

Together

magazine

APRIL 2020 #107

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Business
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Shopping Decor

Travel
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Fitness
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Editor's LETTER

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

MOVING ON...

When springtime is just around the corner, but not quite here yet, it's my happiest time of the year. From my balcony, I am able to watch the hustle and the bustle of all manner of birds swirling excitedly in the air, clattering around in the trees or hopping anxiously on terra firma. I face a collection of sample trees that surround the playground of a local school. Every spring, I watch a magpie couple work on their, nest reinforcing it, perhaps even adding a stolen bauble or two.

During wintertime, their nest is big and black and evident in the highest of the bare branches. We had a couple of big storms recently, and that poor tree was bent double against their malevolent force – but that nest was undisturbed. Recently, the birds came back. However, this time they were not adding to the nest – they were removing it, twig by twig and flying off. To another tree, moving house and doing in a short half-hour what several storms with first names – including the triplets Brendan, Ciara and Dennis - could not manage.

Paul Morris

Editor



ON THE COVER



James Franco is a man
of many talents

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And happy reading!

Personal Development: Wither or Whither Resolutions

In part two of his advice on resolutions Matthew Cossolotto says try again. Last month in *Together*, I urged readers not to give up on their New Year's resolutions. I recommended they turn those resolutions into New Year's promises. Why? Because resolutions simply don't work and a promise is much more powerful.

Fitness: Working Your Core

WATFIT is a group exercise class that takes place in the swimming pool. The WATFIT workout takes place on an adapted, inflatable mat that floats on the surface of the swimming pool. However, although the mat is moored in place so it can't drift around the pool, there's an element of instability, which ensures all the exercises challenge the individual's balance.

Luxury travel: Some of the best opulent hotel suites

Elite Traveler, the world's leading luxury travel private jet lifestyle magazine, announces its Top 100 hotel suites. *Elite Traveler*'s panel of luxury travel writers hand picked suites from eight distinct categories (Design, City, Historic, Views, Beaches, Wellness, Outdoors and Family) to provide a discerning, modern traveller with the best the world has to offer. ❶

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Charity

Syria: Children at war

UNICEF looks at the plight of Syrian children as the war moves into its tenth year

UNICEF has played a central role in the COVID-19 crisis, but it has not taken its eye off the ball with regard to other crises around the world – especially in the case of children affected by war. Some 4.8 million children have been born in Syria since the conflict began nine years ago. An additional 1 million were born as refugees in neighbouring countries. They continue to face the devastating consequences of a brutal war.

“The war in Syria marks yet another shameful milestone today,” said UNICEF Executive Director Henrietta Fore. “As the conflict enters its tenth year, millions of children are entering their second decade of life surrounded by war, violence, death and displacement. The need for peace has never been more pressing.”

According to verified data from 2014, when official monitoring began, until 2019:

- 5,427 children were verified killed and 3,639 verified injured in the conflict
- Close to 5,000 children were recruited into the fighