relevance and need to disappear in order to allow life to flourish again.

I believe it would be more appropriate to replace ‘progress’ with terms such as ‘path’ or ‘journey’, which are devoid of judgement. Indeed, we can all be very quick to declare that certain things are good and others are bad. But in a spiritual sense, there is no good nor bad. Instead of this dualistic framework, I would much rather use the concept of ‘causality’.

Causality refers to the constant and necessary relationship between two phenomena. In that respect, the good requires the bad just as the bad requires the good – neither one is actually good or bad, and both are useful and necessary to one another.

In order to illustrate this idea, I would like to invite the reader to imagine a candle. If I were to light a candle outside in broad daylight, I would have a slim chance of anyone noticing it. On the other hand, if it were lit in a dark tunnel, then it would be impossible not to see it. A single light is invisible in the sun – it requires darkness. Obscurity is useful and necessary for the light to reveal itself.

Similarly, if we lived in a fairy-tale land where there was nothing but love, joy and serenity, then what would we know of love, joy and serenity? We would be incapable of even recognizing it, surrounded as we would be in a kind of pink fog. It is through non-love, pain, anger and doubt that love can truly be seen and become significant. Moreover, challenges often immerse from these things. And where there is challenge, there is opportunity to learn.

Through the law of causality, light and shadow are equally useful and necessary, as each requires the other to reveal itself. Through the law of causality, we all require non-light in order to understand the light. Through the law of causality, a shadow is a gift of opportunity.

Chinese thinkers have illustrated this principle of causality very well, as the complimentary concepts of Yin and Yang can only be defined in opposition to each other. Yin is only what has yet to become Yang, as Yang has yet to become Yin. Indeed, contrary to popular belief, Yin and Yang do not represent fixed states – since everything is in perpetual motion – but rather snapshots corresponding to a process of transformation at its climactic state. Therefore, nothing can ever be absolutely designated as either Yin or Yang, because the cause always carries within it the effect to come. And in any current effect, we can always detect the traces of its past cause. In this respect, everything may be considered as either a cause or an effect, depending on whether we

turn to the past or the future. The result is an infinite chain of interlocking events.

To come back to our metaphor of light and shadow – when light grows, it may eventually attain its climactic point of brightness,

encompassing everything in shine and brilliance. But since energy is a living thing in perpetual motion, light can only decrease from this point on, and bring about darkness.

**“ A SINGLE
LIGHT IS
INVISIBLE
IN THE SUN ”**



Darkness is engendered by light – light is engendered by darkness. If we apply this idea to the human condition, this means that behind every dark corner of our souls, behind every wound and imperfection, the gift of light often stands, waiting.

On this subject, the father of depth psychology Carl Gustav Jung summed up this phenomenon marvellously: “One does not become enlightened by imagining figures of light, but by making the darkness conscious. However, this task is often unpleasant, and therefore unpopular.”

It is by embracing our imperfections, our wounds, our dark sides that we might be able to find our true inner light. It is through this kind of humility, namely being aware of our limits, renouncing (or letting go of) our almightiness, in a kind dialogue with ourselves, that we may find inner peace and,

by extension, peace with the rest of the world. Only then can we truly feel alive, no longer through the pursuit of applause and recognition, but with generosity and awareness of the other.

For those who are prepared to embrace it, darkness is a step towards the light.

“ DARKNESS IS A STEP TOWARDS THE LIGHT ”

The reverse phenomenon – that light engenders darkness – must not be neglected in all this. Indeed, the appearance of grace can bring about an excess of confidence, a sense of almightiness, and the return of the ego.

In honour of the upcoming Winter Solstice, the darkest night of the year, I wish you all a happy Day of Light. May this winter be the setting for your rebirth.

Axel TRINH CONG Psychic, Therapist, Body-spirit-soul alignment, constellations, Tarot, soul messages

Bruegel is not who you think he is.



Discover why during
The World of Bruegel in Black and White

15.10.19 > 16.02.20

Buy your tickets at www.kbr.be

New motherhood

No-one tells you how hard it is, writes **Gemma Rose**



The Royal International Club Château Sainte-Anne offers a full spectrum of services to business and family members: conferences, culture, sports... in a unrivalled environment in Brussels.

RUE DU VIEUX MOULIN 103 - 1160 BRUXELLES - TÉL. CLUB: +32 (0)2 663 37 25 - WWW.CHATEAU-SAINTE-ANNE.BE



About ten years ago, I was in the office having a chat with my female colleagues about having kids. I was amazed at what appeared to scare them most about having a baby was the pain of childbirth. For me, childbirth itself was not the issue – that's what the epidural is for. Rather, it was the aftermath that really scared me, i.e. bringing your two-day-old baby home and having to keep it alive. When we brought our daughter home from hospital ten months ago, I remember setting down her carrycot with her asleep in it and turning to my husband to say: "What now?" He shrugged his shoulders, as clueless as I was.

Those first few weeks were some of the hardest of my life. I managed to keep my daughter alive, but barely. I didn't understand why there were nights when I was

breastfeeding her for eight hours straight, and yet she wasn't sleeping or gaining weight. Being an expat, with family and close friends hundreds, if not thousands, of miles away, meant that my husband and I felt very alone, isolated and helpless. After seeking desperately and frantically the help of a wonderful British midwife here, we figured out the problem. My daughter was not getting enough breastmilk: I had been starving her.

I didn't have much expectation about pregnancy, nor did I think too much about early motherhood, partly out of ignorance and partly out of fear to face reality and responsibility. My pregnancy was wonderful. I felt bouncy, vibrant, energized and healthy. I was glowing, plus I loved all the attention and fuss. Last Christmas, before my daughter



OFFREZ-VOUS
DES FÊTES PÉTILLANTES !

Vos commandes en ligne toucan-boutique.be | Ouvert 7/7 midi et soir | service voiturier
Av. Louis Lepoutre, 1, 17-19 - 1050 Bruxelles | brasserie +32 2 345 30 17 | sur mer +32 2 340 07 40



was born, was the best I've ever had: I spent the whole time on the couch watching all six seasons of *Downton Abbey*.

Before getting pregnant, I hadn't been sure as to whether I actually wanted children. If I did have them, I thought I would have achieved my dreams beforehand. Yet, although elated at finding out I was with child, I also cried tears of grief of what could or should have been: publishing my first book, writing for *The New Yorker*, quitting the day job and being my own boss. It was also grief of giving up the perceived freedom of being young(ish) and free. "Smoke it up like lithium," my friend with three young kids told me during my child-free days. But instead of

going on big nights out or shopping sprees, my freedom entailed reading, writing, cooking and dreaming: things that, ten months after giving birth, I am able to do again, if only for a few stolen minutes in the day.

There are courses on preparing for the practicalities of having a baby, but there aren't courses on parenting. No one told me how hard the first year of new motherhood is. I had no idea that the pater of tiny feet would take its toll on my marriage, nor of the struggle of keeping your baby healthy and alive. I also found it very hard to love my child at the beginning, as shocking as that sounds.

" HE SHRUGGED HIS SHOULDERS, AS CLUELESS AS I WAS "



What I have learnt through the passage of time and the wonders of hindsight, is that everything gets better. What seemed so serious in the moment has now passed. When you are in the early days, you believe that you'll never be able to have a night out again or a good night's sleep, or that your marriage won't survive. But then, winter turns to spring and then to summer. Things get that little bit easier, and you realize that the situation is not static. It's a season, and it, too, shall pass.

Having my daughter does focus my mind, for her greater good and for mine. I realize that I want to be true to and honest with myself, because that is what I want for her. Furthermore, I am being a parent for the

long-run. I want the lifelong companionship of my children, just as my parents have mine.

“ IT’S ALSO EMPOWERED ME ”

I am thankful that my daughter is here with me, something which I cannot take for granted. New motherhood has had its ups and downs, but it's also empowered me. If I can take care of my child, then perhaps even the most surmountable of tasks aren't so hard. ❶

At BEPS, teacher means mentor



**BEPS' 47-year track record of excellence
now available in a developing secondary school**

BEPS International School offers high quality education in a caring environment. Our teachers engage students in authentic and meaningful learning experiences. BEPS combines 21st Century practices with the rigour of the International Baccalaureate. **Admission is still open for the school year 2019-2020.** Come and visit us!



The 6 cornerstones of life planning

Dave Deruytter looks into what drives our quest for sustainable happiness



Can you really plan for the future, for the unknown in your life? Is it not better to seize the day, to live day by day?

A good and reasonable life planning should allow you to seize more days and live longer. In literature, life planning has sometimes four key aspects, sometimes more. The order of the key elements of life planning are not always the same. Still, most observers agree that health is number one and money is the least important factor of life planning.

We look at the following six cornerstones of life planning: health, family and friends, work, hobby, projects and money, in that order.

With careers becoming longer, with pension age increasing around the globe, life planning has received renewed attention. Indeed, the youngsters born today may have to plan for a 100-year life. Adults have to work seven years longer than was the standard in Belgium 10 years ago, before being allowed to retire. Many scholars agree that the real ageing of a person starts after retirement if one does not properly structure one's life, to always stay physically and intellectually active.

Let's dig a little deeper into these six cornerstones of life planning.

'Health' is a pretty obvious number 1.



Healthy eating, drinking and sleeping. Healthy activities and an interesting intellectual occupation. At the age of 40 I decided to start making regular walks and hikes to improve and maintain my physical health. I also took the initiative to begin writing in order to escape from the daily work routine and its challenges. It takes effort to stick to your resolutions. But, if you do, the results are very rewarding.

'Family and friends' is an obvious number two. Loneliness, particularly among the elderly, is a new disease in our society. It is such a great thing to be with others, relatives, friends, relations, even pets play their role. OK, if you work longer, you may not be there in person as much as you would like when your parents need help coping with life's challenges at an older age or when your children need assistance with childcare for your grandchildren. But, since you will be earning money longer, you can use part of that to share their extra financial burdens.

'Work' is at number three because, with

sleep, it takes up most of the time in our lives. It is very important to keep a good work-life balance. Because the effective retirement age is seven years later now in Belgium, you can still move closer to your place of work at a later age and you can still change jobs. Furthermore, in your later years at work, chances are high that your mortgage will be paid off and your children are out of the house, leaving you with €1,000 or more with fewer expenses, allowing you to work 80% instead of 100% and to go after your dreams one day per week or turn your hobby into a secondary occupation.

A 'hobby' is understandably number four in the list of six cornerstones of good life planning. Obviously, it is key to have something alongside your day job or household work. Something that

allows you to be away from your routines, an activity that recharges your batteries, that renews your energy. Eventually you can start to do your hobby professionally as a sole trader in a secondary occupation and possibly start reducing your day job work plan to 80% or less. Of course, this will only be possible if your secondary job is not in

“ COUNT YOUR BLESSINGS ”



competition with your employer's activity. On number five is your 'projects'. Depending on your age in the life cycle, this is about starting a family, buying a house, starting a business, buying a second home or a boat, writing a book, or travelling the world. Indeed, when your mortgage on your home is paid back, another option for the newly available money is to take another mortgage, this time on your second home, possibly your future retirement home. Helping your children to get a good start in life with their studies, business startup or own home is another very popular use of the money freed-up after the mortgage is paid back. Eventually, we come to 'money' at number six, the last element of a good life planning. In our capitalistic world it is not really possible to do without any money. You need money to make a lot of the above happen. This knowledge inspires us to be more compassionate with the less unfortunate in life and more willing to share part of our income or savings with them, through our rather comprehensive social security systems

" TOO MANY PEOPLE FOCUS ON MONEY FIRST "

or by giving back to the community. We all want this life planning to lead to sustained happiness, at least for our lifetime and that of future generations. If there is one thing to avoid in life planning, it is to turn the order of the six cornerstones upside down. Sadly, in today's world far too many people focus on money first and forget about most of the other things, including their health. Health is like the oxygen in the air. You only know it is no longer there when you miss it. And then it may be too late.

Count your blessings and take care of your health and loved ones and you should go a long way. Save some money from a young age for later, be it for your hobby or projects. Keep your curiosity strong and go with the flow of change. It is hard to swim against the current. To stay healthy, active and social is the key to a happy 100-year life. 🍎

Welcome to



THE NATIONAL
- GOLF BRUSSELS -



Golf, just a stone's throw away
from Central Brussels



The perfect place for wonderful experiences

A challenging course

A table with a view

Green and inspiring environment for meetings and events

The exquisite perfect mix of business and pleasure

www.thenational.be

The National Golf Brussels - +32 (0)2 767 39 69 - info@thenational.be
Du Roy de Blicquy laan 7 - B 1933 Sterrebeek

Be success

Be successful

Two more invaluable works on the road to greater success...

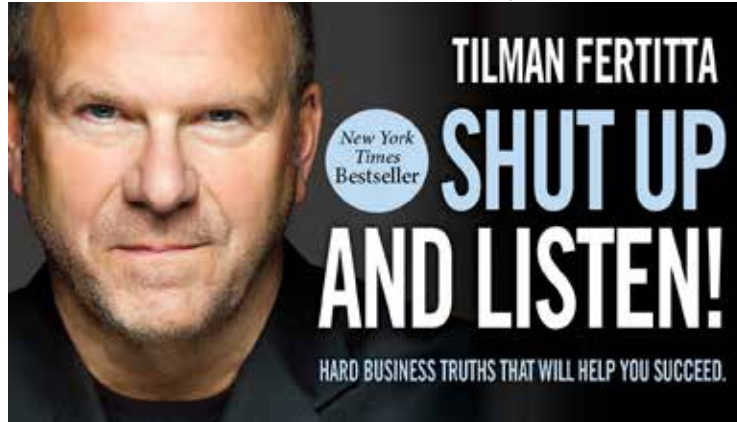
Shut Up and Listen! by Tilman Fertitta

For entrepreneurs ready to reach the next level of success, small business owner turned multibillionaire Tilman Fertitta shares the common sense principles that have rocketed his worldwide hospitality empire to the top.

For aspiring entrepreneurs or people in business, this book will help you take your company to the next level. When you put this book down, you'll know what you're doing right and what you're doing wrong to operate your business, and if you're just getting started, it will help set you up for success.

Tilman Fertitta, also known as the Billion Dollar Buyer, started his hospitality empire thirty years ago with just one restaurant. So, he knows the challenges that business owners face, as well as the common pitfalls that cause them to go under. Over the years he's stayed true to the principles that helped him scale his business to what is believed to be the largest single-shareholder company in America, with over \$4 billion in revenue, including hundreds of restaurants (Landry's Seafood, Bubba Gump Shrimp Company, Morton's Steakhouse, Mastro's, The Chart House, Rainforest Café, and over forty more restaurant concepts) and five Golden Nugget Casinos. He's also sole owner of the NBA's Houston Rockets. In *Shut Up and Listen!*, he shares the key insights that made it all possible.

Shut up and Listen Tilman Fertitta



When entrepreneurs appear on *Billion Dollar Buyer*, the biggest obstacles they often face are ones they don't suspect: not knowing your numbers, not knowing your strengths and weaknesses, or not being willing to go that extra mile with your customers. Fertitta has seen it all. He knows that what you aren't paying attention to can either sink your business or become the very things that launch you to the top. As Fertitta says: "You might think you know what you're doing, but I'm going to show you what you don't know."

Fertitta shares straight-talking 'Tilmanisms' around six key action items that any entrepreneur can adopt today:

- Be the Bull
- No Spare Customers
- Change, Change, Change
- Know Your Numbers
- Follow the 95/5 Rule
- Take No Out of Your Vocabulary

A ground-breaking, no-holds-barred book, *Shut Up and Listen!* offers practical, hard-earned wisdom from one of the most successful business owners in the world.
www.amazon.com

URBAN COURT

A residential project in the heart of Brussels, in a quiet area, but also close to the bustle of the Grand Place and City2.



Start of commercialization:
September 2019!



Urban Court is made up of 3 buildings around a private garden, totaling 142 apartments from 1 to 3 bedrooms, mezzanine studios ideal for investment or a pied-à-terre, as well as luxury penthouses.

WWW.URBAN-COURT.BE

MORE INFO : WWW.AGRESIDENTIAL.BE
INFO@AGRESIDENTIAL.BE | +32 2 226 65 27

AG Residential
Your Home, your Neighbourhood, your City

92% SOLD
NEARBY THE EUROPEAN QUARTER,
NATO AND ZAVENTEM
READY TO MOVE IN



LES BALCONS
WOLUVE

85 APARTMENTS

UNIQUE SOUTH OR EAST FACING TERRACES

STRATEGIC LOCATION

ENERGY EFFICIENT LIVING (A-LABEL)



COMMITTED TO EXCELLENCE
ANOTHER SUCCESS STORY BY ORYX-PROJECTS.BE

WWW.LESBALCONS.BE | INFO@LESBALCONS.BE | T. 09 370 75 05

PERSONAL DEVELOPMENT

Be success

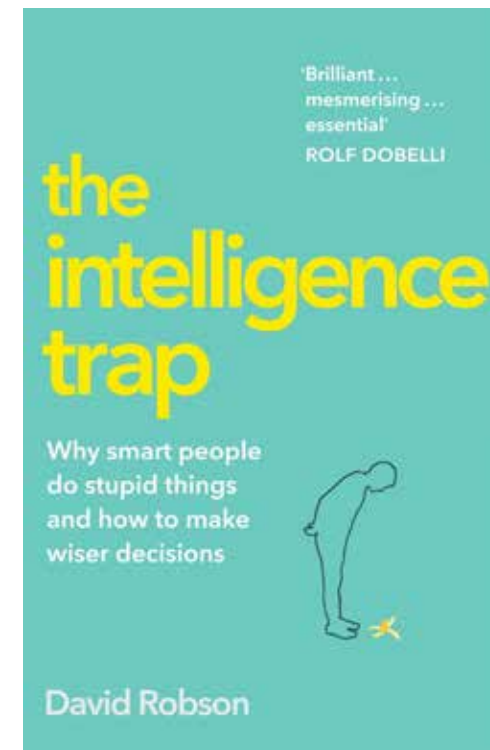
The Intelligence Trap by David Robson

The Intelligence Trap examines the reasons intelligent and educated people make stupid mistakes. It was three years in the making as Robson interviewed the world's experts about the reasons that great brainpower can somehow backfire, and the ways we can sidestep those cognitive pitfalls.

What blinkered Einstein and Edison? Why did Steve Jobs and NASA make lethal errors of judgement? How might environmental disaster and social inequality be averted? It is time for us to learn a new way of thinking.

The twenty-first century presents complex problems that require a wiser way of reasoning, one that recognizes our current limitations, tolerates ambiguity and uncertainty, balances multiple perspectives, and bridges diverse areas of expertise. Whatever our age and experience, whether a NASA scientist or a school student, we will benefit from wielding our minds with insight, precision, social sensitivity and humility. In an exhilarating journey through current research, drawing on insight from a wide range of famous successful people and some of the world's most successful industries, award-winning science journalist Robson shows how to build a cognitive toolkit to help us all maximize our full potential.

Houdini once wrote to Arthur Conan Doyle: "As a rule, I have found that the greater brain a man has, and the better he is educated, the easier it has been to mystify him."



Smart people are not only just as prone to making mistakes as everyone else—they may be even *more* susceptible to them. This is the 'intelligence trap'. Packed with cutting-edge research, historical case studies, entertaining stories, and practical advice, *The Intelligence Trap* explores the flaws in our

understanding of intelligence and expertise, and reveals the ways that even the brightest minds and talented organizations can backfire – from some of Thomas Edison's worst ideas to failures at NASA, Nokia, and the FBI. Featuring timeless lessons from Socrates to Benjamin Franklin to Richard Feynman and the latest behavioural science, *The Intelligence Trap* shows how to build a cognitive toolkit to improve our decision making, supercharge our memory and learning, boost our productivity and protect ourselves from misinformation and fake news. An *Evening Standard* instant best-seller. Extracts,

interviews and articles about *The Intelligence Trap* have featured in *The Times*, *The Telegraph*, *The Guardian*, *The BBC*, *CNN*, *New Scientist*, *Psychology Today*, *Business Standard*, *Popular Science*, *strategy+business*, *El Mundo* and *La Stampa*. "We need to find new and better ways to teach critical thinking and measure good judgment. Reading David Robson's book would be a good place to start" – *Wall Street Journal*
www.amazon.com ⓘ

TONY ROBBINS

As seen on **NETFLIX**

UNLEASH THE POWER WITHIN

Tony's Unleash The Power Within is all about creating breakthroughs. It shows you step-by-step actions you can take to bring out the best in you and overcome the limiting beliefs that hold you back from your success.

TURN YOUR **DREAMS** INTO REALITY
TURN YOUR **FEARS** INTO POWER

What People Are Saying About UPW



"It doesn't matter what social status you are—what level you think you are at—he raises you to the top of your capability."

USHER

After attending UPW Ft. Lauderdale, 2014



"Tony Robbins provides an amazing vehicle for looking at your life, determining what's holding you back and what you need to move forward."

DONNA KARAN

Legendary Fashion Designer



"Tony Robbins' coaching has made a remarkable difference in my life both on and off the court. With Tony's help, I've set new standards for myself, and I've taken my tennis game - and my life - to a whole new level!"

SERENA WILLIAMS

21-Time Grand Slam Tennis Champion and Olympic Gold Medalist



"We've been selected by Forbes as the most innovative company in the world for four consecutive years. Our revenues are now over \$5 billion annually. Without access to Tony and his teachings, Salesforce.com wouldn't exist today."

MARC BENIOFF

Founder, Chairman and CEO of Salesforce.com

UNLEASH THE POWER WITHIN WITH TONY ROBBINS

21ST - 24TH MAY 2020 RESORTS WORLD ARENA, BIRMINGHAM

DISCOVER A LIFE WITHOUT LIMITS WHERE THE IMPOSSIBLE BECOMES POSSIBLE

FIND FINANCIAL FREEDOM

Harness the key strategies of wealth creation so you can thrive regardless of economic conditions.

CREATE VIBRANT HEALTH

Install the habits that create maximum energy, optimum health and peak vitality.

DEVELOP STRONGER BONDS

Break Through the patterns of self-sabotage and fear that hold your relationships back and discover how to create momentum to make the difficult things become effortless.

DISCOVER YOUR PURPOSE

Implement a fail safe system to make sure you follow through and achieve all of your goals with passion and enthusiasm.

BOOK NOW

GOLD = 780 EURO / SAVE 58%

DOOR PRICE : 1,899 EURO / SAVE 1,119 EURO

EMAIL US TO BOOK YOUR TICKETS: TONYROBBINS@TOGETHERMEDIA.EU

Real estate: Decision making

Yannick Callens suggests we must improve our property buying skills



The end of 2019, beginning of 2020... we have to do more, better and together.

In real estate, as in most trends in life and business today, how can we do more and do it better? Today, it's more about how to do this or that, but for me, it's who can do it that's important. The evolution of society, fast as it is, means that you do not have to reinvent the wheel, but to see who can turn the wheel for you. In real estate it's the same – who can help me with my real-estate search, who can help me with my financing, who can help me with work and who can

give me advice to avoid errors or find the right information?

If, in the new year, you want to invest in real estate, to live in it or rent it, it is especially the people around you from whom you seek advice that will be the best help. Legislation is increasingly heavy, so we cannot know everything by heart and, particularly in Europe, the legislation is increasingly regional.

In order to learn 'Who can do it for me?', you must be open, open to listening. In the field of coaching, one is often asked to be open in



Offices



Residential



Retail & Services

A REAL ESTATE DEVELOPER REACHING YOUR EXPECTATIONS



Real estate

order to learn. It's the basis of everything, even in real estate and especially with big budgets. Be open to the advice you will be offered and the different approaches of other people. This will open up new opportunities in the market and, as I often say in real estate, it is the purchase that makes the profit, following the property's resale. Remember, for 2020 it is important to know not just who can do it for me, but rather who could do it better than me?

Remember that in everything you do or any decision you make, choose to do it with pleasure, take pleasure in doing it and you will see that you will go further, faster. Even if you have it done with someone else, it is still important to participate and take action. The world belongs to those who take action and those who participate, not to spectators who watch the train go by and who say to themselves 'why them and not me?'. It's the same for real estate, as soon as you make a decision and take action, more than 80% of the work is done, after this it is only a follow-up... which can be done by someone else.

At this time of year, it's always nice to see where you are now and where you want to be, such as the famous New Year's resolutions that you put in place. Nevertheless, only 16% of people value their resolutions. You must automatically make decisions in order to reach your goals.



**“ IT'S WHO
CAN DO IT
THAT'S
IMPORTANT ”**

How to make a 'good' decision? Here is a simple tool that is easy to apply and use in all circumstances:

1. Is it good for me? Does it suit me and strengthen me?
2. Is the decision good for people around me and for my environment?

3. Does this decision make me money? Or, above all, does this decision not make me lose money?

4. Is the decision I am making for society?

If your decision is in agreement with these four points, carry out the decision. If not, adapt it so that it agrees with you, your entourage,

money and society.

My advice to make 2020 a year rich in real estate: do it with a smile, be extraordinary, delegate, make decisions and take action. Meet as many

people as possible and do it together. Together, we do more, better and we go further.

If you have any questions or need advice during your real estate purchase, for readers of *Together Magazine* we are at your disposal by email on info@yannickcallens.be or by phone 02 669 0707. We will be happy to help you. 📞



**EXPERIENCE THE 4 SEASONS
FROM THE FRONT ROW.**

DISCOVER OUR NEW APARTMENTS IN PARC SENY.

IN PARC SENY, YOU LIVE AT NATURE'S PACE THROUGHOUT THE YEAR, IN A RESIDENTIAL DISTRICT IN GREEN AUDERGHEM.

- APARTMENTS FINISHED TO A HIGH STANDARD
- SUPERB VIEW OVER THE NEIGHBOURING PARK
- EXCEPTIONAL LOCATION NEAR INTERNATIONAL COMPANIES
- DIRECT CONNECTION WITH BRUSSELS CITY CENTRE, HERRMANN-DEBROUX METRO STATION NEARBY

FOR MORE INFORMATION,
CALL US ON 02/201 00 01 OR TAKE A LOOK AT WWW.PARCSENY.BE



powered by





VOLVO

DIPLOMATIC
SALES

YOUR VOLVO XC60 AND XC40. TAILORED TO YOUR UNIQUE REQUIREMENTS.

DISCOVER OUR DIPLOMATIC SALES OFFERS,
COURTESY OF OUR AUTHORISED DEALER NETWORK.

ACB Group

Overijse
Schaerbeek
Zaventem

ARDSON

Mons

DE SMET

Drogenbos

RUTTEN

Hechtel-Eksel

STERCKX


Sint-Genesius-Rode

AUTOPOLIS

Grand-Duché
de Luxembourg

2,0 – 10,1 L/100 KM | 46 - 229 g CO₂/KM (WLTP)

Contact your dealer for information about your vehicle taxes.

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

PERSONAL
DEVELOPMENT

Real estate

Park Lane: A stunning new redevelopment

Together talks with Extensa, the development team behind Tour & Taxis conversion to high-style living in the centre of Brussels



It is all about being both active and tranquil: Extensa is planning to offer the best of both worlds for future residents in one of its newest projects at Tour & Taxis, Brussels.

Extensa specializes in mixed-use developments, urban regeneration, and larger suburban residential communities. Their projects are already established throughout Belgium and Luxembourg, now including Tour & Taxis in Brussels as well as Cloche d'Or in Luxembourg City. Extensa says that it is committed to creating quality living and working environments where residents and companies alike can thrive.

Park Lane, as the new Tour & Taxis redevelopment is called, will be part of the neighbourhood located near to the bustling Gare Maritime – excitement will be just a stone's throw away. However, Park Lane will also be bathed in nature, and will be a quiet, car-free environment that will allow residents to 'unplug' from city-centre living, whenever they feel the need.

Park Lane will provide a blend of nostalgic style with contemporary design and technology. The intention is to offer accommodation for multiple generations thanks to a combination of apartments, service flats and a residential care home. Extensa is working closely with a consortium of three architects to create an attractive

PERSONAL DEVELOPMENT

Real estate

location that reflects the singular energy of the Tour & Taxis campus.

Together had a chat with Extensa about this ground-breaking redevelopment of Tour & Taxis.

What are the benefits of bringing such a historic site into the modern era?

The beginning of the 12th century saw Tour & Taxis play a key role as a logistical hub, inside the country and abroad. The majestic buildings are remaining witnesses to this historical era and radiate a breathtakingly nostalgic energy. In present days, the historical buildings have been given a new, contemporary look and functionality. This has been an ambitious plan.

Hotel de la Poste has recently been shaped into a beautiful event lounge with a private cinema in the ridge. Soon, the opening of a trendy bistro-restaurant will be announced. Gare Maritime, the former freight station, is being converted into an amazing covered city hub, with room for businesses and creative workplaces, shops, bars and restaurants.

Beside the full preservations of the heritage buildings, Extensa has also created architectural award-winning new buildings such as the Herman Teirlinck and BIM building, and is now developing more than 700 iconic apartments near the Tour&Taxis park.

What do you think will happen with your transformation of the historic Tour & Taxis site?

The metamorphosis of Tour & Taxis in a modern city hub in honour of its former historical function of the early 20th century, will not only transform the site itself, but will have a huge positive impact on the neighbourhood. Belgian and international



visitors and investors are finding their way to Tour & Taxis. In around one year from now, you won't believe your eyes when the Suzan Daniel bridge will be built, connecting the two rivers, and the 40,000 sqm Gare Maritime will also be open to the public.

What were your inspirations as far as architecture is concerned?

We are always opting for quality, design and trust using materials by well-known brands and manufacturers with excellent services. The many influences of Brussels' architecture, from the 30s and 40s, are playfully brought into the composition, from the Art Deco period to the modern industrial era. Bricks are alternated with a contrast of concrete ornaments.

A granito mosaic tile can be found in most entrance halls and glass entrance doors lead to the hall with elevators and letter boxes.

Together's motto is 'Inspiring you to reach your dreams'. Has Extensa reached its dream with Tour & Taxis?

Not yet, but we are getting close. The Tour & Taxis site already attracts well-known brands, companies and thousands of visitors annually. They are the trendsetters in this vibrant, emerging neighbourhood. After having created a stunning place for work and recreation in recent years, we are now developing the missing link: a place to live in a stunning apartment on a historic site! 📍




**MICHEL
HERBELIN**
ATELIER D'HORLOGERIE FRANÇAISE
DEPUIS 1947

www.michel-herbelin.com
#michelherbelin

Info - 02 896 93 90



Antarès
with interchangeable straps

Shinrin Yoku: Let nature do the rest

Jean O'Connor takes a walk through the woods to explore the ancient art of Shinrin Yoku



In every forest there is a clearing, in every life a moment when we look outside of ourselves for answers to our wellbeing. Shinrin Yoku aims to reconnect us, not just to nature, but to ourselves, and is believed to generate a myriad of benefits from both an emotional and a physical perspective. More than just a walk in the woods, it is a practice that invites us to connect to the forest with all of our senses: sight, hearing, taste, smell and touch.

Shinrin Yoku, literally ‘forest bathing’ in Japanese, is an integral part of Japanese culture. Despite being one of the most densely populated countries in the world, two thirds of Japan is covered by forests, while both of the country’s official religions, Shinto and Buddhism, consider forests to be divine places. In 1984, the Japanese government introduced the National Health Programme for Forest Bathing.

The first step to Shinrin Yoku practice is to find a spot in a wooded area and begin walking in whatever direction your intuition leads you to. Your pace should be slow and purposeful and without the dictat of ‘arriving’ anywhere. In fact, an entire Shinrin Yoku session can be carried out walking around a single tree or within a perimeter of just a few meters.

The next step is to fully immerse yourself into Nature, using all of your senses and being present in the moment. You will feel yourself slipping into a meditative state as you observe the feel of the air on your skin, the sound of birds, the breeze, rustling through the leaves, floating silence, the slow smells of autumn or the rejuvenating aroma of spring, the feel of bark or moss or twigs under your fingers...

A standard Shinrin Yoku session lasts about two hours, but the effects can be felt after as little as 15 to 20 minutes. Although traditionally led by a forest bathing guide, Shinrin Yoku is so accessible that anyone can do it anywhere and at any time, even in the local park on your lunch break.

The practice of Shinrin Yoku has been proven to lower blood pressure, banish depression, improve energy, bolster the immune system, lower stress, and can even have an effect in the protection against cancer through increasing natural killer cell activity, amongst others. The reasons behind these findings are multiple, ranging from the purely physical,

through to the body-mind connection, to the emotional benefits of meditative walking.

Apart from containing higher levels of oxygen, forest air also contains high levels of phytoncides, which are the natural oils released from trees and plants to protect against insects, fungi and bacteria. Exposure to phytoncides have been shown to stimulate mood, bring the nervous system into balance, decrease anxiety and improve quality of sleep.

A walk in the forest also fills our lungs with a harmless bacterium called *mycobacterium vaccae*, which has also been proven to make us healthier *and* happier by boosting the immune system and in turn creating a positive effect on our emotions, according to recent research out of Bristol University.

“ BOTH CONSIDER FORESTS TO BE DIVINE PLACES ”

But it’s not just what we smell and unknowingly ingest in the woods that has a positive effect on your bodies, it’s also what we see. There is not only the benefit of being in a meditative state of observation through your mind’s eye, not unlike any kind of mindfulness meditation, but there is also evidence that observing ‘fractals’ can reduce stress by as much as 60%, according to Professor Richard Tyler of the Material Sciences Institute in Oregon.

Fractals, repetitive and eternal patterns, are an intrinsic part of the natural world and are present in every part of a forest, from the delicate veins of a leaf and the diving branches of a tree, to the mandala-like patterns of flower petals and geometric shafts of lights threading through the trees.

On a more general level, the effect of nature on wellbeing has long been documented and has been a mainstay of indigenous approaches to health and wellbeing since the dawn of time. Over the past few decades, projects have sought to create hospitals,



offices and schools with regenerating views of nature and integrate green spaces into town planning in a bid to increase urban wellness.

A group of Canadian, Australian and American scientists conducting research on tree density in the Canadian city of Toronto recently found that having ten or more trees on any given block made residents feel an average of seven years younger and feel positive emotion comparable to receiving 10,000 dollars. The more trees per block, the more evident the increase in wellbeing.

This kind of research is occurring in tandem with the increasing use of the term 'Biophilia', from the Greek for the love of life and the living world. A concept made popular by American biologist E.O. Wilson, Biophilia suggests that we are intrinsically connected to nature as it is from nature that we come. It is a school of thought that considers nature as being a vital element to our wellbeing and that, conversely, cutting oneself off from

nature creates disease and general unhappiness.

Today, Shinrin Yoku Organizations are popping up all over the world, with forest bathing guides, groups and workshops often only a click away. The European Forest Therapy Institute offers a list of Forest Bathing guides all over the continent, as well as certification courses to become a guide yourself. Brussels has been labelled the greenest capital city in Europe, and with the largest forested area in Belgium right at its doorstep in the form of the UNESCO Heritage Site Soignes/Sonian oak and beech forest, you may begin to hear the call of the wild sometime soon...

So, the next time you venture into the forest and arrive in a clearing, take the time to fill your senses with the wonder of the woods and let nature do the rest.

www.foresttherapyinstitute.com ⓘ

WALLONIE TERRE D'EAU

SILENCE / SHAPES // FILIPPO MINELLI

22.11.2019 > 12.01.2020

Espace Wallonie / Rue Marché aux Herbes 25-27 / 1000 Bruxelles
walloniebelgique.tourisme.be/EspaceWallonie



LA FABRIQUE DES REGARDS / PHOTO FILIPPO MINELLI, LACS DE L'EAU D'HEURE, COURTESY GALERIE RIVE GAUCHE

Politics: Show me the money!

Our political correspondent **Catherine Feore** takes a step back and asks if the EU is value for money

Ursula von der Leyen



Over the past couple of years, prime ministers have lined up in the European Parliament to lay out their vision for the 'Future of Europe'. The very same people have elaborated a Strategic Agenda with financial consequences: strengthened border and migration enforcement, a super-charged Erasmus+, our very own European Defence Fund, and a significant boost to research and innovation to improve the EU's competitiveness. In July, Ursula von der Leyen won the support of the European Parliament based on an ambitious programme, including the idea of a Sustainable Europe Investment Plan supported by €1 trillion of investment. What's not to like?

Reality bites

As any politician knows, it is more difficult to find money than to think of ways to spend it. Which brings us to the seven-yearly battle of the budget for the 2021-2027 period. The European Commission blew the bugle-horn in May 2018 with its proposal, and there have been a few skirmishes since then. However, the real combat begins at the December Council, when the Finnish Presidency will add figures to the 'negotiating box', and at this point the debate turns from lofty aspirations to brass tacks.

In 2020 we will witness the unedifying spectacle of leaders taking out their ready-reckoners and brutally fighting to the early

hours of the morning for what is in it for them. If you lob a few percentage points off the Common Agricultural Policy (CAP), what will it mean for your farmers? And could it be compensated for by a concession elsewhere? It's not pretty and it has resulted in some frankly odd 'solutions'.

There are a range of diverging views from the 'Frugal Five' who want to cap the budget at 1% GNI, a group that includes Germany, the Netherlands, Sweden, Denmark and Austria, to the European Parliament, which says that nothing less than 1.3% GNI will do.

Less than a cup of coffee – a lot less

What will it mean for the man in the street?

Well, the Commission

estimates that it will cost the EU citizen on average €0.79 per day, compared to the 2014-2020 sum of €0.66 per day. Seriously! Are we really not prepared to fork out this tiny amount for things that collectively make our lives so much

better, and where there are massive efficiencies in acting together? Where literally every country benefits to the tune of on average 6% GNI from the Single Market? Where else can you get this sort of return on your investment? Please bear this in mind the next time you are buying a €2 coffee, and blush for your government.

The additional budget items will improve our climate, security, defence and competitiveness. Leaders should nonchalantly wink over their shoulders, while flicking their hair and saying to their citizens: "I'm backing this budget, because Sweden/Austria/Denmark is worth it!"

'I want my money back!'

One of the dilemmas the EU has faced in its proposal is how to take account of the loss of the UK contribution to the budget, the 'Brexit gap'. This will be met by significant cuts to the percentage of funding that goes to agricultural policy and cohesion funding, an increase in own resources, a small

increase in the contribution of EU countries and the phasing out of the palpably unfair rebates enjoyed by the 'Frugal Five', the very same.

'We send the EU £350 million a week, let's fund our NHS instead'

The UK enjoyed a hefty discount via a rebate that Margaret Thatcher hand-bagged leaders into accepting in Fontainebleau in 1984. Britain's very own Svengali, Dominic Cummings, Vote Leave campaigner and now right-hand man of Boris Johnson, claimed that it was a message on the side of a bus promising to take the contribution to the EU and spend it on the National Health Service that won the referendum.

“ FROM LOFTY ASPIRATIONS TO BRASS TACKS ”

The Counterfactual

It is instructive to look at some of the costs the UK will incur outside the EU, to help to understand its value, and the UK's folly. In 2018, the UK paid £13 billion into the EU budget, the UK received around

£4bn of this 'back' from various European programmes, so let's say £9bn is its net position.

Let's start with the cost of not being in the Single Market. As already stated, this is around 6% of GNI; for an open economy like the UK, it is certainly higher again. Her Majesty's Revenues and Customs estimate that the static ongoing year-on-year additional cost for UK traders accessing the EU alone will be around £15bn (£17.5bn). This excludes one-off costs.

What about the detested CAP? The Conservatives have promised to guarantee cash payments will be paid to the same tune for a further five years, so that's about £3.2bn - assuming that British agriculture survives being distanced from its largest market and the real possibility of devastating tariffs.

On research, the UK will either continue to pay into the EU's budget or set up its own European Research Centre with a budget of

Politics

£1.5bn per year. EU regional investment funds will be replaced by a 'Shared Prosperity Fund' that will cover current receipts. Then there is the choice of paying into the various agencies or investing in the expansion of national agencies for medicines, food safety, chemicals, satellite systems. And on, and on. In brief, any theoretical savings are wiped out – by some margin.



National Health Service, UK

Digging deep

Nevertheless, the European Commission has been scratching its head, thinking of ways to lessen the pain - and reduce the moaning - and they've been pretty creative. There are three new 'own resources' that have been identified as green taxes from emissions, trading schemes and non-recyclable plastic, and a percentage of a common consolidated corporate tax base.

The Commission suggested cutting the administrative fee for collecting customs duties from 20% to 10%. Many of the countries are arguing for 1% benefit disproportionately from collecting these duties. The Netherlands, for example, has huge ports, and collects €3bn in custom duties every year, of which it can keep 20% as a very generous administrative cost.

Countries that host institutions also benefit disproportionately, and the bigger the institution the bigger the benefit. Belgium, which considers itself a 'net contributor', benefits from about €5bn for hosting the main European institutions. And this is a

**“ THERE ARE
MASSIVE
EFFICIENCIES
IN ACTING
TOGETHER ”**

modest estimate of the financial impact, the institutions attract a massive lobbying industry of over 25,000 people. Luxembourg draws around €2bn for the institutions it hosts.

And then there are the different agencies. The Netherlands lobbied ferociously to host the European Medicines Agency, which costs €300 million per year, provides around a thousand jobs and according to Dutch research is likely to attract thousands of visits, boost private research investment and attract new pharma companies.

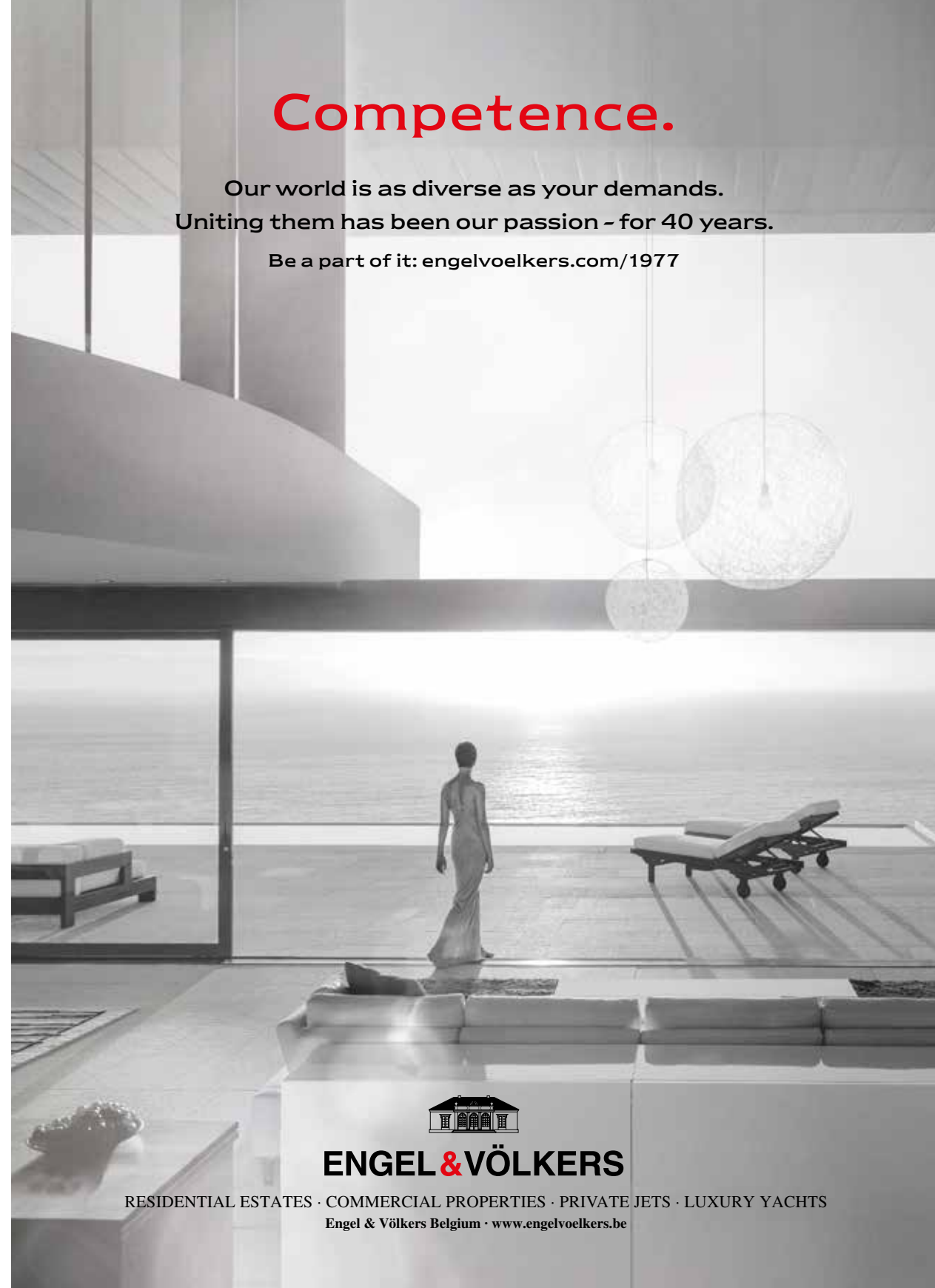
We all want bang for our buck, but expecting the EU to do everything on a shoestring is just not reasonable. Countries need to explain the EU's benefits more clearly to citizens. There are enormous benefits in working together, whether it's to protect external borders, or find a cure for cancer, pooling our resources is often the most effective and efficient way forward. We really are much better together.

①

Competence.

Our world is as diverse as your demands.
Uniting them has been our passion - for 40 years.

Be a part of it: engelvoelkers.com/1977



ENGEL & VÖLKERS

RESIDENTIAL ESTATES · COMMERCIAL PROPERTIES · PRIVATE JETS · LUXURY YACHTS

Engel & Völkers Belgium · www.engelvoelkers.be

LIFESTYLE

In some ways, it is like the hand-painted miniatures that were created in the 18th century

LIFESTYLE

Luxury

Luxury food: Caviar, foie gras, truffles

With the festive season upon us, we look at the richest of all foods

Beluga caviar is caviar consisting of the roe (or eggs) of the beluga sturgeon *Huso huso*. The fish is found primarily in the Caspian Sea, the world's largest salt-water lake, which is bordered by Iran, Azerbaijan, Kazakhstan, Russia, and Turkmenistan. It can also be found in the Black Sea basin and occasionally in the Adriatic Sea. Beluga caviar is the most expensive type of caviar, with market prices, at the beginning of the millennium, ranging from \$7,000 to \$10,000/kg (\$3,200 to \$4,500/lb).

The beluga sturgeon can take up to 20 years to reach maturity. The fish harvested for caviar are often nearly 900 kg (2,000 lb). The eggs themselves are the largest of the commonly used roes, and range in color from dark grey (almost black) to light grey, with the lighter colours coming from older fish, and being the most valued.

The most expensive caviar is beluga-albino caviar often called Almas. Almas is produced from the eggs of a rare albino sturgeon between 60 and 100 years old, which swims



in the southern Caspian Sea where apparently less pollution exists. Very few of the albino variety are left in the wild since the lack of melanin is a genetic disorder that only affects a few members of the species. A kilogram (2lb 3oz) of this almost white 'black gold' is regularly sold for £20,000 (then \$34,500). Any additions by producers diminish the value of the roe, and the caviar usually reaches the market without any additions or processing whatsoever.

As with most caviars, beluga is usually handled with a caviar spoon made of mother of pearl, bone, or other non-metallic material, as metal utensils tend to impart an unwelcome metallic taste to the delicate roe. Beluga caviar is usually served by itself on toast, unlike other

**“ UP TO 20
YEARS TO
REACH
MATURITY ”**

less expensive caviars that can be served in a variety of ways, including hollowed and cooked new potatoes, on a blini, or garnished with sour cream, crème fraîche, minced onion, or minced hardboiled egg whites. These items can, however, be served with beluga as palate cleansers.

Luxury

Foie gras: La Pateria de Sousa

Eduardo Sousa Holm is a Spanish farmer who claims to make goose foie gras without gavage (force-feeding the geese), at his farm in Extremadura. Chef Dan Barber described his experience of Sousa's farm in his book, *The Third Plate*, and at a TED presentation in 2008 on the radio show *This American Life* in 2011. Eduardo Sousa has been operating his family farm and adjunct restaurant, La Pateria de Sousa, which claims to have been in continual production since 1812. La Pateria de Sousa was awarded the Coup de Coeur award at the Salon International d'Alimentation, SIAL 2006, in Paris.

Sousa's farm affords the geese an abundance of foods that grow on the property, from figs to acorns, and various naturally occurring herbs such as the seeds from the yellow bush lupine which gives his foie gras the characteristically yellow colour of foie gras that is usually produced through the force-feeding process using corn.

Owner Eduardo Sousa says: "Since 1812, La Pateria de Sousa is proud to offer customers delicious goose foie gras Extremadura, reared in the most absolute freedom, without



"FOODS THAT GROW ON THE PROPERTY, FROM FIGS TO ACORNS"

feeding and totally organic. Our ethical system of production is to exploit the natural cycle of migration of birds, getting to reach the winter cold. Our production is seasonal (only once a year), coinciding with the winter, so fresh products must be ordered in advance."

Ultra-rich and fatty, the price of La Pateria de Sousa can go as high as \$700 per kilogram.
www.eduardosousafarm.com

AN EXCLUSIVE AND ELEGANT FESTIVE SEASON



Rob
THE GOURMETS'
MARKET

VISIT OUR
WEBSITE
FOR MORE
INSPIRATION!

DISCOVER UNDER ONE ROOF:

- A vast choice of products exclusive to Rob.
- Inspiration to celebrate in style, from the first to the last course, paired with the perfect wines.
- The insider tips of our experts at each of our counters.

Put in your orders as from Monday 2 December to be all set for the holidays:
we'll take care of everything!

WWW.ROB-BRUSSELS.BE

ROB THE GOURMETS' MARKET
28 boulevard de la Woluwe - 1150 Brussels
Tel. 02 771 20 60

All gourmets
follow Rob on





Istrian truffles

It is quite usual that mystery stories are spun about truffles before they are accepted as a part of local cuisine. Istria was no different. It was only at the beginning of the last century that Istrians realized what a gastronomic jewel they had at their disposal. Several excellent types of truffles grow in Istria almost all the year round, while the most treasured one, the white truffle or Tuber magnatum pico, a kilo of which can fetch more than €3,000, comes to the market in the autumn. The truffle season lasts up to the end of the year.

The main site of this undoubtedly most expensive foodstuff is the famous Motovun forest, located alongside the Mirna River, at the foot of the mount upon which rises the magnificent little town of Motovun. World experts have still not decided how the famous truffle from Alba came to have a twin of equal quality in Motovun and several other smaller habitats through Istria. But the international gatherings of experts and thematic gastronomic presentations entitled Golden truffle held in Kremelje, near Momjan, arrived at a clear conclusion: the white truffle of Istria is in no way inferior to those from Alba. Indeed, an American journalist discovered that many "truffles from Alba" actually originate in Istria.

At the special presentation of haute cuisine held in the Valsabbion restaurant not far from Pula, Bruno Clement, the renowned French culinary wizard, also known as the King of Truffles, publicly confirmed that conclusion in the autumn of 2003. The largest white truffle ever found, weighing almost a kilogram-and-a-half, was found in the Motovun forest. Until recently the Istrian white truffle was unknown on the world stage of luxury gastronomy. It was reaching fine restaurants of the world through smuggling, and was served either without its origin being given, or was being falsely presented as Italian. Today, Istrians no longer wish to smuggle, or even export their truffles. But neither do they want to save them for themselves. It's not that they don't like them, they want even more to be able to offer them to those true connoisseurs of this magical fungus who come to visit the small corner of the world from which this delicacy originates.

The most expensive ever truffle, from Istria, weighed in at 1.3 kilos - it fetched a staggering \$330,000 at auction.

Find out more about gastronomy from Istria.
Tinyurl: tinyurl.com/qnsgoej ●



Caspian Tradition

La Maison du Caviar

*by
Caspian Tradition*



L'exquise saveur des Perles noires

The exquisite flavor of Beluga Caviar

Caspian Tradition

Avenue des Pâquerettes, 55 1410 Waterloo - Belgium

Tel : +32 2 354 97 90.

info@caspiantradition.com

La Maison du Caviar - Marché Matinal de Bruxelles

Quai des Usines, 22-23 G302 1000 Bruxelles - Belgium

Tel : +32 2 736 86 63.

ines@caspiantradition.com

www.caspiantradition.com



Eye shadow Palette Happy 2010, Shimmering body gel J'adore,
Handbag Montaigne, eau de parfum Joy et Eau Sauvage and nail polish, all by **Christian Dior**

Last Christmas

Photographer **Maria Dawlat** Art Director **Nicholas Sirot**
Hair & Make up **Elke binnemans @ touch Dominique** models, using **sisley cosmétiques** and **Kevin Murphy**
Model : **Jasmine Rouzere @ immbruxelles.com**
Special thanks to : **Frederic Hill to STANHOPE HOTEL BRUSSELS** by **THON HOTELS**
0032 2 506 91 11 www.thonhotels.com/stanhope



Dress **My dress by Ariane** Jacket **Twinset** Boots **Daphné Burki by Sarenza** Bracelets **Boucheron**



Multi-effect quadra eyeshadow n°342 lumière et opulence, luminous intense lip colour n°847 rouge majestueux, l'eau n°5 et eau de toilette Bleu, all by **Chanel**



Dress **Catalina J** Jewels **Maison Tollet**



Perfecting smoothing powder blur expert, oil free-long lasting foundation soft beige n°2, velvet sleeping mask, long-lasting radiant eyeshadow n°30 & 41, all by **Sisley** Necklace **Christian Dior**



Total look **Christian Dior** Jewels **Maison Messika**



Harmony of ten eyeshadows Matte to metallic look 'Goldenland', Mon Guerlain eau de parfum intense, face powder Météorites, mattifying day cream and night cream all with royal jelly, lipsticks shade & the double mirror cap, all by **Guerlain**



Natural spray **Acqua di Parma**, Santal royal & l'homme idéal l'intense all by **Guerlain**, Carat & Déclaration all by **Cartier**



Total look **Louis Vuitton** Rings **Pasquale Bruni**



Natural spray Baie 19 **Le Labo**, micellar water & firming mask **Typology**, natural spray red santal **Abel**, after shave **Le Labo inc.**, Body cream **Aesop**



Dress **Fracomina** Earrings **Christian Dior** Care: Sisleyouth, Instant perfect **Make up**: Phyto teint ultra eclat 2, Phyto cernes eclat 1, Blur expert, Silky rose 12, Glow silver 42, Mascara so volume 1 noir, Phyto blush twist 4+5, Instant eclat, Le phyto rouge 23 rose Delhi **Hair**: Kevin Murphy Shimmer shine, Hair resort, Session spray flex

Ø X F Ø R D

TAILORED



YOUR SUIT
AT WORK
OR AT HOME.
TAILOR-MADE



Today's businessmen are no longer restricted to the nine-to-five working day, which is precisely why we invented the Oxford Truck. Our 'flying tailor' concept allows you to make an appointment with our skillful tailors whenever and wherever it suits you best.

Oxford stands for heritage and sartorial excellence. For over twenty-five years, we have been crafting bespoke garments to dress the modern man.

STORE / (0)3 233 90 97
BART / (0)477 96 75 01
GEOFFRY / (0)477 96 75 02

OXFORD ANTWERPEN
HUIDEVETTERSSTRAAT 53 A
2000 ANTWERPEN

LIFESTYLE

Watches

Roberto Coin: A heart of gold

Anja Van Der Borgh looks at
a man with the Midas touch



Roberto Coin is more than the 'King of Gold'. A precious lesson learned as a young man led to a story of social commitment that has seen him travel the world in an attempt to change it. Nowadays, Roberto Coin is trying to change some things in Belgium too as he opens the country's biggest sales point at Howards Jewellers in Brussels.

Roberto Coin is on the Board of Directors of the World Diamond Council, which, in collaboration with the United Nations, founded the 'Kimberley Process'. Every diamond used in the firm's creations is certified by the Kimberley Process

Certification Scheme, which guarantees that it comes from conflict-free zones. Roberto Coin's commitment to social and ethical responsibility began a long time ago, when he was working in the hospitality industry. Earl Mountbatten, a memorable client of the hotel he ran at that time, gave him a precious lesson that characterized the rest of his life, both as a man and as a businessman. Mountbatten told him that to be a great businessman you must have a great memory so that you'll remember to have a heart.

Today, having a heart is still one of the secrets of Coin's success. "I am a nice person," Coin replies when we ask him about

Watches

his success. "I have been very involved in charity since I was 25, very ethical and service-minded. I want to make sure that my clients are 100% happy. For the past 35 years, I have spent a lot of time going to see my clients and looking into their problems. Apart from that, I work hard and I think I am good to my workers. I try to be the perfect employer."

What is your focus today in terms of ethical issues?

I hate laboratory diamonds since they create a lot of problems in our industry. It is unfair that the consumer is not capable of distinguishing a laboratory diamond from a real one or, even worse, that a retailer – which is after all the person you, as a consumer, trust – is incapable of distinguishing synthetic diamonds from natural ones. It is a pity that even people who buy rough diamonds are incapable of saying whether the rough comes from the mines or from the laboratory.

So, I lobbied to get a star or another mark on the laboratory diamonds, so everyone would be able to distinguish them, but I am losing the battle because, apparently, finance is more important than the Roberto Coin way of thinking. In the meantime, there is machinery that can distinguish real mined diamond from laboratory diamonds, but since not everybody has the machinery yet this matter upsets me a lot.

How would you describe the brand Roberto Coin?

We are totally different from any other jewellery brand. There is a lot of beautiful jewellery and then there is Roberto Coin. When I started my own brand in 1996, I wanted to dress everybody differently, while the big brands want to dress everyone the same way. This implies that I have to work

hard to get my brand known because, since we have so many different designs, someone is not easily recognized as wearing Roberto Coin, while someone who is wearing Cartier will immediately be recognized. The good thing is that the behaviour of the consumer has changed. Today, she doesn't necessarily want the entourage to know what she wears; but she wants something that suits her personality, her wallet (or that of the husband), her age, her life status - the Roberto Coin designs will fit in more to her liking. With our 600 new designs every year, we will have something for every look.



“ I TRY TO BE THE PERFECT EMPLOYER ”

Another special creation is the Cento Diamond? What makes this diamond so special?


The Cento Diamond is the only diamond in the world with 100 facets. It's like the Rolls-Royce of the brilliant cut. A regular diamond has about 57 facets. As we are cutting the double of the facets, we have to take into account that we throw away about 30% of the diamond. So, it costs us

more in terms of rough diamond but also in terms of labour as only 5% of the cutters can do this type of cutting by hand. In the end, a Cento Diamond will cost about 25 to 30% more. But you see a big difference because it reflects the light in a better way - it displays a bigger scintillation of the light.

You have a lot of collections. Is one collection more important than the others?

Normally, the one that is selling most is the most important. This year, that is our Princess Flower collection, a bestseller in our 1,000 sales points worldwide and probably soon in Belgium as well.

Howards Jewellers

info@howardsbrussels.com,
www.howardsbrussels.com 



Nathan-Baume

FREYWILLE: Tradition and innovation

Together met with Dr Friedrich Wille to find out more about the company's evolution

The artist Michaela Frey founded FREYWILLE in 1951. The now international company is based in the heart of Vienna, a cosmopolitan city which has always been a thriving cultural centre. The company originally focused on decorative articles using hand-painted enamel, and only started later to work in jewellery. It is in jewellery that FREYWILLE has become internationally recognized, bringing colour and versatility that others cannot match.

For many decades now, FREYWILLE has been the global leader in precious fire-enamel artistic jewellery. The unique designs and concepts are developed by their own creative team of artists, goldsmiths and experts in fine enamelling.

Together: FREYWILLE is well known in Brussels, but can you tell us about its origins and how it has developed over time?

Dr Friedrich Wille: FREYWILLE was founded originally in 1951. In the 1970s, I joined the company as a consultant. When Michaela Frey passed away in 1980, I assumed the role of managing director and started to steer the company in a completely new direction. It was under the creative leadership of my later wife Simone – a young artist – that a new artistic team emerged.

Simone Grünberger-Wille developed a brand-new style of enamel ornamentation and high-quality fire-enamelling techniques that completely revolutionized the company's image and appearance. As a result, we presented our collection in a completely new and artistic way. Our AVANTGARDE collection remains a milestone in the company's creative development. My wife

Dr Friedrich Wille



and I continue to set new standards both in enamel jewellery design and techniques. Our designs have become popular globally, but Europe continues to be the core and inspiration for our humanistic and philosophical ideas.

Are you unique in using enamel in this way?

Yes, we are unique in working with fire-enamel in jewellery. We've developed a technique that allows us to create artistic designs at the extremely high temperatures required, approximately 800 degrees Celsius. In some ways, it is like the hand-painted miniatures that were created in the 18th century.

Our unrivalled technique sustains pure, vivid colours throughout the enamelling process. The precious enamel is the basis and the special colour combinations used solely by FREYWILLE guarantee true colours in consistent tones. We develop each collection over a two-year period, starting



with the theme or artist we are inspired by. After an intensive period of study, the inspiration slowly becomes a broader theme. A design needs to be able to be translated into large-scale pieces like our DIVA bangle, as well as very small pieces, such as our CABOCHON earrings. The craftsmen then have to make sure that the motif, colours and overall vision can be perfectly transferred onto our pieces.



There are several layers of enamel and each one is applied and fired – the process has 80-100 steps and is very work intensive. The finished piece of enamel is fixed in special gold (18ct), rose gold or rhodium-palladium mountings.

The collections often make reference to the influence of different artists. How do you choose these artists?

We have been inspired by many great artists: Claude Monet, Alphonse Mucha, van Gogh and famous Austrian artists such as Gustav Klimt and Friedensreich Hundertwasser. Each is unique in their artistic and philosophical approach. Sometimes our inspiration derives from a specific painting, but normally our design team studies the history of a particular art movement, the artist, the emotion and then we discuss the message we want to share. Every single detail is meticulously thought through and justified.

Can you tell me more about the 'Independent Collections'?

Our 'Independent Collections' showcase the creative heart of FREYWILLE. Unlike our 'Hommage à' collections, these collections are 'independent' from well-known artists, they focus on the creative talents of our in-house design team who can let their imaginations run free, creating unique, timeless masterpieces that

are second to none. The inspiration comes from many sources, the world of folklore, as well as philosophical and humanistic themes. They are wholly original in their composition.

You are a well-established brand, have you been able to attract the next generation of clients?

Our jewellery appeals to confident women of any age, women who aren't afraid to make a statement. Some products are more popular with younger woman. Our latest fine jewellery lines, such as the Hommage à Paul Gauguin collection, have a very young and fresh appeal and it is proving very popular. The general profile of our customer is someone who has an affinity with art, who wants pieces that are elegant.

What plans do you have for the future?

We will continue our tradition of perfect craftsmanship and creative innovation. When the designs surprise and delight, the craftsmanship makes a piece timeless. ●

A SWEET SECRET HANDMADE WITH LOVE IN THE KINGDOM OF BELGIUM.

Discover our fascinating story & buy online at:
Cuberdonsleopold.com



Magritte Limited Edition

Follow us on facebook.com/cuberdonsleopold and Instagram/CuberdonsLeopold

© C.H./ADAGP, Paris 2019

LIFESTYLE

Shopping

The Boutique Wallonia

In the heart of Brussels you will find many beautiful Walloon souvenirs

Perfect to discover as the seasons go by! Original gifts: Aeolus wine, Aronath mustards, wines from Domaine du Chenoy, Walloon beers, Ardennes ham, Belgian Owl whiskey, Legast chocolates – they are all here to tempt you, to compose an unparalleled gift basket.

Quality craft products, original gifts, souvenirs... Wallonia's Boutique offers a wide variety of products, as well as a plethora of information to make your stay in Wallonia unforgettable.

It's just a hop, skip and a jump from Brussels' Grand Place, and you'll find all kinds of high-quality, traditionally-made organic produce from Wallonia, including fruit juice and syrups, flavoured mustards, spices, oils and vinegars, wines and spirits, beers, sweet and savoury treats, as well as T-shirts, cosmetics, Guy Delforge Perfumes from Namur, books and guidebooks.

Wallonia is famous for a number of different foods and drinks, a great many of which are specialties of certain cities or regions. The 1957 *Michelin Guide* noted that "regional food has put up heroic resistance and the Walloon provinces and Flemish provinces are proud of their specialties". The Liège waffle, a rich, dense, sweet, and chewy waffle native to Liège, is the most popular type in Belgium.

A real treasure trove of Walloon goodies – but not sure what to choose? The passionate team will be delighted to help you and can tell you more about local artisans or even help you plan a memorable stay in Wallonia.

Throughout the year, there are also exhibitions of art, culture and tourist themes linked to Wallonia. And, if you are looking to



Photo © WBT – O. Legardien



Photo © WBT – O. Legardien

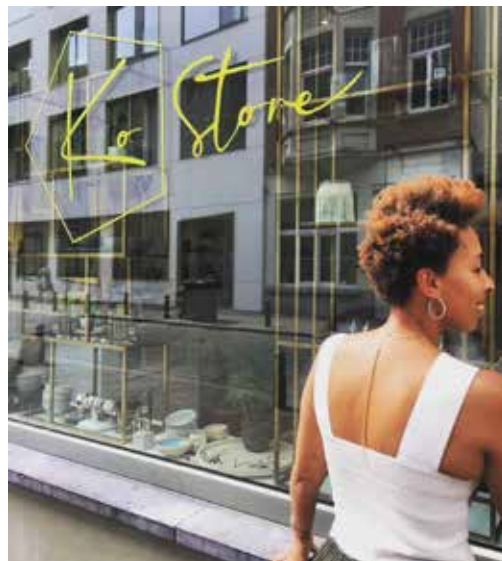
investigate Wallonia, don't forget to check out Espace Wallonie, which is the perfect place to stop if you're planning a trip to the south of Belgium. The locale aims to provide both information and inspiration for all travellers who wish to discover the stunning cities, picturesque villages and, of course, the beauty of the Ardennes. Here you will find brochures, ideas for walks and bike rides, themed itineraries and many ways to discover Wallonia off the beaten track.

La Boutique de Wallonie
Petite Rue au Beurre 6
1000 Brussels

Tel: +02 899 0478

Walloniebelgiquetourisme.be/EspaceWallonie
facebook.com/BoutiqueDeWallonie

Shopping



Ko Store

Ko Store is an ethical concept store, born from a desire to consume more responsibly. Located in the heart of the Dansaert district, its goal is to discover eco-responsible Made In Europe brands such as Return To Sender, Inyati, Avril Cosmetics, Template Note, etc...

The selected brands offer quality products, and they are all concerned with animal welfare and respectful of human rights. They commit to more transparency about the composition and manufacture of their products, which allows consumers to know the origin and conditions of production.

Ko Store gives pride of place to the creations of independent artists by highlighting their works and allowing them to sell their pieces at a fair price. People can find something unique while supporting craftsmanship skills.



Ko Store is also a meeting place. Events, such as creative workshops and exhibitions, take place every week in the store's premises. A co-working space is available to companies looking for premises to rent.

Ko Store
Rue du Rempart des Moines, 19
1000 Brussels
www.instagram.com/kostorebe



A Magical Village Christmas

Experience the charms of a traditional Christmas at **Maasmeechelen Village**, with twinkling lights, spectacular savings and even a dusting of snow.
 Shop **Sandro**, **ba&sh** and **Essentiel**, with up to **60% off***.

Open every day from 10 a.m. to 7 p.m.,
 including on **Sundays** and **bank holidays**.

[MaasmeechelenVillage.com](https://www.MaasmeechelenVillage.com)

MAASMECHELEN VILLAGE

A MEMBER OF THE BICESTER VILLAGE SHOPPING COLLECTION®

*on the recommended retail price.

Shopping

Festive Shopping

Nathan-Baume

Designer and manufacturer of luxury leather goods - business & luggage, accessories and jewels. Welcome to style, functionality and magic, senses and feelings. Travel wallet 18.5cm x 10.5cm. Ostrich printed leather: **€175**
www.nathan-baume.be



Brume de Longueville

All BRUME de Longueville creations are designed to offer a unique experience to all the It-girls wearing them. Our jewels are made locally and take inspiration from our strong attachments to our roots and from our 'made in Belgium' creative flair. Sophisticated and whimsical, they are made of semi-precious stones and gold-plated, crystal, and fancy beads of the best quality: from **€45**
www.brumedelongueville.be



Furterer Texturizing Spray

Volume and natural texture, invisible finish. For body and hair, with textures to the finest fibres, gives personality to your hairstyle. This super trendy spray ensures a subtle and long-lasting fixation. The texturizing formula provides instant volume. It densifies the length and facilitates braiding or the attachment of a bun, without leaving any indication of its use: **€21**

ageLOC®LumiSpa - Nu Skin

This versatile skin care device gives your face and eyes the most advanced care with ageLOC® technology. Remove stains and excess oil from your skin, while getting a more even skin tone, and a little smoother and softer with this refillable, water-resistant facepiece. A Two-Sense Motion cleans the skin more effectively.
www.nuskin.com



BREITLING
1884



BVLGARI
WATCHES



IWC
SCHAFFHAUSEN



OMEGA

TAXFREE (21%) FOR EXPORT

GILSON ANTWERP

Antwerp Hilton Groenplaats
2000 Antwerp
+32 3 226 74 33

GILSON BRUGES

Steenstraat 63-65
8000 Bruges
+32 50 44 00 22

GILSON BRUSSELS

The Hotel Waterloolaan 38
1000 Brussels
+32 2 512 86 99

GILSON KNOKKE

Kustlaan 265-267
8300 Knokke-Heist
+32 50 61 21 26

100% ANTI-RIDES

CICA-FILLER

**Sérum anti-rides
réparateur**

3 ampoules
30 jours de cure

Rides réduites
dès 7 jours*

CLINIQUEMENT PROUVÉ

**Un concentré d'actifs inspiré
de la cicatrisation tissulaire
pour corriger vos rides**

Bakuchiol pro-collagène
Concentré Hyalu-3
Complexe Alchémille Lierre Prêle

**89% des ingrédients
d'origine naturelle**

Cheez votre pharmacien prescripteur

*Étude clinique sur 30 volontaires pendant 7 jours – application biquotidienne – mesures instrumentales – longueur des rides



NOUVEAU

Guy Delforge Perfumes

The Boutique de Wallonie welcomes the Guy Delforge Perfumes. The six best-sellers in the Guy Delforge perfume range are available at the store. Fragrances that are born and ripen in the heart of the Citadel of Namur. Carré Blanc unisex perfume N° 1 rewarded several times. Dare to love for women, perfume n° 1 for women. Garden of Love for women. Unisex Median Water, hesperidae Family. Duo Sport Unisex Attitude, woodland Family. Un Soir à Luxor unisex, oriental family. On sale at the Wallonie Boutique, Espace Wallonie, Rue Marché aux Herbes 25-27 1000 Brussels.



Guerlain

My Guerlain - Eau de Parfum Set. Guerlain gives free rein to the creativity of Maison Guerlain. Precisely Paris and to its artistic director Carole Tessier, known for her hand-embroidered pockets in Paris, combining French know-how and contemporary art in an haute couture spirit. This box contains Eau de Parfum in the 50ml and 10ml formats and a Guerlain Perfumed Body Milk: **€92**



The Ideal Man - Eau de Toilette Set. This box contains Eau de Toilette in the 100ml and 10ml formats as well as the Ideal Man shower gel: **€97**
www.guerlain.com

FREYWILLE

Inspired by love, joy, passion and the paintings of the masters, we have created a new category in jewellery.

FREYWILLE combines important art and the fashionable elegance of timeless jewellery pieces. What we have created underlines our admiration for art, history and the great artists, and puts focus on our own creative power. For more than 30 years, FREYWILLE has been setting new standards in jewellery design, enamelling processes and internationalization. Earrings LUNA PICCOLISSIMA, Gustav Klimt: **€4,120**
shop.freywille.com



Van der Veken

J.M.C. Van der Veken is a Belgian jewellery company, founded by Joseph Van der Veken in 1952. From the beginning, we have always crafted our jewellery entirely by hand. Handcrafting makes for a finer, more beautiful and more solid jewel. It also enables us to finish and polish the tiniest details, even the ones you cannot see. As the legendary designer Charles Eames once said: "The details are not the details, they make the design!" Van der Veken Varens ring: **€3,239**
www.vandervekenjewellery.com



TOLLET JEWELLERS

T like Tollet! A company with boutiques where you can find different styles for different budgets and requirements. Perhaps it's time to discover your own 'T spot'? Tollet, dedicated to watchmaking and jewellery since 1902. Professionalism, a serious approach, informed respect for tradition, a warm and friendly welcome and personalised advice: these are the values that form the everyday workings and facets of our boutiques, all of which are dedicated in equal measure to watchmaking and jewellery. Pink gold ring: **€3,800**
www.tollet.com/en

KNOKKE-HEIST OPEN FOR SUNDAY SHOPPERS



Every day in Knokke-Heist, the sun comes up in style. Sunday's no exception. Fabulous shopping follows beach hopping and an extra delicious waffle topping. Glorious meals seduce passers-by at night, others just go there to fly a kite. In Knokke-Heist, living is art, the people here are Young at Heart.

YOUNG AT HEART
#shoponsunday #myKH

MYKNOKKE-HEIST.BE

KNOKKE-HEIST

Shopping



Wallonia gifts
A little taste of Wallonia floats in the Brussels air. In the heart of the city, the Wallonia boutique offers exclusive gift products in a shop specializing in Walloon products.

Compose your own basket or ask for advice. Small or big budget, there is something for everyone.

There are also different *confits* to enjoy with your festive meal.



La Patate T-shirts: T-shirts made in Belgium, in organic cotton with a humorous touch and particular expressions from Wallonia. To offer as a gift or have fun with!

On sale at the Wallonia Boutique, Espace Wallonie, Rue Marché aux Herbes 25-27 1000 Brussels
Espace Wallonie Boutique TinyUrl : tinyurl.com/rucqr6m



Andy Wolf: made in Austria



davidrose
optométriste - lunetier

Rue de Trèves 16
1050 Brussels
(Luxembourg district)
+32(0)2 512 66 10
davidrose.optique@gmail.com

davidrose commitments :
- 95% of our frames are crafted in Europe
- Lenses manufactured in Germany or France



Clément Lunetier: handmade in his workshop in Strasbourg, France



RES/REI: handmade in Italy, near Treviso

Gold Edition SodaStream

For a sparkling and environmentally friendly end to the year, SodaStream revisits the well-known sparkling water system with a chic touch for the holidays! A bottle of SodaStream saves thousands of disposable plastic bottles. Moreover, it is disconcertingly easy to use! A simple push of a button is enough to turn tap water into sparkling water. In short, the ideal gift for the end of the year. Available on the e-shops of MediaMarkt, Krëfel and Vanden Borre. Price: **€99**
www.sodastream.be



Délitrateur

Délitrateur put the taste buds in celebration. Sophie's Gourmandises is the French concept of qualitative confectionery. In just 15 years, it has become the benchmark brand in France, producing the most excellent brands. For varied pleasures, there is a choice between Bonbonnières, Bottles, Jars, Buckets, Trays, Lollipops and Skewers. On sale at your Delitrateur.
www.delitrateur.com

Delacre and Tintin embark on a trip to the moon!

Delacre offers fans of gourmet cookies a new collection that relives the twists and turns in the adventures of the much-loved Belgian hero. In fact, the brand celebrates 90 years of Tintin and the 50th anniversary of the first step on the moon. Each box contains a strip from Hergé's famous album *Explorers on the Moon*. This limited edition comes in five models, featuring the lunar rocket, Tintin, his faithful Snowy and Captain Haddock, all dressed as astronauts. In one kilo and two boxes of 400 grams. Find them in the usual stores.
www.delacre.com



DISCOVER OUR FESTIVE DELI..CIOUS MEALS !



7:30-22:00

OPEN 7/7



www.delitrateur.com

Shopping

Annayake Omiyage

For Her: Sophisticated and voluptuous, its powdery and vanilla accents give off floral harmonies, vibrating under the sun. A caressing seduction without ostentation. For Him: The woody and spicy notes convey a balanced elegance. After a fusing and tonic departure, they affirm a sincere charm and a resolute presence. www.annayake.com



Kroonen

ILIA The Necessary Eye Palette 6 pan, talc free and cleanly formulated powder eyeshadow palette, with a buttery texture that allows for a smooth application. An assortment of matte, satin and metallic finishes to achieve any look from day to night. A slimline compact conveniently sized with a large mirror for application no matter where you are. www.beautybykroonen.com

Carven Collection for men

Five bewitching adventures, five exceptional perfumes, five travel books, five olfactory discoveries: PARIS-TANGER, PARIS-PRAGUE, PARIS-ALEXANDRIA, PARIS-SHENANDOAH, PARIS-HAVANA. Exclusively at Planet Parfum www.planetparfum.com



Stendhal

Because beauty is a discipline, the Stendhal laboratory has developed PUR LUXE the Divine Cure, an intensive anti-ageing program. After years of fundamental research on natural active ingredients, this unique treatment reconstructs all skin layers in four weeks for a radiant youthful skin. Exclusively at Planet Parfum. www.planetparfum.com



boudoir du regard

Haute style de Beauté

Place Georges Brugmann, 22 - 1050 Ixelles

+ 32 2 660 29 63 - bruxelles@boudoirduregard.com - www.boudoirduregardbruxelles.be



un regard haute couture

Le boudoir du regard est le premier Brow Studio design à Bruxelles dédié à la beauté des yeux.... Restructuration, micro-pigmentation, rehaussement ou extension de cils : les techniques de maquillage semi-permanent exclusives subliment votre regard ... Un must !

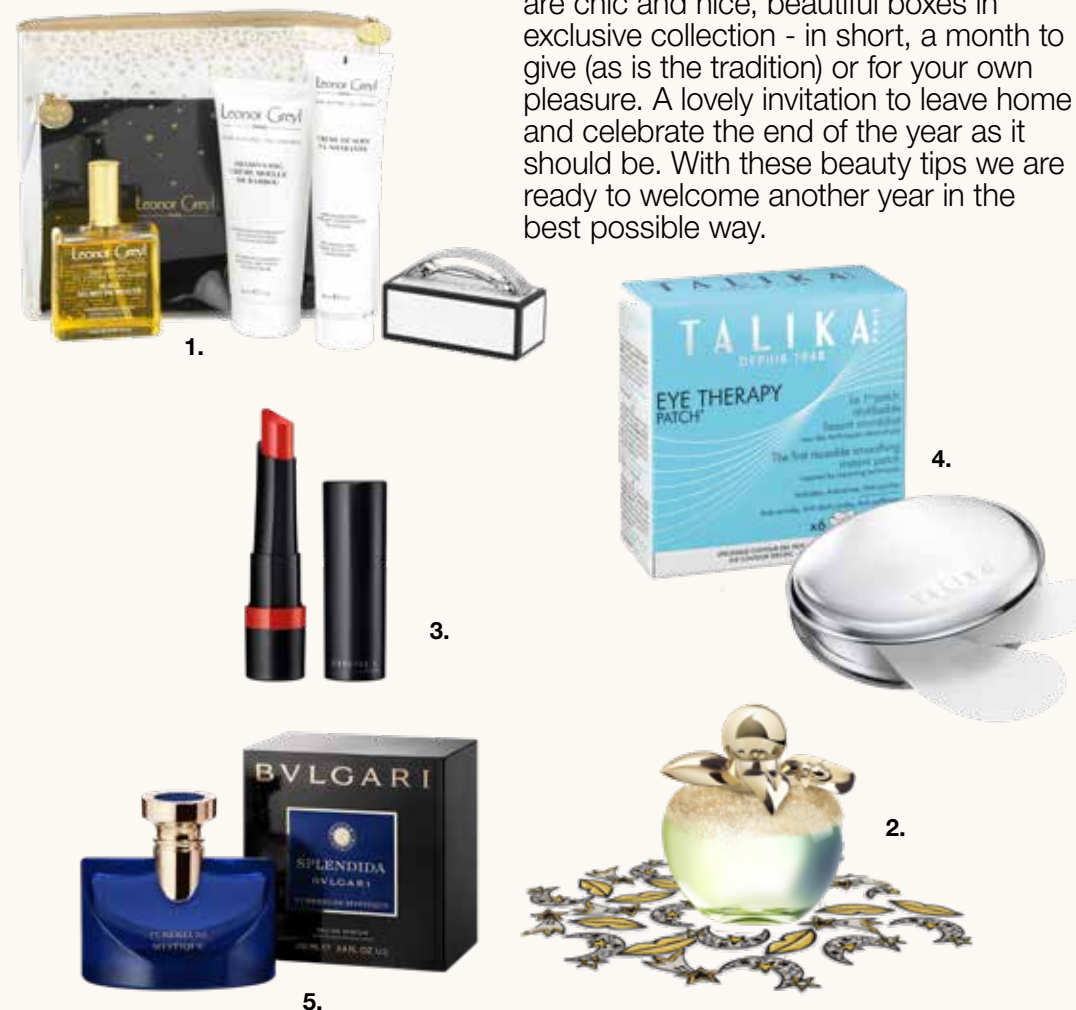


L'effet cadeaux



Beautify yourself!

Finally, the holidays are here! Colours, sequins, make up... An Advent calendar with every day a party, beauty kits that are chic and nice, beautiful boxes in exclusive collection - in short, a month to give (as is the tradition) or for your own pleasure. A lovely invitation to leave home and celebrate the end of the year as it should be. With these beauty tips we are ready to welcome another year in the best possible way.



1. Leonor Greyl transparent: €109
2. Christmas collection Nina Ricci, Bella - Eau de Toilette Christmas Collector: 50ml, €82.04
3. Rimmel Lasting Finish Extreme Lipstick: €12.99
4. TALIKA Eye Therapy Patch. 1st reusable patch with immediate smoothing.
6 patches + 1 case: €46
5. Splendida Mystic tuberose, the new addiction Bvlgari Perfume: 50 ml, €95



1. **LEGEND MONT BLANC** box for men: €77

2. The Top Beauty Bags for Elle by **Collistar** Sublime Black: €71.99

3. The Happy 2020 Collection **DIOR** Signature Xmas Pack.

4. **BABOR** subtle pink blush for the cheeks with a beautiful effect on the lips and eyelids: €25.50

5. **Pure Altitude** ultra-nourishing cream with beeswax from the Alps and water from the Mont Blanc glaciers. 98% natural origin: €38

6. **DI My Cosmetics** Tinsel My Fancy Advent Calendar: €59

HR
HELENA RUBINSTEIN

WRAP
IN
YOUR
GOLD
SELF



Aujourd'hui plus que jamais HELENA RUBINSTEIN révolutionne le soin et repousse les limites de la science cellulaire pour la peau en s'intéressant à un nouveau territoire de recherche : la reprogrammation cellulaire.

Prodigy Cellglow Concentrate, reprogramme les cellules et active des messages de jeunesse régénérateurs.

Powercell Skinmunity Sérums, agit pour une qualité de peau et une protection anti-pollution.

Re-plasty Age Recovery night, soin nuit ultra concentré à effet pansement, répare les signes de l'âge.



DÉCOUVREZ LE NOUVEAU FOND DE TEINT HYBRIDE INFUSÉ DE SOIN
90% DE SOIN & 100% DE GLOW

VOTRE CADEAU

PRODIGY CELLGLOW, THE FOUNDATION BRUSH

Recevez un pinceau à l'achat du nouveau Fond De Teint Prodigy Cellglow.*



Design

Design: Home beautiful home

LAGO's Homes of the World project articulates contemporary living with its countless variants



Reykjavik

Located in the spectacular unspoiled nature around the city of Reykjavik, a home entirely furnished by LAGO design interacts perfectly with its setting. Standing on the jagged banks of a lake, the house offers amazing unique views, its large windows bringing the outdoors inside and lending continuity and shape to its surroundings. Inside, colour combinations, lightweight suspensions and the pleasing pairing of wood and glass for LAGO furnishings ensure a seamless chromatic theme and a sensation of harmony.

The lake acts as a backdrop for the living and dining rooms, separated by a wall fitted with 30mm shelving that is light and dynamic. Centre-stage in this room, Air sofa floats in space thanks to extra-clear tempered glass legs and the matching coffee table. On the wall, a TV unit with pure minimal lines creates a welcoming feel thanks to marble veining reproduced with XGlass technology.

VDV
Design



Staircase designer who enhances exceptional interiors
www.vdv-design.be

Design



London

This contemporary design context is home to an elegant apartment with a breathtaking view of the Thames. The modern and refined environment is organised and laid out thanks to the LAGO furniture, which creates light and modular spaces. The spacious lounge with elegant shades goes together perfectly with the LAGO furniture, characterised by the Air system. The sofa, bookcase, table and television units give the room a delicate feel thanks to the tempered glass supports, recalling the London urban landscape, made of light and glass.



This mix of modernity and sophistication cleverly represents the character of London and its characteristic skyline.



WELCOME HOME!

Searching for an overnight stay?
Or looking to stay a couple of months?
Either way, we'd love to have you.

ROXI's a long & short-stay concept in Brussels fully equipped with a gym, laundry and coffee bar. Book your stay online!

Brussels

Hippocrateslaan 14
1932 Zaventem

Ghent

Opening soon

www.roxi-residence.com

 [roxi_residence](https://www.instagram.com/roxi_residence)

 [ROXI residence](https://www.facebook.com/ROXI.residence)



roxi

Design



Paris

The first APPARTAMENTO LAGO in Paris was the result of the desire on the part of its owner, Mikaël, for an open house where friends could visit, where he could spend time with his children and also work in a friendly environment. So, he created an open-plan area that includes the kitchen, dining area, and the sitting room.

To furnish his office and separate it off from the living area, Mikaël chose the 30mm Weightless system that also serves as

acoustic insulation while maintaining close connection between the spaces. The bathroom is minimalist thanks to the clean lines of the glass 36e8 basin; in the bedroom with its view over the park, the Fluttua bed gives the feeling of sleeping in a treehouse. www.lago.it/en



LES PIERRERIES

LAKEN - LAEKEN

Enjoy spacious living just a stone's throw from central Brussels



New project launch!

How would you like to live in a peaceful oasis of green space, just a stone's throw from the lively bustle of central Brussels? Les Pierreries in Brussels Laeken offers you the best of both worlds.

We are building 82 new apartments, each with its own terrace as well as a large communal garden. Inside this clean, modern building is a new-build project that is positively bursting with life. Why not make this green oasis your new home?

1 bedroom from €169.000

2 bedrooms from €228.000

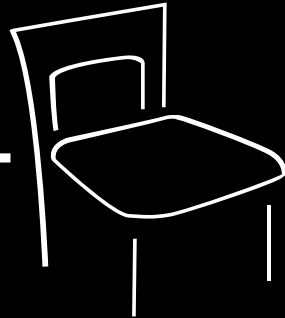
(excludes purchasing costs)

Want to find out more?

02 654 28 19
antonissen.com

ANTONISSEN
DEVELOPMENT GROUP

D-SIGN STORE CONCEPT



AMÉNAGEMENT MOBILIER INTÉRIEUR & EXTÉRIEUR PROFESSIONNEL & PRIVÉ

HORECA | BUREAUX | COLLECTIVITÉS | MAISON DE REPOS | HÔPITAUX | PRIVÉS

www.dsign-storeconcept.com

14-16 Rue Pierre Gassée - 1080 Bruxelles - GSM +32 475 985 999

TEL.+32 2 347 63 94 - info@dsign-storeconcept.com

LIFESTYLE

Decor shopping

Shopping decor

Muurla - The Bear Storage Bag

A great storage bag made from recycled PET plastic bottles, so eco-friendly too! They can be used both indoors or out, so are really versatile. The bear bag was designed by Kata Nowak-Kiminki and looks great against the grey background of this felt like material which is created using a needling technique. Perfect for storing logs, plants, toys, laundry or anything you fancy. 30 L: 40
www.cloudberryliving.co.uk



Tibetan Tiger Laundry Bag

Here's something that'll catch the eye of the tiger! He may not be able to change his stripes, but he appreciates you need to change your clothes, and this cotton Tibetan travel bag is the purr-fect place to store them while you wait for laundry day! Go get 'em, tiger! Orange - 13
www.redcandy.co.uk



Badger Cushion

Badger cushion softie - using a floral badger illustration printed onto lightweight soft plush, great for any kitsch kittens or lovers of wildlife! The back is plain black cotton drill for durability. 33
www.kraftspace.co.uk





Bombay Duck Bird Money Box

If you're saving up to feather your nest or for a flight of fancy, let our bird money box keep pennies safe under its wings. Height 11cm, depth 11cm width 7cm, made of brass: **€18**
www.bombayduck.com

Hello Johnny

This is 'Hello Johnny' - a friendly robot, a limited-edition screen print of 25. A set of five characters have been assembled and hand printed with letterpress icons and wooden type at the Hello Print Studio in Margate. We have named this range 'Hello Prints' in honour of the studio. Black Acrylic ink on white paper, A3 edition of 25 - signed and numbered, unframed. **€41**
www.natmaks.com



Sufi Zabuton Meditation Cushion

100% cotton chambray and velvet cover. 100% cotton liner cover and liner zipper closure, integrated carry handle with tassel outer cover, machine wash cold, line dry; for best results, dry clean inner cover spot clean. Covers & tassel made in India: **€112**
www.bombayduck.com

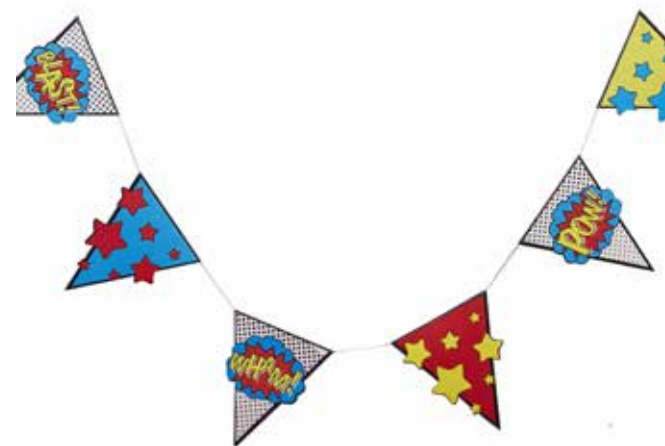


Christmas Red Bunting

Original Spanish version. Red Christmas bunting in folkloric style with scattered stars, five metres long, double sided. Matching accessories: **€18**
www.raggedrose.com

Bohemia Design Pom Pom Garlands, Cool Blues

Pom Pom Garlands come in eight different colours and are handcrafted in India from 100% wool. Each garland is three metres long. They look great around the home, in kids' bedrooms or as fun party decorations. **€38**
www.bohemiadesign.com



Ginger Ray Comic Superhero Bunting

Cool Comic Superhero Themed Bunting, perfect for either a children's party or birthday celebration. Use this fun bunting to add a splash of colour to the party! The bunting is 3.5 metres in length and consists of fourteen flags. Other products in the Comic Superhero range are available, including other decorative items such as a tassel garland and photo booth props! **€11**
www.gingerray.co.uk

Decor shopping

Decor for the kids!



Circu Booboo Swing

Inspired by Lewis Carroll's masterpiece, *Alice in Wonderland*, the Booboo swing is here to exponentially upgrade your kid's bedroom design. The sofa's delicate and luxurious design makes it easy to add to any décor or theme. A perfect merge between comfort and design, the Booboo Swing can easily become your kids' favourite place to hang out after school. Price check website: www.circu.net

Circu Fantasy Air Balloon

The Fantasy Air Balloon is a themed bed that invokes the romantic and whimsical ambiance of a hot air balloon ride!

Kids will relate this bed to the Disney movie *Up*, while parents will feel like being transported to the adventurous tale of Phileas Fogg. This kids' bed helps to create a playful environment that triggers children's curiosity and creativity.

Price check website: www.circu.net



Hello Prints wallpaper

This monochrome hand-screen printed wallpaper is a curated selection of letterpress characters. Each character has been assembled and hand printed with letterpress icons and wooden type at the Hello Print Studio in Margate. A playful collection of cats, robots and nose pickers make this a fun addition to homes, especially children's rooms! **€112**

www.natmaks.com

a touch of Flamant

FLAMANT

YOU'RE HOME

A touch of Flamant. That's what turns nice into beautiful. Elegant into absolutely gorgeous. It's essential for anyone with an eye for perfection. Our collections turn your house into a warm home. Whether you go for a simple accessory or a complete interior. That's a touch of Flamant. Truly unique.



flamant.com

ANTWERP / BRUSSELS / KNOKE-ZOUTE / PARIS / SINT-GENESIUS-RODE / SINT-MARTENS-LATEM

LIFE OF LEISURE

The country is bisected by a dramatic stretch of the Rift Valley floor

LIFE OF
LEISURE

Interview

Daisy Ridley: The force is with her

This month we speak to a young woman who has helped take *Star Wars* to new heights



Daisy Ridley sprung to stardom after her performance as Rey in the seventh *Star Wars* film *The Force Awakens*, with her character's backstory becoming one of the most debated in the long-running franchise's history. After starring mainly in short films and TV series in the UK such as *Silent Witness*, *Toast of London* and *Mr Selfridge*, Ridley auditioned for the 'third' and final *Star Wars* trilogy as a relative unknown.

It harked back to when George Lucas, the director of the first series of films in the 1970s and 80s, gave lead roles to the then unknown Harrison Ford, Carrie Fisher and Mark Hamill.

Interview

That worked for Lucas, so the new man in the hot seat, J. J. Abrams, had no qualms about doing the same. In April 2014, after a long period of screen tests and conjecture – during which time Ridley had to keep auditions strictly secret – the Westminster-born actress was announced as the lead female protagonist for *The Force Awakens*.

The film was, as widely-expected, a box office smash, such was the craving of the *Star Wars* fandom being starved of new films since the three prequels at the turn of the Millennium. It became the fastest film to gross \$1bn worldwide and has only subsequently been overtaken by *Avengers: Infinity War* and *Avengers: Endgame*.

Ridley reprised her role in the eighth *Star Wars* movie: *The Last Jedi* in 2017 and also starred as Miss Mary Debenham in the remake of the popular Agatha Christie novel *Murder on the Orient Express*, in the same year.

Since then, she has been filming the yet-to-be-released *Chaos Walking* and starred in *Ophelia*, a reimagining of Shakespeare's play *Hamlet*. Of course, she now returns as Rey for the final instalment of *Star Wars* in *The Rise of Skywalker*, where the surviving Resistance face the First Order for the last time.

Together: You seem to be maintaining a film star lifestyle without it having adversely affected your image?

Daisy: The press only seems interested in me to an extent, and that's fine. I think what works for me is that I'll come in, do some work, then disappear off again for a while.

I don't like to court press attention and I live quite a simple, honest life. I'm not trying to endorse products here and there and I'd rather stay away from photographers rather than parade around in front of them. I tend to find the more you invite it the more it invites itself, and that's not really me.

Has this all been a whirlwind what with it being the last time you play Rey?

Yeah, a little bit. What stands out most is the fact that I have been extremely fortunate to have been playing Rey at all, as well as working for J.J. (Abrams) and it's made me feel so good about myself doing it.

I can only hope that this may open other doors to playing female characters like Rey in the future. But also, to be able to work with the excellent and amazing cast and crew like we have had on these new *Star Wars* trilogy films over the last five years or so.

How much are you looking forward to everyone seeing it?

I have been so excited since day one and that includes filming it, being on set, waking up every morning and seeing new theories about what people are expecting or making predictions about, then when I watched the trailer in the summer and the last trailer just recently. To see how excited everyone is about it, that makes me so glad and happy.

It was so good to be somewhere near the centre of what fans were really excited to react to, since in the past I have been only on the periphery. But now, when we see her with that red lightsaber, is she going to the Dark Side? Well, stayed tuned to find out more. [Laughs]. I just can't believe that that bit went out in a trailer...

The other thing is that all the promotion of the film is brilliant and fun and just the best thing in the world. But then, when you stop to think that once all of the promotion is over, then that's literally it. The film will be out, everyone will know what's going to happen, the inevitable will happen and none of us will be together as a team. So, that's a bit sad.

But what was so bittersweet was that it was very sad when the filming ended on set, it genuinely was. However, the energy had

“ I’LL COME IN, DO
SOME WORK,
THEN DISAPPEAR ”

QUELS QUE SOIENT VOS PROJETS, PROFITEZ-EN AVEC VOTRE JEEP® COMPASS



PROFITEZ DE LA JEEP® COMPASS À PD 19.900 €⁽¹⁾
SOUS CONDITIONS

6,2-10,3 L/100 KM • 163-270 G / KM CO₂ (WLTP)

(1) Prix catalogue recommandé TVAC d'une Jeep Compass Sport 1.4 MultiAir 140ch 4x2 sans options à 25 900 € et déduction faite de la remise Jeep, de 1 500 € et de la prime de recyclage de 4 500 €⁽²⁾. (2) Prime de recyclage valable pour l'achat d'une Jeep Compass Sport. Elle est valable pour le recyclage de votre véhicule et est réservée aux clients particuliers. Cette prime sera déduite du prix d'achat de votre nouveau véhicule et n'est pas convertible en espèces. Le nom de l'acheteur du nouveau véhicule doit correspondre au nom du dernier propriétaire (nom repris sur le certificat d'immatriculation) du véhicule repris. Le véhicule repris doit avoir au moins 7 ans d'ancienneté et être immatriculé depuis au moins 6 mois au nom de l'acheteur au moment de la signature du contrat d'achat. Toutes nos offres sont TVAC, réservées aux clients particuliers et valables dans le réseau participant entre le 01/09/19 et le 30/09/2019. Retrouvez le réseau participant sur www.jeep.be. E.R.: Yann Chabert. Annonceur FCA Belgium S.A., Rue Jules Cockx 12 a - 1160 Bruxelles. RPM: Bruxelles. BCE 0400.354.731. IBAN FCAB: BEB6 4829 0250 6150. Informations environnementales [A.R. 19.03.04]: www.jeep.be. Photo à titre illustratif et non-contractuelle. Les véhicules présentés ne correspondent pas aux versions et prix décrits.

Jeep®
THERE'S ONLY ONE

Donnez priorité à la sécurité.



GEBROEDERS MERCKX
Brusselsesteenweg 341, 3090 Overijse
Téléphone : 02 687 64 30



been completely sapped from my mind, body and soul, and I honestly don't think that I could have picked myself up and gone again.

As it is going to be the end of the Star Wars saga, do you feel that the fans will be happy with how it's going to be wrapped up?

Yes, I honestly do think that they will be happy with how it ends, and it's not just about that, but also about the fact that they didn't know what the focus of the film is and now that they do, they are well in tune and they now just seem eager to see it. For me, I was crying an incredible amount once I knew that it was the last shot. When J.J. wrapped me up, I can't even remember what he said or what I said, except for the fact that I was crying down the mic and saying: "I am so sorry, but I just want you and everyone to know that I have had such a great time!"

“ THE EXCELLENT AND AMAZING CAST AND CREW ”

You said in another interview that the best acting you've ever done was quite emotional and it was also in front of your parents. Tell us about that.

Actually, it happened on two different occasions. So, I was in a film version of Shakespeare's play Hamlet called *Ophelia* which focuses on the rebellious and motherless child, who is taken in by Queen Gertrude. When I was filming it, my parents were there on set at the time - it was the scene where Ophelia finds her father Polonius dying. Because my dad was there at the time, I found that quite weird.

They were also on the set of *Chaos Walking* where I was filming another scene and this time, you've guessed it, I was talking about the death of both of my parents. That was really upsetting when I was thinking about it – as it obviously would be. But they cut it out





and I felt that it was the best acting that I had ever done, because it was almost method acting. The funniest thing is that my dad was happy to see some “proper acting”, which confused me a little! My mum hadn’t even stayed around in Prague during the *Ophelia* filming, she had gone back to the hotel.

What happens for you after this?

Obviously, there will be so many offers for you and you will be more available...

Well, I have a few things I am working on or have recently finished. But as my life and work has been so regimented and structured, with regards to working and training and promoting the film and then that cycle again.

Also, because there were three films in this relative short space of time, when you get towards the end of this whole huge project, it is beginning to dawn on me how strange all of this will be once the movie is released and then that will be it. Nothing.

I have been reading a lot of books over the last few years, in between filming, and there

“ THAT’S NOT
REALLY ME ”

“ IS SHE
GOING TO THE
DARK SIDE? ”





are a number that I have thought should be made into films. One in particular that I read is the story about Virginia Hall, who is known as the most dangerous spy of the Second World War. That book is called *A Woman of No Importance*. So, maybe something like that?

But the first thing I will be doing is having a nice relaxing break somewhere.

Are you excited?

I'm trying to be very calm and patient when it comes to looking at offers and considering which kinds of roles I would like to play, because you know that expectations will be very high and you don't want to waste this kind of opportunity to do interesting work. 🎬

**“ IT WAS VERY
SAD WHEN THE
FILMING ENDED
ON SET ”**

So British!

CARS & LIFESTYLE

13.12.19
26.01.20



AUTOWORLD
BRUSSELS

EXPO AUTOWORLD
MUSEUM BRUSSELS
SOBRITISH.BE

autoworld.be





THE PERFECT COMBINATION BETWEEN LUXURY AND FAMILY HOLIDAYS

It is off the so-called « garden-city », on the island of Sentosa, that the prestigious hotel Capella Singapore is nestled. This intimate address, located less than 15 minutes away from the city centre, invites families to relax in the greatest comfort on the shores of the China Sea. A seaside atmosphere in a preserved setting just a few kilometres from the beating heart of the city-state! The establishment enjoys the natural heritage of the island of Sentosa, and blends in harmoniously with the 12 hectares of tropical forest.



LITTLE GUEST
HOTELS COLLECTION

BOOK ONLINE AND GET EXCLUSIVE PRIVILEGES | LITTLEGUEST.COM

LIFE OF
LEISURE

Travel

Kenya: As beautiful as it is ancient

James Drew offers a tantalizing glimpse of a holiday made of dreams



Often regarded to be the ultimate safari destination, Kenya undoubtedly incorporates some of the continent's most rewarding and exciting national parks and wildlife reserves. Best-known is the incomparable Masai Mara, whose undulating green grasslands support staggering concentrations of lion, cheetah, spotted hyena and other predators. Over August to October, the Mara also hosts the world's greatest wildlife spectacle, when hundreds of thousands of manically baaing dust-kicking wildebeest stream across the Mara River from neighbouring Tanzania.

The country is bisected by a dramatic stretch of the Rift Valley floor which is studded with gem-like lakes. There is Lake Nakuru, shores grazed by prehistoric-looking rhinos; Lake Bogoria, its shallows tinged pink by more than a million or more flamingos; and lovely Lake Naivasha, fringed by reedbeds that are

alive with birds and hippos.

The climate of Kenya varies by location, from mostly cool every day, to always warm/hot. The climate along the coast is tropical. This means rainfall and temperatures are higher throughout the year. At the coastal cities, Mombasa, Lamu and Malindi, the air changes from cool to hot, almost every day.

Today, Kenya is renowned for its cuisine – Githeri is a common lunchtime dish in many households while Ugali with vegetables, sour milk (Mursik), meat, fish or any other stew is generally eaten by much of the population for lunch or supper. Regional variations and dishes also exist. In western Kenya, among the Luo, fish is a common dish; among the Kalenjin who dominate much of the Rift Valley Region, Mursik sour milk is a popular drink. And, as far as leisure is concerned, you cannot do much better than a trip to Nairobi,



the country's largest (and capital) city and, in Nairobi, the **Radisson Blu Hotel**, Nairobi Upper Hill, is the first Radisson Blu to open in Kenya. First class in any language, and high on design and style, the Radisson Blu Hotel is conveniently located in the centre of Upper Hill, the central business and financial district within the commercial centre of East Africa. The hotel is less than 20km from Jomo Kenyatta International Airport, the largest and busiest airport in East and Central Africa. The Nairobi National Park is about an equal distance away and also close to the Wilson Airport where guests can take a short plane ride to the Maasai Mara, where an amazing safari experience awaits.

The Radisson Blu Hotel Nairobi, Kenya, offers 271 spacious designer guest rooms and suites with a choice of three distinct fashion inspired styles. Guests can enjoy the unique, colour-splashed, edgy and modern 'Urban' room style or upgrade to a Business Class room with a choice of two additional unique room styles: 'Naturally Cool' and 'NY Mansion'. Guests in a Business Class room or Suite enjoy upgraded amenities and

services including access to the hospitality lounge with complimentary breakfast and evening cocktails.

The hotel offers four distinct food and drink outlets. Enjoy local and international food and flavours in Larder, the all-day dining restaurant. The Chop House, a speciality restaurant exuding elegance and charm,

features dry aged steaks and an assortment of fresh seafood. Guests looking for more casual dining and lunching options can go to Al Fresco, the pool bar and grill. For guests wanting to relax, impress or have a casual meeting, the lobby bar and

cigar lounge, The Humidor Lounge, offers just that.

The hotel offers one of the best and largest meeting facilities in Kenya. 14 meeting rooms and boardrooms, including a 590m² ballroom all boast natural daylight and the latest technical equipment.

Health, safety and security are paramount and certified by accredited security experts. The hotel has standby generators for a reliable electrical supply to provide guests

“ A SLICE OF PARADISE ON KENYA'S COAST ”



with a 100% Satisfaction Guarantee. Other facilities of the hotel include retail outlets and an ATM. Secure underground parking is available and free of charge for all guests of hotel and its facilities. Guests will enjoy an outdoor swimming pool, state of the art gym and spa facilities.

And, when it comes to extraordinary locations, Kenya has much to boast – take the **Msambweni Beach House** for example, which is to be found on Msambweni Beach, 35 minutes' drive from Diani on the way to Lunga, 50 miles South of Mombasa and 20 miles from Tanzania border. It is a mere two-hour drive from Moi International Airport, Mombasa, and a 35-minute drive from Ukunda airstrip in Diani.

Msambweni in Swahili is a small fishing town and constituency in Kwale County of south-eastern Kenya, formerly in Kwale District of Coast Province. The origin of the name, Msambwe is a hardy and wild fruits tree indigenous to the area.

Msambweni Beach House is an intimate property, and is the perfect escape for honeymoons, weddings, birthday and private parties and family downtime on the beach. Located on Kenya's south coast, looking out over a remote and pristine beach, lapped by

azure blue waters, the beautiful boutique hotel is a slice of paradise on Kenya's coast, ideal for a 'get away' experience.

The property has a private beach along a four-mile stretch of coastline with palm trees offering peace and tranquillity where guests can really be at one with nature while enjoying a luxury, yet discreet stay with attentive service in beautiful surroundings. A stay at Msambweni Beach House has an emphasis on attention to detail and great service for an unforgettable stay.

The main house provides you with stunning ocean and lush gardens views, old Swahili culture decor and luxe amenities creating a sanctuary of sheer comfort. The luxury estate comes with the intimacy of one's private home as well as a platform to view the extensive white sandy beach of Msambweni. It also boasts a bar, lounge area that is completely styled like the ancient Arab traders' homes of the coastal region. The main pool stretches to an impressive 24 metres overlooking the azure blue waters of the Indian Ocean. Retreat to your private suite for truly elegant accommodation, with flat-screen TV, air conditioning, complimentary WIFI topped as well as dedicated care and service. All rooms and



villas have satellite TV, safe box, hair dryer, balcony or terrace, a guest folio, intercom phone, bed side energy saving bulbs, a bouquet of flowers from the garden, mosquito spray, shaver outlets, bath robes and fine toiletries.

Dining at Msambweni Beach House is a **pure delight**. The kitchen staff is thoroughly trained by a celebrity **Belgian chef**, and you can enjoy seafood, Swahili dishes, Belgian and French cuisine. Dine by the pool under the African sky and candlelight while listening to the whispers of the breeze from the Indian Ocean or simply enjoy your sumptuous meal at your private villa, main house dining room or anywhere else on the Msambweni property! Surprise private beach dinners and lunches can also be arranged.

As far as exciting activities are concerned, Msambweni Beach House also has much to offer – why not visit the mangroves and sand banks for an awesome encounter with nature. In addition, why not take a trip to the Shimba Hills National Park with the possibility of visiting the Sheldrick Falls?

Wasini Island offers an idyllic mangrove walk – combine this experience with a visit to Kisite Mpunguti Marine Park which offers views of dolphins, snorkelling as well as diving.

And why not enjoy a barbecue on the Sandbanks? This best-seller excursion involves a boat ride up to the Sandbanks near the famous Funzi Island. With a private chef, steward and a waiter, this is the perfect VIP experience on the coastal shores of Kenya. On arrival, a barbeque lunch comprising egg-based delicacies will be prepared for your group.

Enjoy the ocean water and creatures with a boat ride and snorkelling experience, and an evening or early morning stroll along the white sandy beach is must at Msambweni Beach House. The beach stretches for 2.8 km and it takes about an hour for a round trip back to the beach house. Swimming in the ocean is highly recommended – during high tide, it is such a refreshing activity, you shouldn't miss out. And, why not give scuba diving in Diani a go – enjoy one of the most wonderful scuba diving experiences at Diani Marine.

In short, Kenya really does have it all – why not take your holiday in this corner of paradise?

Radisson Blu Hotel Nairobi, Kenya
www.radissonhotels.com

Msambweni Beach House Msambweni
www.msambweni-beach-house.com



Airline of the Year for the fifth time

Our passengers are our first priority and at the heart of everything we do. It is with great pride that we have been awarded **Airline of the Year** for the fifth time - a world-first for any airline - along with **World's Best Business Class**, **Best Business Class Seat** and **Best Airline in the Middle East** as voted by 2019 Skytrax World Airline Awards.

Thank you for making us your airline of choice.

qatarairways.com



GOING PLACES TOGETHER

*Skytrax is acknowledged as a global independent aviation industry monitor. Results of the 2019 World Airline Awards are derived from more than 20 million passenger surveys involving passengers from around the world.



THE PERFECT COMBINATION BETWEEN LUXURY AND FAMILY HOLIDAYS

Immerse yourself in an island escape where you are cocooned in peace, intimacy, tranquillity, local style and contemporary sophistication. Positioned just inland on the fashionable west coast near Canggu, Villa Sungai Bali has everything you expect from the finest hotels. From its immaculate, elegant interiors to the extraordinary service, this villa is the last word in spoiling and relaxation, taking the 5-star hotel experience to the next level – perfect for demanding families.



LITTLE GUEST
HOTELS COLLECTION

BOOK ONLINE AND GET EXCLUSIVE PRIVILEGES | LITTLEQUEST.COM

LIFE OF
LEISURE

Travel

Mauritius: Notes on a trip to paradise

Caroline Diercxk stepped off a plane but remained floating for the entire trip

Photo © LY Hoang Long



This pearl of an island, which boasts a total surface of 2,040km², offers a true concentration of emotions, as much due to the landscapes and its luxuriant vegetation, as by its paradisiacal beaches. They speak French, English and Creole here. The average coastal temperature is 24° Celsius. The time difference is not big, add 4 hours more (GMT + 4). In shops, pay cash with the Mauritian Rupee.

Here it's the beginning of summer, back home it is the end of September. The subtly warm air is very welcome.

After a few hours flying, we are very happy to be welcomed at Heritage Le Telfair in Bel Ombre, a confidential and exclusive address. Its warm décor, in the image of typical large mansions of the Mauritian plantations, leaves us speechless. The setting is idyllic. The white sandy beach is an invitation to serenity and lounging. The suites are lovely and the

bathroom is big enough to get lost in. For sure, I'm going to sleep well here. The restaurants and bars of the hotel are very welcoming and the gastronomy of the world is in front of our eyes. A tip: chill lunch at the C Beach Club!

Bel Ombre is a perfectly preserved region famous for its authenticity and lush nature: nature reserves, beautiful dense forests, basalt cliffs, protected coves, hidden waterfalls and, of course, traditional villages.

For our first getaway, there's an electric mountain E-bike tour waiting for us – it lasts for a little over an hour, and it's a dynamic way to discover the surroundings of Bel Ombre. Stop to observe a beautiful beach, a point of view – we were glad to have the explanations of the guide.

In the south-west of the island, Black River Gorges National Park and Alexandra Falls



offer a spectacle of rare beauty – this is a splendid mountainous region with forests that shelter a wide variety of plants and animals. It is a place of preservation, whose experts research more than 300 species of endemic plants and birds, which one finds only in Mauritius. A little further, a breath-taking view of Alexandra Falls opens up, with spectacular cascades crashing down.

Next to Black River Gorge and Morne Point, the Chamarel region presents one of the main natural curiosities of Mauritius: The Land of the Seven Colours, a natural clearing where the earth has seven colour variations that oscillate between red, brown, ochre and purple. This land was subject to erosion for several years where volcanic ash containing mineral oxides gave it these different hues. The icing on the cake of this unique place in the world is the enclosure of giant tortoises that we hear quietly feasting in the shade.

For coffee lovers, the region has been

producing the stuff for over 30 years. The Chamarel coffee is the only coffee grown and roasted in Mauritius. This coffee is made from Arabica coffee beans, one of the most popular coffee varieties in the world. The fruit is harvested by hand between May and September.

Rum lovers are not left out. We take a detour to the rum Chamarel, which was not on the

programme but everyone wants to taste some and also bring some back home! For a few Mauritian rupees, the visit is guided and the process of producing the island's emblematic drink is no longer a secret. We end the visit with a tasting of several rums.

After, of course, the visit to the store is 'a must' so that everyone can bring home their liquid memories!

For lunch, stop at the restaurant which offers a gorgeous view of Varangue Sur Morne.

Each day follows another but they are all unique! We head towards another highly

“ THE GASTRONOMY OF THE WORLD IS IN FRONT OF OUR EYES ”



symbolic place: The Great Basin. As its name suggests, it is a pool of water that is considered sacred by the island's Hindu Mauritian population. It is above all a place of pilgrimage. You can't help but be impressed by the dimensions of the impressive 'sacred statues'. Along the shoreline, several Hindu temples are open to pilgrims and visitors.

We are taken on a small detour to Bois Cheri Tea Factory, which was the very first tea plantation in Mauritius and is its largest producer. The detour to Bois Cheri's restaurant is worth a visit, with a panoramic view of the entire south of the island and an absolutely delicious vanilla chicken!

After a busy day, the Lux* Le Morne experience awaits us, with an unforgettable evening in this 5 star luxury hotel at the foot of Morne. On a beach worthy of a postcard image, we have fresh sea urchins, a small cup of bubbles and the sunset as our backdrop. Why would you want to be anywhere else? The evening continues with a dinner under the lanterns of the beach, as various small stalls offer traditional Mauritian dishes, but also barbecues of langoustines, fresh fish and meat.

The next day, we were off to the north of the island to visit Port Louis, its mall, and especially its local market. You can find everything from fruits and vegetables to spices (such as the famous vanilla) and souvenir shops. Warning: prices are negotiable – they can double if you're not focused!

Another place you must visit is Pamplemousses Botanical Garden. Covering an area of 37.5 hectares, the Pamplemousses Garden offers visitors a rich collection of terrestrial and aquatic plants and animals. A map in hand, make a visit at your own pace, amid the birdsong, as well as the sound of the wind sighing through the trees. We witnessed the pool of giant water lilies, white lotus, baobab, talipot. A space is also devoted to animals such as deer and turtles.

After basking in nature, we headed to the Château de Labourdonnais, a Victorian mansion in a sugar cane plantation. It's like being in a movie - *Twelve Years a Slave* with Brad Pitt anyone?! A short stop-off at the shop - we simply had to compare the rum of the south with that of the north. They are different but just as 'contrabando'. We all buy something - again! Fingers are crossed that



the suitcase doesn't weigh more than 25kg.

For the end of the stay, we settled in at Anse la Raie on the north coast of the island at Paradise Cove Boutique Hotel. An interior with warm colours, open spaces leading to the outside, antique furniture and design that perfectly states its exotic-chic style. Here, time has no more influence. We particularly enjoyed the infinity pool overlooking the islands of the north. For lack of time, I was not at the Spa "Cinq Mondes", but I will definitely come back. Please note: Paradise Cove Boutique Hotel is an adult only address.

Mauritius is a genuine paradise where life feels good. It is a land filled with energy and benevolence. Go there to recharge your batteries and totally surrender to the rhythm of nature and the song of the waves. My eyes welled up with love and memories, and I came home full of a simple kind of happiness.

How to get there?

Thalys to Paris Charles de Gaulle from Gare du Midi in Brussels. Count on more or less 1 hour 40 minutes. At Paris Charles de Gaulle, we are greeted by an Air Austral flight attendant who took us to check-in.

Air Austral is a French airline (Reunion Island), mainly active in the southwest Indian Ocean. The welcome is warm and the service is impeccable. A little taste of the islands in the meals served on board (chicken, vanilla and rice). For entertainment, a wide choice of novelties in the films on offer, music, quizzes and games. In short, a 10 hour flight is not so long in the end. Note the stopover on the island of Reunion (more or less 1 hour) to finally take a flight to Mauritius.

www.air-austral.com

Where to stay?

For families:

www.heritageresorts.mu/mauritius-hotels/le-telfair-resort

For couples/friends:

www.paradisecovehotel.com/fr

Practical information:

Visa with an expiry date of at least six months.

Business cards, sun-cream, and anti-mosquito spray

www.tourism-mauritius.mu

Our preferred airline is www.airmauritius.com



A STAR ALLIANCE MEMBER



EAT
DRINK
SEE
STAY
DO
DISCOVER
GO

FLY BRUSSELS – TOKYO NON-STOP DAILY

From Tokyo, ANA connects you to Japan's largest domestic network and beyond, operating over 120 domestic and 81 international routes per day.

We Are Japan.

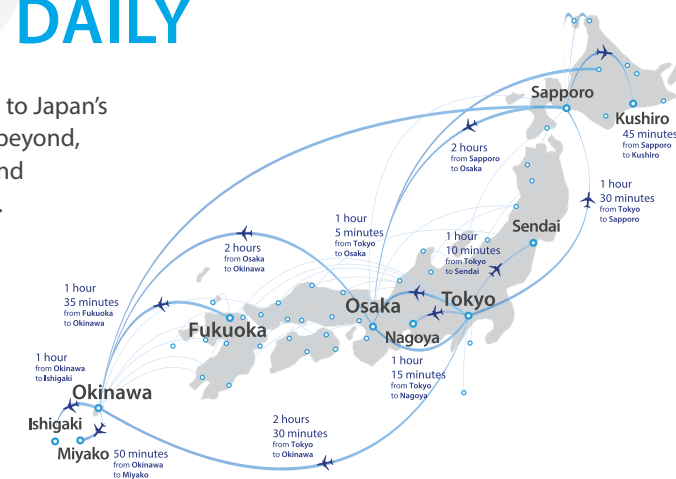
www.anaskyweb.com



#WeAreJapan



ANA
Inspiration of JAPAN



Thailand: The wonders of Chiang Mai

Sarah Blennerhassett visited an exceptional Four Seasons hideaway

Tha Phae Gate, Chiang mai



Nestled in the far reaches of northern Thailand, Chiang Mai has long been the cultural darling of this enchanting South East Asia region. Famed for yoga, massage, coffee and its distinctly bohemian vibe, it is the perfect place to take a break from the hustle and bustle of city life and rediscover your inner zen. Stepping off our flight into the warm tropical breeze, my travel companion and I couldn't wait to discover the magic of this long-time tourist favourite.

The Four Seasons Chiang Mai is located in the beautiful Mae Rim district, just forty minutes outside the city. In order to see the countryside in all its tropical green glory, we chose to visit during the rainy season, and meandering through the lush landscape on our way to the resort, we were glad we did. As we approached our destination, a light

rain shower passed overhead giving the surrounding rainforest a glistening, otherworldly glow. At once, we felt like we were experiencing the celebrated destination we had read about in travel guides: a land of verdant green hills, exotic bird calls and mystery.

On arrival, we were led through a stunning open-air lobby to an elegant veranda overlooking the property, which was overflowing with brightly coloured, indigenous flowers. The resort is modelled on a local Thai village; traditional wooden structures sit amongst terraced rice fields, which encircle an idyllic central lake. Surveying the property, I could see that the Four Seasons has created something exceptional at this authentic northern Thai getaway: a wellness sanctuary that delivers five-star luxury while simultaneously embracing sustainability. As

the rain shower ended and the mist rose, my reverie was pleasantly interrupted by a refreshing ginger and lemongrass tea, a fragrant jasmine flower garland and a beaming Thai smile.

Having worked up an appetite after a long day of travelling, our first stop after check-in was Khao, the Four Seasons' regional dining experience specialising in Thai, Burmese and Yunnanese cuisine. The restaurant commands breathtaking views of the resort and is the perfect backdrop to sample the famous local cuisine. We were treated to the Chef's Signature menu, which boasted a diverse range of specialities from across the region, including aromatic Thai fish cakes, zesty Pomelo salad, and, my personal favourite, Khao Soi Gai, a hearty chicken noodle dish native to Myanmar. Guests planning trips in 2020 can look forward to a new culinary experience, Char. This much anticipated addition to the dining repertoire will be set amongst the rice paddies and will specialize in succulent barbecued meats with a Thai twist.

After a sensational lunch, we made our way to what would be our home for the next two nights. From the outside, it resembled a quaint Thai tree house, but inside we found full-on glamour. The room featured luxurious silk, plush furniture, delicately handcrafted Thai furnishings and a decadent bathtub fit for a Siamese King. We stayed in an upper rice terrace pavilion perched in the tree tops, and enjoyed panoramic views across the vibrant green fields to the Suthep mountain range beyond. My favourite feature of our temporary home was the stilted veranda, where we spent our first evening sipping delicious Mae Rim sunset cocktails and watching fireflies twinkling amongst the rice fields.

Eager to make the most of the afternoon sunshine, we made our way to the swimming pool to top up our tans. When researching the trip and trying to decide where in

Thailand to visit, Chiang Mai was high on my list, but it was only when I saw the website images of the stunning outdoor swimming pool that I was sold. However, as alluring as the pictures are, they do not do justice to what is, in my opinion, the most picturesque swimming pool I have ever had the pleasure of plunging into. The pool is a multi-level, emerald green lagoon that doesn't so much sit amongst the rice fields, rather it is at one with them. What is most impressive about this space is the seamless way it combines sleek, modern design with the rustic charm of the surrounding jungle, to achieve something truly special. My travel partner and I spent an unforgettable afternoon here splashing around and marvelling at the beauty of the landscape.

“ REDISCOVER YOUR INNER ZEN ”

Aside from delivering five-star luxury, the Four Seasons Chiang Mai is also a holistic wellness destination, and I couldn't wait to sample some of the resort's signature offerings. On our first morning, we started off the day with a sunrise yoga session at the serene outdoor yoga studio, which overlooks the property's picturesque lake. Suitable for even beginner yogis like myself, it is the perfect way to stretch your travel-wearied limbs and work up an appetite for the breakfast buffet!

Wanting to make the most of the wellness activities on offer, we spent the afternoon at the spa, where we indulged in an Oriental blend massage, which focuses on relieving muscle tension in order to leave you feeling relaxed and rejuvenated. Being the home of massage, I had extremely high hopes, and the spa experience did not disappoint. The therapists here aren't just administering a treatment, they are performing a heavenly ritual that has been passed down through generations in order to delight the senses. After a thoroughly relaxing morning, we decided to get back to nature and joined the local farmers to watch the buffalo bathing; a wonderful activity for adults and children alike!



For those who want to experience Chiang Mai town, it is just a short drive from the resort and has a wealth of attractions to satisfy your cultural cravings. Established by the Lanna people, this ancient city dates back to the 11th century. Entering the Old Town through the medieval walls, you really get a sense of the long history of the area. We spent a lovely evening taking in some of the town's most popular sights. First stop on our excursion was Wat Pho, a magnificent Buddhist temple replete with a golden pagoda. Even for the non-spiritual traveller, the dazzling surrounds and the din of Buddhist chanting make this the perfect place to pause and reflect.

“ A GLISTENING, OTHERWORLDLY GLOW ”

Next stop on our itinerary was the Lanna Folklife Museum. Located in a stately, white colonial building, which was once home to the town's courthouse. The museum provides a fascinating insight into life in Chiang Mai since the founding of the city. The exhibition features wonderful textiles and artefacts and depicts scenes of everyday life

in Chiang Mai. Our final destination was the Sunday-night street market. A warren of stalls selling everything from furniture to food, this bazaar has something for everyone, from teenage shopaholics to hungry husbands.

After a busy day exploring Mae Rim and Chiang Mai, I can think of no greater reward for the tired traveller than to return to the pure luxury of this incredible resort. Kicking off my flip flops and diving into the enormous cloud-like bed was pure bliss. The central philosophy of the hotel is balance

and wellness, and after just a two-night stay, my travel partner and I felt completely reinvigorated. The Four Seasons Chiang Mai is the epitome of exotic opulence, a jewel hidden in the verdant jungle of northern Thailand, and I'm counting the days until I can return!

www.fourseasons.com/chiangmai

**WE
#ARE
MOBILITY**
by FEBIRC

10 > 19.01.2020
BRUSSELS EXPO

Europcar
moving your way

Discover our mobility solutions at We Are Mobility, from 10 to 19 January 2020 in the patio of Brussels Expo

MOVE YOUR MOBILITY

- Smart parking management
- Mobility pass answer to your mobility expenses
- (e) bike leasing
- Micro mobility events

www.europcar.be

Val Thorens: A lofty altitude

Mark Browne heads for the mountains to a rather smart premiere



The ski season has arrived and where better to kick it off but at Val Thorens, the highest resort in Europe. *Together Magazine* went to experience La Grande Premiere opening weekend in November.

Located at 2,300 metres and with a highest point of 3,200 metres at the Caron Peak, Val Thorens is high enough to guarantee snow throughout a long winter season. The resort itself boasts 150 km of slopes but is connected to the Three Valley network of over 600 km, ensuring a huge range of choice for every ability level of snow sport

enthusiast. The resort is cradled in an ancient crater which shelters it in storms and affords incredible views of the surrounding peaks, including the Peclet glacier. No wonder it has been awarded the titles of 'World's Best Ski Resort' and 'Best French Ski Resort' numerous times by the World Ski Awards.

What's new?

Not to rest on its laurels, Val Thorens continues to innovate and develop. This activity does not just take the form of new lifts and infrastructure, such as the Funitel lifts, which it pioneered and now are a feature of resorts worldwide, nor the new self-driving



“ THE RESORT IS CRADLED IN AN ANCIENT CRATER ”

shuttle service commencing this year, but also additional slopes (including two new slopes this season - one red one black) and new services which provide the opportunity for visitors to enjoy entirely new experiences. These include a new Tyrolienne zip line.

When to go

As a result of its lofty altitude, Val Thorens enjoys a ski season of epic length from November all the way to May. However, the season is jam-packed with festivals and events, each bringing their own unique flavour to the mountain, so timing the trip accordingly can make for a very different experience. These range from athletic events such as the French Alpine ski Championships in late March or the more leisurely and family friendly 3 Vallees Enduro in April, to more party themed events such as the electronic music 'Festival Tho' and the Val Thorens Jazz

festival. The last of these festivals, Apotheose Day, takes place in May. The resort even hosts a snow rugby tournament each February.

Activities

Apart from the traditional snow-sports of skiing and snowboarding, Val Thorens caters to a full range of related activities, including Nordic skiing, monoskiing and telemarking as well as more exotic alternatives such as paragliding, tobogganing on the 'cosmojet' run, dog sledding and even ice-diving. The resort also has options for those seeking a diversion from winter activities, including a cinema, bowling alley and, of course, an array of shopping options. In case all of this is too much, Val Thorens encourages visitors to de-stress through its My Serenity programs and offers a host of spa and wellness options.



Where to stay

As an increasingly mature resort nearing its 50th birthday, Val Thorens now offers a broad range of accommodation options, even at the 5-star level. The Hotel Pashmina, a member of the small luxury hotels of the world network, is an excellent choice, offering full 5-star luxury in a friendly and intimate setting. Nicely located on an incline at the edge of the town, the hotel has ski-in ski-out access right onto the adjacent slopes and the balconies of its rooms afford a fantastic view across the resort and over the surrounding mountains. Its décor is modern alpine chic with a touch of French flair added through brightly coloured and richly textured upholstery, as well as small touches like the baby-foot table adjacent to the lobby.

Its full spa facilities overlooking the slopes also feature a Nordic outdoor bath by the terrace of its Base Camp bar for those wishing to experience the mountain chill on their faces while enjoying a post ski soak. Another feature for those wishing a more unique and environmentally exposed experience are the igloos it hosts on the hotel roof, which are available as alternative accommodation options.

Dining

Notwithstanding the tendency towards self-dining options and catered chalets in French ski resorts, Val Thorens offers an interesting array of restaurant choices, including chef Josselin Jeanblanc's Michelin starred offering, Les Explorateurs, in the Pashmina at the upper end of the spectrum. However, it's well worth gourmets also sampling Alpen Art for its beautifully presented local and seasonal fare. For a livelier gastro-bar experience the Bar Zinc in Fahrenheit offers contemporary dining options in an après ski environment featuring a DJ and lively scene. There are also numerous good lunch options on the slopes and around Place Caron. Speaking of lively, Val Thorens has also featured La Folie Douce since 2009 for lively daytime open air music and party ambience, and there are a host of other bars scattered throughout the resort, some of which feature lively music.

In summary – a great option for a ski getaway and can't wait for a return visit. 📌



TRANSFORM THE ORDINARY INTO AN EXTRAORDINARY HOLIDAY!



Photos : Andy Perant - Pierre & Vacances

Sometimes you prefer that we leave you to chill out

Essential holiday protection, for all your holidays abroad and in Belgium, all year round.

The days when you worried about holiday cover are long gone. Sign up for annual assistance and travel all year round, alone or accompanied by family and friends, in complete safety.

Why subscribe to a travel assistance contract? As soon as you leave Belgium, the culture changes and so do your habits: whether it be health care, hospitals, doctors, governmental authority or simply the language... The administration systems are generally not the same, and this is without taking into consideration the difficulty of organizing assistance in a foreign country.

In the event of an accident or disease the consequences are generally more expensive and more serious. You cannot depend on your loved ones who are still in Belgium. If you are travelling accompanied by family and/or friends, you will also have to provide accommodation and repatriation for yourself and the rest of the group. With an assistance agency, you make a simple phone call and everything is settled. You will be taken care of in case of an incident on holiday, or if your car breaks down, even in Belgium.

The annual formula: Complete peace of mind and it's less expensive

The annual formula offers a complete medical assistance, which protects you all year on your trips to foreign countries (holidays, city trips, touring). The formula is valid for a victim of a disease or an accident, with medical reimbursement, repatriation, organizing and helping the people who accompanied you on the holiday, providing contact with your loved

ones who stayed in Belgium, assistance at your home in Belgium and administrative and logistical aid.

The benefits of annual assistance: Because you can never be too careful!

Annual assistance allows you to escape on holiday in all serenity. Not only does it already have a complete formula, the annual assistance offers you extra options to increase the value of annual assistance abroad. You can take out annual assistance that includes your car, assuring complete medical assistance all year round and an efficient breakdown service in Belgium and abroad.

The ideal combination for travelling in complete safety

To reserve your holiday and travel in complete serenity, we suggest you combine the annual assistance with Europ Assistance's 'cancellation insurance' option which will protect you before your departure.

You can now enjoy your holidays with your family or friends right till the end

Sometimes due to an accident or illness abroad, it is important that you repatriate as quickly as possible. However, sometimes you prefer to wait until the end of your holiday and make the best of the sunny weather before you go home. A broken arm doesn't necessarily mean a ruined holiday. At Europ Assistance, you can benefit from a personalized solution - not just sometimes but all the time. We assist you 24/7 every day. Contact us on 02.541.90.00

THE HOLIDAY INSURANCE THAT ADAPTS ITSELF TO SUIT YOU



Travel insurance that gives you maximum protection for a single trip or for every trip you take during the entire year. At Europ Assistance you benefit from a customized solution not sometimes but always. We assist you 24 hours a day.

Contact us on 02/541.90.00 or at www.europ-assistance.be

 **europ
assistance**

Skiing: Two unique resorts!

Head for the peaks this winter...

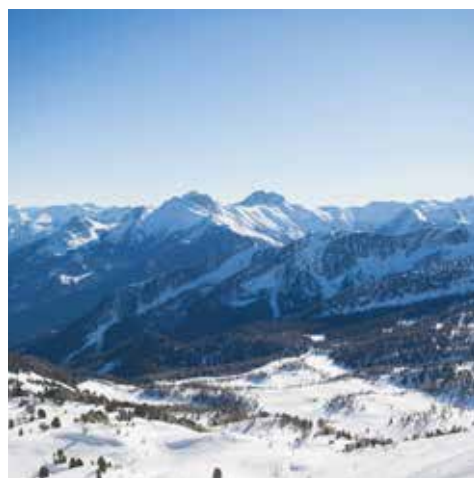


Photo © Montclar les 2 vallées

Monclar 2 Valleys

Located only 2 hours from Marseille and 1h30 from Aix en Provence, this resort is the closest to the Aix Marseille basin. By plane From Belgium the nearest airport is Marseille Provence (2h).

Did you say 'self-managed'? Yes, thanks to its cooperative-like constitution and its solid management, MDS (Montclar Domaine Skiable), the company that manages the ski area, became the first and only self-managed ski resort in Europe. The result is a station open 200 days a year and a team in action every day, some of them volunteers, who, with their professionalism and management skills, ensure that customers staying there are guaranteed high-quality service – it's a station unlike any other.

We like: pedestrian resort, no waiting at checkouts and lifts, two slopes, the valley of the Blanche and the valley of Ubaye.
www.montclar.com



Photo © Andy Parant

Arc 1950

This village, located in Savoie in the heart of the French Alps, is a real gem. Its peculiarities are many: all the accommodations are 5*, its decor is colourful, while combining the charm of residences, and everything is nearby (shops, ski schools, restaurants, nursery for children). Arc 1950 is a paradise for families. Young and old will have a great time. The village organizes daily entertainment in the central square with various themes, such as Mountain Week or Christmas Week. For lovers of skiing, the village directly overlooks the Paradiski area. There is a very wide choice of sports or contemplative activities in winter and in summer. Discover Arc 1950 and you'll be back every year.

We like: the experience offered by the village, evenings spent in igloos or yurts.
www.arc1950.com



**We wish you
magical holidays**

Books

France around 1900: A Portrait in Colour

TASCHEN has just published a remarkable photo journal of France in La Belle Époque



The turn of the 20th century was a golden era in France. It was an age of peace, prosperity, and progress after a series of bruising wars and turmoil within the French Republic, culminating in the Franco-Prussian War, which had ended in 1871. From the ruins of conflict, the Belle Époque brought *joie de vivre* flourish, a boom in art, design, industry, technology, gastronomy, education, travel, entertainment, and nightlife.

Through some 800 vintage photographs, postcards, posters, and photochromes from the extensive archives of Marc Walter and Photovintagefrance, *France around 1900*

follows up on TASCHEN's best-selling vintage photographic collections *Italy around 1900*, *The Grand Tour*, *Germany around 1900*, and *An American Odyssey* to provide a precious record of France in all its turn-of-the-century glory. With the photochrome technique used in many of the images restoring the past to vivid colour, we enjoy a bristling close, bittersweet, encounter with this hopeful age: the brave, stony splendour of the Mont Saint-Michel; the icy peaks of Chamonix; and the honey light of the Côte d'Azur.

With an introduction, six essays, and detailed commentary by Sabine Arqué exploring the

The Good Life



The
LODGE
DINE, DRINK & MORE



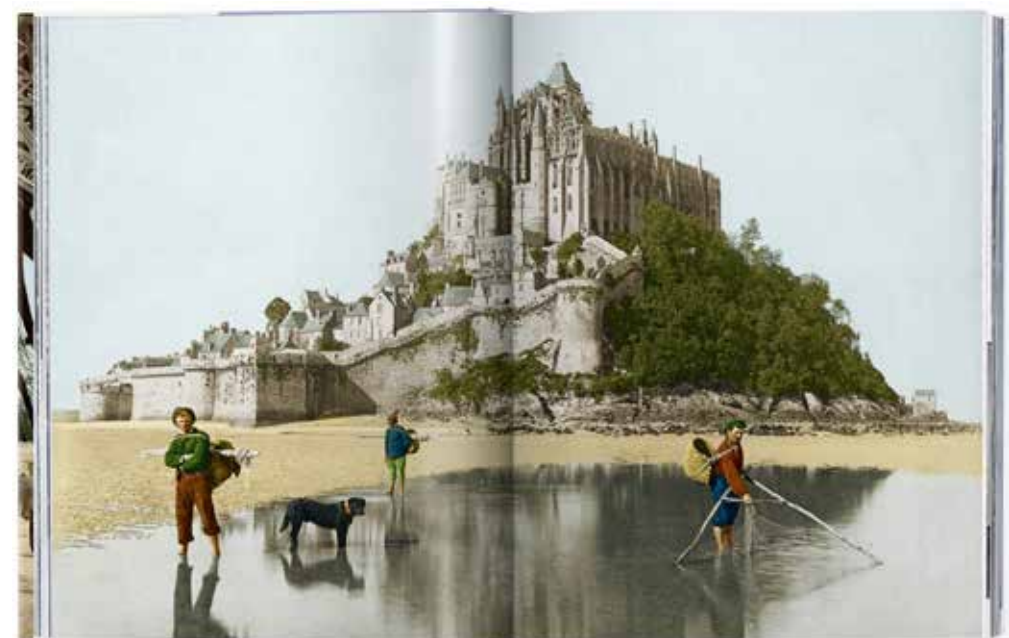
- *Concept One Stop Evening : apéro, diner, soirée en musique*
- *A découvrir : notre nouvelle cuisine au centre du restaurant*

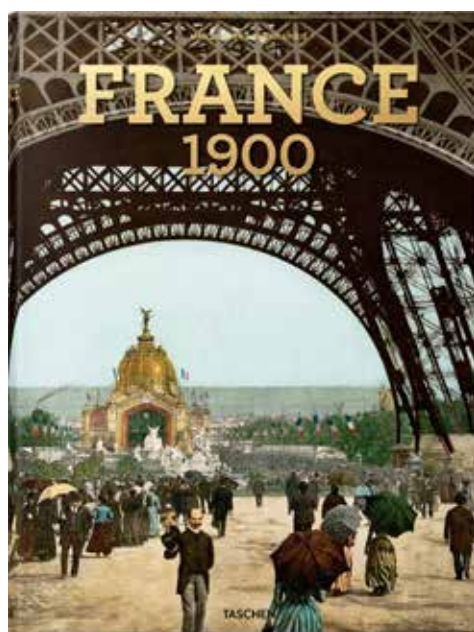
The Lodge - Restaurant & Bar-Club | Rue des Pêcheries 2 | 1170 Brussels
Reservation : +32 2 662 26 66 | e-mail : info@the-lodge.be | website : www.the-lodge.be



Situé sur la prestigieuse Avenue Louise, au pied de la tour ITT, le Callens Café s'exhibe dans un décor contemporain où il est de bon ton de voir et d'être vu. Ce lieu branché de la capitale est en outre doté d'un espace, aménagé comme un appartement indépendant raffiné et privatif, pour organiser vos événements business ou privés. On croise toujours une célébrité au Callens Café ! Ce qui n'est que normal au vu de sa cuisine créative qui ravit tous les palais pour un prix plus que raisonnable... Le midi, cet élégant restaurant fait le plein d'une clientèle business se régaland de «quick dishes» servis en un temps record. Le soir venu, aux plaisirs de l'assiette se mêle une ambiance toujours plus festive. Pour les belles soirées d'été, une nouvelle terrasse verte à l'abri du vent et chauffée n'attend plus que vous pour déguster les différents mets goûteux arrosés d'un bon verre de rouge.

Avenue Louise, 480 • 1050 Bruxelles
+322 647 66 68
Fermé samedi midi et dimanche





stories behind the pictures, this is an unrivalled portrait of a nation on the cusp of the century and of its poignant exuberance before the paroxysm of the First World War. While paying tribute to the precious Belle Époque, crushed by the traumas of history, it also celebrates the unwavering allure of *La Belle France*, its beauty, culture, traditions, and legendary romance.

The authors

Graphic designer, photographer, and collector Marc Walter (1949–2018) specialized in vintage travel photographs, particularly photochromes, of which he held one of the world's largest collections.

Sabine Arqué is a photo researcher, editor, and author. She has collaborated on numerous publications on the themes of travel, the history of tourism, photochromes, and photography.

Marc Walter, Sabine Arqué
Hardcover, 29 x 39.5 cm, 636 pages,
Multilingual Edition: English, French, German

TASCHEN Store Brussels, Grand Sablon/Grote Zavel, Rue Lebeauststraat 18, 1000 Brussels
www.taschen.be

Sun to Thur: open from 18h to midnight,
from midnight (limited menu to 2h)
Frid to Sat: open from 18h to midnight,
from midnight (limited menu to 3h)



VIAGE
GRILL
GRAND CASINO BRUSSELS

Grand Casino Brussels VIAGE
Anspach Boulevard 30 - 1000 Brussels
+32 2 300 01 00
www.viage.be

Always keep in mind that you must be
at least 21 years old and must bring
valid ID with you to register at the casino



700 World Wines - 500 World Spirits - 200 Whiskies

From Belgium:

- 50 wines from Flanders & Wallonia
- Gins, Pékets & Whiskies (including Belgian Owl, Carolus & Filliers)
- Beers from Brussels

CHECK US OUT WWW.MIGSWORLDWINES.BE

Chaussée de Charleroi 43, 1060 Bruxelles - 02 534 77 03

mig@migsworldwines.be

AOC Rasteau: Say cheese!

Our wine page this month says:
'Blessed are the cheesemongers'

Nestled in the hillsides, bathed in sunshine and surrounded by vineyards, the little village of Rasteau boasts a host of natural treasures and a unique historical heritage, with many relics of the past still surviving today.



Colours: Red, yellow and blue... The Rasteau terroir comprises many different types of clay, making it rich and colourful.

Light: Rasteau's mild, sunny winters bathe the vines in exquisite light, their colours sparkling in the sunshine. A gift for body and soul!

The appellation is best known for its red wines and sweet, fortified Vins Doux Naturels; these are generous, complex wines reflecting the colours of their terroir, wines with character, created with flair and passion. Real wines made by real people, mirroring the depth and sincerity of the vigneron spirit. Wines with body and soul.

Cheesemongers propose a successful pairing with the Rasteau wines, the ideal combination for a festive evening or a cosy wintery dinner with friends. Rasteau is a genuine 'village-vigneron'. The village holds a very rich wine history, dating back to 70 AD.

The terroir

Mistral: An iconic Mediterranean wind, blowing away impurities and protecting the vineyards from their natural enemies.

Amphitheatre: The vineyards are planted in a natural amphitheatre shape, protecting them from the potentially destructive Mistral wind.

Spurs: In the north, the landscape features gentle hills and valleys, forming spurs rather like the tines of a rake.

“ THE DEPTH AND SINCERITY OF THE VIGNERON SPIRIT ”

Mosaic: The terroir comprises three strata of different soil types: clay, stones and pebbles, and sandy marl with safre.

Rasteau inspires our cheesemongers

All these values also inspired the work of two of our local cheesemongers: La Fromagerie des Vennes in Liège and Edgar Kaasbar in Ghent, where during an event in collaboration with two personalities from the Belgian wine scene (Marc Vanhellemont in Liège and Kristel Balcaen in Ghent) a selection of their cheeses were paired with different wines of both AOCs.

For Marc Vanhellemont a successful pairing between Rasteau wines and cheeses “needs acidity, but not too much, to surmount the lactic barrier, and afterwards a fuller body to be able to exchange with the cheese.”

Sébastien from La Fromagerie des Vennes says: “At a dinner party with friends, choosing the right wine to accompany the cheese platter is crucial.”

www.rasteau.fr ●

Sofitel 1040: The magic number

Mons master 'Top Chef' to bring fine gastronomy to Brussels Sofitel

Mons-based chef Jean-Philippe Watteyne has already won his spurs on the reality TV show *Top Chef*, which has pride of place on Belgium's RTBF channel, and he is now all set to open his third restaurant. Already having gone down a storm in Mons, Watteyne will soon be delighting the people of Brussels with his savoir-faire at the Sofitel Brussels Europe hotel. And the secret to his new venture? It's going to be all about providing an affordable gourmet experience in a contemporary and newly refurbished setting.

The story begins in Etterbeek on 13 May 2019 – Watteyne accepted the proposal made to him by the AccorHotels® group to create the menu and supervise the kitchen brigade of the brand-new brasserie 'The 1040', at the Sofitel Brussels Europe. The hotel stands proudly at the top of Place Jourdan in Etterbeek, which has also recently been transformed into a smart pedestrianised square.

As he is based in Mons, Watteyne won't be behind the stoves every day. He already has plenty on at his restaurant iCook! as well as also running le Bistro de Jean-Phi

Jean-Philippe Watteyne



**“ WATTEYNE
WILL SOON BE
DELIGHTING
THE PEOPLE
OF BRUSSELS ”**

the requisite mussels and fries. The produce used will be Belgian, and the aromatic herbs and honey will be locally sourced, coming from the vegetable garden and beehives perched on the rooftop of the hotel itself. The restaurant accommodates nearly 90 guests and includes a modern bar area.

www.the1040.be

in the centre of Mons. But Watteyne has certainly put together a team he knows he can trust, and which will be headed up by another young prodigy who should quickly make a name for himself in Brussels' gourmet gallery.

The chef is Mattéo Vannini, who joined the 1040 after a three-year stint as head chef of Da Mimmo, and made a name for himself as a finalist of the San Pellegrino Young Chef competition for the Benelux in 2017.

Although Jean-Philippe may be the brains behind most of the menu, he has naturally given free rein to Vannini to add his own suggestions in the form of a €37 menu, which includes a selection of starters, mains and desserts, to go alongside the traditional shrimp croquettes, filet américain and, of course,



eat2five.eu

**WHY NOT ATTACK THE AGE – OLD
“LOSE WEIGHT” RESOLUTION WITH
A NEW INNOVATIVE APPROACH?**

Start New Year with eat2five – a form of healthy eating that is prepared and delivered to your home or office every day (from Monday to Friday). This is the end of frozen and fast foods. You start a new stage in your life by eating systematically high-quality meals, that are tailored-made for your needs in terms of calories and your preferences (traditional or vegetarian). With this form of healthy nutrition, you don't need to count calories and you also don't have to look for ideas for delicious recipes that fit with your calorific limits.

A qualified team does it for you. Every day you'll eat 5 fresh, tasty and varied meals that make you feel healthy. And by choosing an appropriate level of calories in your diet, you are losing unnecessary kilograms in a controlled manner.

Thanks to eat2five you

- minimise grocery shopping and you don't buy food, which then is wasted
- save time that you would usually waste in stores and in your kitchen
- have more time to spend with your family, friends, workouts or for your pleasures

The only thing you need to do is to choose the appropriate diet and enjoy the new way of healthy eating.*

www.eat2five.eu

✉ info@eat2five.eu

📷 [eat2five](https://www.instagram.com/eat2five)

f [eat2five.eu](https://www.facebook.com/eat2five.eu)

*We care about our planet and we share sustainable values. All our meals are prepared in eco-conscious and sealable trays.

Dining

Alain Morillon at Nanoo's

For a little over two years now, La Hulpe has had the privilege of having in its walls a French chef who, at first glance, was not destined to come and exercise his talent in this quiet town of Walloon Brabant. What strikes without doubts the most when discovering the restaurant, it is this concern for coherence, this will to do well, without pretension or vanity. With his small team, in a soft and tranquil atmosphere, Alain Morillon offers his clients all his experience, serving a cuisine while gourmet, classic certainly but with accents today. A cuisine faithful to certain principles: a choice of products without concessions on their quality, a respect for the seasons, and most importantly, a card that relies entirely on homemade bread to desserts. A guarantee



that unfortunately tends to become more and more rare today. one of the main characteristics here is to be able to savour excellent brewery cuisine, with extra soul, more refinement, delicacy. A marriage rather rare, and here very successful.

Manhattn's

Enter Manhattn's and you will be greeted by the sounds of New York, possibly crooner Frank Sinatra singing *Come Fly With Me*. Here, it is more the food - mostly burgers - that is 'rarefied'. There is a wide range of choices, all baptised with names that are redolent of the city that never sleeps. I plumped for the 'richest' among them, the Rockefeller burger, jam-packed with Irish angus beef, matured cheddar, crispy bacon, caramelized onions, Smokey BBQ sauce and lettuce. My dining partner was seduced by the Gotham Burger, with Irish angus beef, tomme de Savoie aoc, caramelized onions, pepper sauce & lettuce - both succulent rich and abundant sauces. When it came to the fries... I'm old school and had the classic fries with home-made mayonnaise, and she had the sweet potato fries with truffle sauce. They were both a hit. The atmosphere is very relaxed, and in a burger joint whose logo boasts Manhattan's most iconic statue, the



service is of course excellent. As we left, Louis Armstrong was singing *Moon River*, and my Huckleberry friend and me headed out into the night air, looking for the same rainbow's end.
www.manhattns.com

WHERE TO EAT IN BRUSSELS ?

The Brasseries Georges is probably the most Parisian Brasserie with the largest choice of seafood. For the holiday season, discover the second edition of their Christmas Market, with food and beverages in a heated area.

WHERE & WHEN?

Avenue Winston Churchill, 259 - 1180 Brussels
December 20, 21 & 22

RESERVATIONS?

www.brasseriesgeorges.be - +32 2 347 21 00



WHERE TO GO OUT?

Mirano Brussels: Set in a former cinema, the Mirano has brightened up nights in Brussels for over 30 years with its famous revolving dance floor!

WHERE?

Chaussée de Louvain, 38 - 1210 Brussels
More info? www.miranobrussels.com

Spirito Brussels: Located in an old Anglican church, the Spirito has been ranked as one of the most beautiful clubs in the world!

WHERE?

Rue de Stassart, 18-22 - 1050 Brussels
More info? www.spiritobrussels.com



40 years of excellence
www.alpiccolomondo.com

Bord Bia: Going greener

Origin Green is an exceptional food and drink sustainability programme

Photo © Bord Bia

Bord Bia (Irish Food Board) receives EU funding under the European Maritime and Fisheries Fund (EMFF) 2014-2020 with the objective of increasing exports in the emerging seafood markets and to assist the industry to secure higher value business in its core markets. This funding is allocated to support Bord Bia's international trade exhibition programme which comprises a Bord Bia Ireland Pavilion at a number of international trade shows.

Origin Green

Origin Green is the world's first food and drink sustainability programme operating on a national scale, uniting government, the private sector, farmers and food producers. Independent accreditation and verification are built into every stage of the supply chain. Accreditation at farm-level is provided to ISO: 17065 and Carbon Trust (PAS 2050), while food and drink manufacturers are independently verified by international auditors, Mabbett.

Measuring Sustainability

The Origin Green programme operates across the full supply chain, from farms to food and drink manufacturers. It provides Ireland's food and drink industry with an infrastructure to measure and guide the improvement of their sustainability

performance.


Across Ireland, almost 800 independent farm audits take place each week. Sustainability criteria measured during these audits include greenhouse gas, biodiversity, animal welfare, traceability, water measures, energy efficiency, and soil management.

To become an Origin Green member, food and drink manufacturers must first sign up to the Origin Green Manufacturing Sustainability Charter. Companies work with the Charter to set meaningful and measurable sustainability goals across

key target areas. These are raw materials sourcing manufacturing processes, and social sustainability. Goals are set out in a 3-5-year plan which is independently verified by Mabbett, an international auditing body.

Alignment with the United Nations Sustainability Goals

The United Nations Sustainability Development Goals (UNSDGs) are a universal call to action to end poverty, protect the planet, and ensure that all people enjoy peace and prosperity. Origin Green aligns itself with the UNSDGs. In addition, Origin Green companies are aligning their sustainability commitments to this important global agenda.

www.origingreen.ie 

L'AROMATE



L'Aromate - Healthy catering

A genuine blend of flavours from here and elsewhere.
Colourful Eurasian cuisine for your private and corporate events.
A unique and ethical formula!

The 'Boca-lunch' glass jars - practical, lean and very respectful
of nature because there is no disposable packaging.

Rue Joséphine Rauscent 17 - 1300 Wavre
www.laromate-traiteur.be

Advertorial

Winter garden at Stanhope Hotel Brussels by Thon Hotels

A very special addition to the festive scene in the capital



From the 14th of November until the 20th December, a Winter Garden in the heart of the Stanhope Hotel Brussels will welcome future Christmas cocktails in the European quarter of Brussels. In one of the gardens of the five-star hotel in Brussels, a cosy bar has been set up to warm up the cold winter days and to create a festive Christmas atmosphere before the holiday season.

To create a special 'Hygge mood' for the winter period, the team of Stanhope Hotel Brussels decided to launch this new winter event. Every Thursday and Friday from 16h00 to 22h00, the Stanhope Winter Garden welcomes the public with open fires, warm blankets and a cosy winter wood chalet. The other evenings, the bar will welcome corporate and private groups for dinners or cocktails. It is an additional good reason to open the doors of the hotel and to discover this hidden gem.

This new Stanhope bar focuses on exclusivity and follows the five-star guests' expectations. Three kinds of oysters and foie

gras will be served with champagne or with a red or a white wine. For all Christmas lovers, we also offer a traditional onion soup and mulled wine. The Christmas trees will be set up from the end of November until the end of December. The winter has never been better than this year at Stanhope Hotel Brussels by Thon Hotels, especially during the Happy Hour, from 17h00 to 18h30 on Thursdays and Fridays.

The five-star hotel, Stanhope Hotel Brussels by Thon Hotels has always been a discreet and cosy hotel. Its Library bar and its fireplace, some old wooden games and books give the lobby a charming atmosphere all year round. During sunny and warmer days, the two gardens can welcome guests for dinner, cocktails and lunches, and offer clients a quiet place to network and taste the French cuisine under the shade of the century-old magnolia.

For more information, check our Facebook Event and to book your private event: besta-hotelpartner@thonhotels.be 📧



MENU DE NOËL À 65,50 € (24 ET 25 DÉCEMBRE)

- Amuse-bouche
-
- Les perles blanches (Huitres)
- ou
- Foie gras aux dés de vieux porto
- ou
- Emincé de Saumon d'Ecosse garni
-
- Consommé aux quatre filets
-
- La lotte aux fines herbes
- ou
- Dinde tradition farcie aux marrons
- ou
- Filet de Marcassin en Poivrade pomme airelles chicon et croquettes
-
- Assortiment de fromages transalpins
-
- Buche de Noël

MENU DE LA SAINT-SYLVESTRE À 78,50 € PROPOSÉ LE 01/01/2020 AU PRIX DE 59 €

- Bouchées gourmandes
-
- Bisque de Homard à l'Armagnac
- ou
- Consommé Mosaïque
-
- Le ½ Homard en Belle vue
- ou
- Le foie gras du Périgord
-
- Filet de faon en double sauce, Airelles, chicon et croquettes
- ou
- Turbotin grillé avec sa frivolité de légumes et mousseline
- ou
- Charolais de bœuf à la périgourdine
-
- Roue de fromages transalpins
-
- Délice de Saint-Sylvestre

info@aureposdeschasseurs.be
11 Avenue Charle-Albert - 1170 Watermael-Boitsfort
02 660 46 72
Ouvert tous les jours de 11h à 23h
Parking aisé au-repos-des-chasseurs.be

LIFE OF LEISURE

Dining

Chez Léon

It's that time of year again, and there is no place quite like this former friterie that has become a veritable Brussels gastronomic institution. Go in a group with colleagues or friends (they are expert at handling groups, and always with a smile) – or better still, take the family to a place that's very much family-orientated. You'll find the very best of traditional Belgian cuisine, and you'll smell the aromas of their varied mussels dishes before you even get to the front door. And because of its location right in the centre of town, there's an added frisson to the dining experience since the town is lit up for Christmas and there's a

Chez Léon



festive crackle in the air. So, why not crack open those presents over the bubbling aperitif. And always remember that Chez Léon the kids eat for free!
www.chezleon.be/en

Ferme Saint Siméon

At the Ferme Saint Siméon in Honfleur, a magnificent 17th century inn, Chef Matthieu Pouleur has parked his suitcases. After a very high level of apprenticeship (two years at the Crillon in Paris, sous-chef at La Réserve, among others), he is now Executive Chef at the controls of the two restaurants at Ferme Saint Siméon. He creates a perfect balance between his cuisine and the choice of his menu in this unique Relais & Châteaux. Fresh produce arrives daily: the cream from the neighbouring farmer, the fish provided by the port of Honfleur, the poultry raised in Calvados. He makes it a point of honour to use authentic and regional products. We took advantage of the Culinary Discovery, an attractive offer of two nights at Ferme Saint Siméon with accommodation in a double room, a welcome drink, breakfast, a dinner at the Gourmet Restaurant (Menu Gourmet impressions, excluding drinks) and a dinner at Bistro La Boucane (Chef's Choice Menu, excluding drinks). As well as free access to the relaxation and wellbeing area. From **€908** per person.
www.fermesaintsimeon.fr

Chef Matthieu Pouleur



Dining

Dôme

The notion of wellbeing resonates through the meals - in good hands discover the tasty, generous, natural, organic, local and healthy cuisine of chef Julien Van Den Neste. Julien has had plenty of experience in 'les grandes maisons'. He took the opportunity at Dôme to convey his passion for good produce. He works with local producers and revisits his menu according to the seasons. Everything was too good! We loved the herbal teas, such as Tisanes des Lamas' dry fruits, the to-die-for bramble and nettles and the heart-warming hawthorn and rose – not forgetting the energized water and homemade fruit juices. Note that the Chef also offers a dish of the day for €15. The decor is perfectly done, with the warmth of the collusion of wood, cork



and clay. Dôme is a place of serenity that opens its doors to all those seeking to relax, to reconnect. A genuine experience where ancestral knowledge, life sciences and the prodigious power of water are brought to the fore. A world of care opens up to you. www.dome.bio

Tang Dynasty at Tangla Hotel

Enjoy an authentic Chinese experience that aims to take Chinese cuisine to the next level. Tang Dynasty offers you the most refined tastes that Chinese Cuisine has to offer in a rich environment inspired by the decor of traditional Chinese homes. The Tang Dynasty chefs use only the freshest local produce, topped with specialty ingredients imported directly from China - more specifically from the Cantonese and Huaiyang regions. Traditional dining or family style are offered, and each has its own specific menus to delight your palate. The restaurant offers opportunities for private dining experiences in five separate dining rooms. Our Qing dining



room is the most spacious and can host up to 20 guests. You are invited to enjoy a unique dining experience, showing off the best of Asian tradition. www.tanglabrussels.com

EXPO

BO
ZAR

CENTRE FOR FINE ARTS
BRUSSELS



06 DEC. '19 – 19 APR. '20

KEITH HARING

PALAIS DES BEAUX-ARTS
BRUXELLES
PALEIS VOOR SCHONE KUNSTEN
BRUSSEL

.be

KINGDOM OF BELGIUM

be
be.brussels

BXL
LA VILLE
DE STAD

TAT

Rue Ravensteinstraat 23
1000 Brussels
+32 2 507 82 00 / bozar.be

BRUZZ

canvas

dS
De
Standard

Knack

Klara

le Soir

La Fière

LE SOIR

LE VIP

Copyright image: Keith Haring artwork, 1981 © Keith Haring Foundation



MUSEUM
DE
REEDE

2019-2020
EXHIBITIONS

PERMANENT
MUNCH GOYA ROPS



PICASSO

La Celestina |
Life Between the Lines
06.06.2019 – 04.11.2019

© SUCCESSION PICASSO | SABAM BELGIUM 2019
ODALISQUE 29.05.1968



ITALIAN GRAPHIC NOVEL

Giardino | Matticchio |
Pettinato
07.11.2019 – 13.01.2020



GERMAN EXPRESSIONISTS

Kirchner | Heckel | Nolde |
Pechstein | Mueller
30.01.2020 – 04.05.2020



PAULA REGO °1935

Portuguese artist |
paintings & graphics |
based on storybooks
07.05.2020 – 03.08.2020



MARCELLE HANSELAAR °1945

Dutch artist | graphic œuvre
theatrical illusions | humor
06.08.2020 – 02.11.2020



MUSEUM-DEREDE.COM
@MUSEUMDEREED

MON | TUE | THU | FRI | SAT | SUN
11 AM-5 PM (OR BY APPOINTMENT)
WEDNESDAY CLOSED

Ernest Van Dijckkaai 7
2000 Antwerpen
T. +32 (0)3 434 03 04
info@museum-dereede.be

LIFE OF
LEISURE

What's on

What's on Belgium

Photo © Djangofoillies 2019/ cyprien@brosella.be



JAZZUARY

Brussels puts jazz in the spotlight in January with 1 month, 3 festivals, 46 concerts, 8 concert venues. The capital of Europe will vibrate to the sound of jazz at the beginning of 2020. From 8 to 25 January 2020, no fewer than three jazz festivals will be featured in Brussels' cultural life: the Brussels Jazz Festival, the River Jazz Festival and the Djangofoillies. Three unmissable events with three distinct identities that will showcase both new talents from the Belgian jazz scene and international stars. The Belgian capital has become an essential stopover for musicians and lovers of the genre. Brussels is the city with the highest number of jazz concerts per capita in the world, after New York and Paris. Drummers will be showcased at this 6th festival with, among others, Lander Gyselinck (St6cks), Tom Skinner (Wildflower), Makaya McCraven and Anton Eger on the programme. **8 to 18 January.** Flagey.

www.flagey.be

Photo © Filippo Minelli



Silence/Shapes

Presented at the Espace Wallonie in Brussels, Filippo Minelli's photo exhibition highlights the most beautiful aquatic sites in our region. Through his project *Silence/Shapes*, the Italian artist intends to give a physical form to the silence by materializing it using a colourful cloud of smoke. After artistic performances noticed all around the world, he dropped his suitcases, for a time, at home. On the occasion of the theme year *Wallonia Land of Water*, the photographer was invited to practice his art on iconic sites in the Wallonia region. La Lesse, the Eau d'Heure Lakes, the Château de Walzin and a waterfall in Malmedy have all been the sites of his creations, always with an approach that is respectful of the environment, places and inhabitants.

Espace Wallonie de Bruxelles

Marché aux Herbes, 27
1000 Brussels
TinyUrl: tinyurl.com/yxx9ca5h

What's on

Keith Haring

BOZAR presents a major retrospective of the legendary American artist, Keith Haring. As a friend and artistic companion to Andy Warhol and Jean-Michel Basquiat, Keith Haring was a unique figure in 1980s New York. Haring is primarily known for his iconic motifs: barking dogs, crawling babies and flying saucers. He strived to make art "public" by displaying it in his Pop Shop, the media or in subway stations and collective urban spaces. He drew inspiration from abstract expressionism, pop art, Japanese calligraphy and the work of New York graffiti artists. His singular, seemingly spontaneous style embodied the energy of his time, from space travel to hip-hop and video games. The huge retrospective of this legendary American artist offers a chance to (re) discover his life's work, activism and



continued influence. The chronological and thematic exhibition reflects the broad range of the artist's practice, with more than 85 drawings and paintings complemented by videos, collages, posters, murals, archive documents. **6 December 2019 to 19 April 2020.** BOZAR. Tickets: €18 www.bozar.be

La Monnaie: Concertini

"Chamber music is the purest kind of music." — Arthur Honegger

A superb moment of musical me-time, and a smooth, gentle run-up to the weekend: come enjoy the La Monnaie Chamber music concerts, every Friday at 12.30 pm. In the elegant setting of the Grand Foyer, they offer the intensity and immediacy of live music, challenging programmes and a rich variety of performing ensembles. In January: From OFFENBACH & J. STRAUSS to GERSHWIN & BERNSTEIN, La Monnaie Brass Quintet: **10 January.** Works by AUGUST KLUGHARDT & CARL NIELSEN, La Monnaie Woodwind Quintet: **17 January.**



CÉSAR FRANCK, Quintette à clavier (1879), La Monnaie Chamber Music Ensemble: **24 January.** RICHARD STRAUSS Serenade Es-Dur für Bläser, op.7, TrV.106 (1881), Suite B-Dur für 13 Bläser, op.4, TrV.132 (1884), JEAN FRANÇAIX, Mozart new-look, petite fantaisie sur la Sérénade de Don Giovanni (1981), La Monnaie Woodwinds: **31 January.** www.lamonnaie.be

GREENHOUSE TALENT PRESENTS



MORCHEEBA

03.03 La Madeleine • Brussels

THE SCOTTISH MUSIC PARADE

03.05 Kursaal • Ostend

THE SCOTTISH MUSIC PARADE

05.05 Cirque Royal • Brussels

BRYAN FERRY

28.06 OLT Rivier **SOLD OUT** Antwerp

BRYAN FERRY

30.06 Kursaal • Ostend

WIM MERTENS

20.10 Bozar • Brussels

WIM MERTENS

25.10 Concertgebouw • Bruges

WIM MERTENS

28.11 Koningin Elisabethzaal • Antwerp



TICKETS: GREENHOUSE TALENT.BE

GREENHOUSE
TALENT

What's on

Winter Wonders, Brussels

This unmissable event is back in central Brussels, and with it the guarantee of spending magical moments in the city's streets and being lost in wonder on Grand-Place before the incredible sound and light show and stunning Christmas tree. Also on the programme: the traditional big wheel, covered ice rink, chalets, merry-go-rounds and countless activities for young and old. This year, we have a very big special guest, 55 cm to be precise: the Manneken-Pis, who will be celebrating his 400th birthday with a whole host of festive activities. Last year, the events attracted nearly three million! And to share the Christmas joy, the Winter Pop popup



Ville de Bruxelles

village will stop off in four areas of the city. Every weekend, free activities will be organized with community groups and local figures. Caravans, lights, firepits, all kinds of artists, music, games... For the third year, Winter Pop will spread the Winter Wonders' fairy dust across Brussels. www.plaisirsdhiver.be/en/

Scéal Eile - Irish Film Festival, Belgium

This year's festival expands to run screenings in Brussels (29/01), Leuven (30/01) and closes in Ghent (31/01). A compelling mix of comedy, drama and documentary film are on offer here. The festival opens with the Belgian premiere of Shelly Love's highly acclaimed comedy *A bump along the way* starring Bronagh Gallagher (The Commitments) as a 44-year-old boozy single mother who becomes pregnant after a one-night stand. In Leuven, Garry Keane and Andrew McConnell offer Belgian audiences an opportunity to see *Gaza*, a beautiful and thought-provoking story of life in this most politically sensitive and controversial area. The film is Ireland's 2020 Oscar entry and a unique work that is certain to impact. The



Bronagh Gallagher, A Bump Along The Way

festivals' closing movie (Ghent) remains a tightly kept secret with organisers promising an audience highlight to kick off the post-screening party. Expect movie directors and stars to attend for Q&A's and a strong shorts programme to round out what is certain to be Ireland's film culture at its best. 29-31 January. www.bestofirishfilm.be



ENJOY YOUR FAVOURITE ARTIST AS A VIP

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

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

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



09.01



Lara Fabian

27.01



Yuval Harari

21.03



Andrea Bocelli

25.02



James Blunt

25.03



Elbow

STAY UP TO DATE

Throughout the season our calendar will be updated with new events, so extra VIP Experiences will be added. Subscribe to our newsletter to stay up to date with new offers. 📧



What's on

What's on International Paris

Francis Bacon: Books and Painting

The last major French exhibition of this artist's work was held in 1996 at the Centre Pompidou. More than twenty years later, *Francis Bacon: Books and Painting* presents paintings dating from 1971, the year of the retrospective event at the national galleries of the Grand Palais, to his final works in 1992.

There are six rooms along the visitor route, placing literature at the heart of the exhibition.

The event includes readings of excerpts of texts taken from Francis Bacon's library.

Mathieu Almaric, Carlo Brandt, Hippolyte Girardot, Denis Podalydes and Laurent Poitrenaux read texts from authors who inspired Bacon's work and motifs directly, sharing a poetic world and expressing a form of 'atheology', a distrust of any values (abstract beauty, historical teleology or deity, etc. Until 20 January 2020. Centre Pompidou, Paris.

www.centrepompidou.fr/en



Degas at the Opera

Throughout his entire career, from his debut in the 1860s up to his final works after 1900, the Opera formed the focal point of Degas' output. It was his "own room". He explored the theatre's various spaces - auditorium and stage, boxes, foyers, and dance studios - and followed those who frequented them: dancers, singers, orchestral musicians, audience members, and black-attired subscribers lurking in the wings. This closed world presented a microcosm of infinite possibilities allowing all manner of experimentations: multiple points of view, contrasts of lighting, the study of motion and the precision of movement. This is the first exhibition to consider the Opera as a whole.

Until 19 January. Musée d'Orsay, Paris.

www.musee-orsay.fr



Get there in comfort with Thalys

It takes 1h22 to go to Paris with Thalys. There are 24 return trips per day between Brussels and Paris. This year Thalys added two new destinations: Paris Charles de Gaulle Airport and Marne-la-Vallée (Disneyland Paris).

www.thalys.com

Théâtre Royal des Galeries

Directeur : David Michels

Du 4 décembre 2019 au 26 janvier 2020

LA REVUE

DES GALERIES



Bernard Lefrancq, Angélique Leleux, Denis Carpentier, Anne Chantraine, Marie-Sylvie Hubot, Gauthier Bourgois, Frédéric Celini, Natasha Henry, Kris Castelijns, Philippe Peters et Cécile Djunga.

Mise en scène : Alexis Goslain

Décors : Francesco Deleo

Costumes : Ronald Beurms et Fabienne Miessen

Lumières : Laurent Comiant

Chorégraphies : Kylian Campbell

Réalisation musicale : Bernard Wincq

► www.trg.be
02 512 04 07



En coproduction avec La Coop asbl et Shelter Prod
avec le soutien de taxshelter.be, ING et du tax-shelter du gouvernement fédéral belge

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



Jumanji: The Next Level

Second sequel to a film that amazingly has become a franchise against all the odds - unknown to his friends, Spencer Gilpin (Alex Wolff) kept the pieces of the *Jumanji* video game and one day repaired the system in the basement of his grandfather's house. When his friends arrive, they find Spencer missing and the game running and decide to re-enter *Jumanji* to save him. Jake Kasdan, who helmed the previous *Jumanji* adventure, *Jumanji: Welcome to the Jungle*, directs. 114 mins.

Star Wars: The Rise of Skywalker

And so, all things must pass - we come to the absolute, definitive, final episode of the *Star Wars* saga, which began 42 years ago in 1977, isn't that amazing? J.J. Abrams directs once more, so it really can't be all bad. The ancient conflict between the Jedi and the Sith reaches its climax - what chance of peace? 155 mins.

Cats

Tom Hooper is obviously the man to go to for musicals - he made such a splendid job of *Les Misérables* in 2012, and here he is again, bringing Andrew Lloyd Webber's long-running musical to the big screen. Itself based on the 1939 poetry collection *Old Possum's Book of Practical Cats* by T. S. Eliot, *Cats* has some of Webber's most famous and best-loved songs in it, and is about a single night in the lives of a group of moggies, who have a big choice to make. Magical, I am sure. Running time TBC.

The Reports on Sarah and Saleem

The affair of a married Palestinian man and a married Israeli woman in Jerusalem takes a dangerous political dimension when they are spotted in the wrong place at the wrong time, leaving them to deal with more than their broken marriages. Muayad Alayan (*Love, Theft and Other Entanglements* (2015)) directs. 127 mins. ❶

cinéart
presents

The true story about the man
who brought down the mafia

A BIG, TRUE-CRIME
GANGSTER MOVIE
THE GUARDIAN

UN CHEF-D'OEUVRE
LE MONDE

ABSOLUTELY
GRIPPING
VARIETY



IL TRADITORE

LE TRAITRE • THE TRAITOR

A FILM BY MARCO BELLOCCHIO

AU CINÉMA LE 18/12 IN THEATERS

cinéart

www.cineart.be

f/cineartbelgium

yt/cineartbe

tw/cineartbe

ig/cineart_belgium

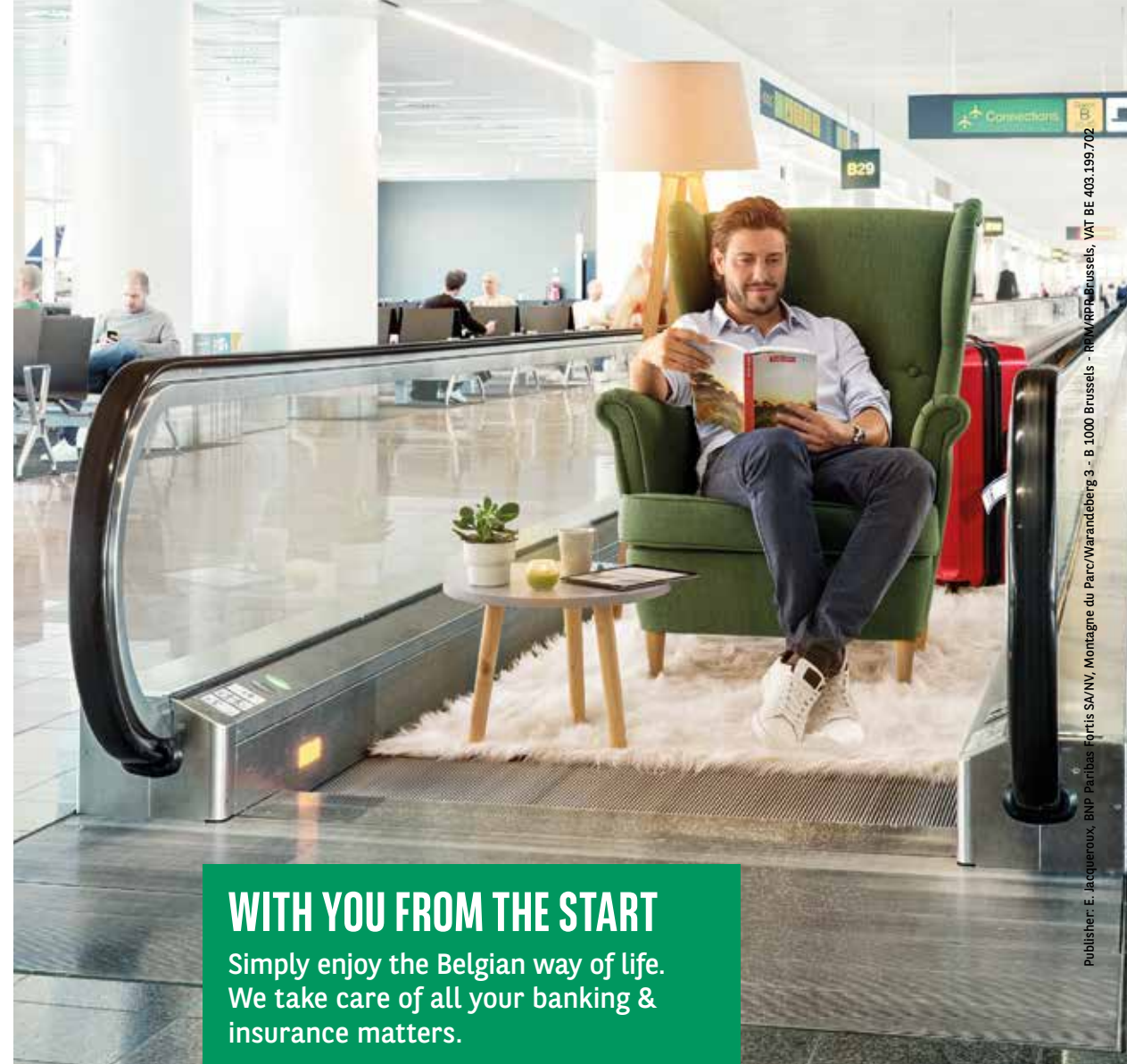
Co-funded by the
European Union

If you hold this shell to your ear...
you can hear the sea



LE CHAT by Philippe Geluck

IN A CHANGING WORLD,
**EXPATS FEEL AT HOME
RIGHT AWAY.**



WITH YOU FROM THE START

Simply enjoy the Belgian way of life.
We take care of all your banking &
insurance matters.

More info on bnpparibasfortis.be/expatinbelgium.



**BNP PARIBAS
FORTIS**

The bank
for a changing
world



ALFA ROMEO STELVIO

LAISSEZ-VOUS CONDUIRE PAR VOS ÉMOTIONS

Jusqu'à **8.100 €** d'avantages sur stock⁽¹⁾.

Chez Alfa Romeo, nous créons des icônes. Dans le respect de l'esthétique italienne, avec une passion de l'innovation et de la performance pour un plaisir de conduite incomparable. Faites-en l'expérience au volant de l'Alfa Romeo Stelvio.

(1) Avantage total soumis à conditions, valable à l'achat d'un Stelvio B-Tech 2.2 diesel 160ch de stock et sans options, composé de la remise Alfa Romeo 3.735€, de la remise supplémentaire 'B-Tech' de 2.500€ et de la remise sur stock de 1.865€⁽²⁾. (2) Avantage à l'achat d'un Stelvio B-Tech 2.2 diesel 160ch de stock et sans options. Avantage pouvant varier en fonction de la motorisation et du montant des options du véhicule sélectionné. La liste des véhicules de stock concernés est disponible chez votre distributeur Alfa Romeo. Offre valable dans la limite des stocks disponibles. (1) à (2) - Ces offres sont TVAC, réservées aux clients particuliers et valables dans le réseau participant du 07/10/19 au 31/10/19. Retrouvez le réseau participant sur www.alfaromeo.be. E.R.: Yann Chabert, Annonceur: FCA Belgium S.A., Rue Jules Cockx 12 a - 1160 Bruxelles. RPM: Bruxelles. BCE 0400354.731. IBAN FCAB: BE 86 4829 0250 6150. Informations environnementales [A.R. du 19.03.04]: www.alfaromeo.be. Photo à titre illustratif et non-contractuelle.

6.1 - 9.6 L/100 KM • 159 - 218 G/KM CO₂ (WLTP)

Contactez votre concessionnaire pour toute information relative à la fiscalité de votre véhicule.



DONNONS PRIORITÉ À LA SÉCURITÉ.

La meccanica delle emozioni



SERVICE



Jeep

GEBROEDERS MERCKX
Brusselsesteenweg 341, 3090 Overijse
Téléphone : 02 687 64 30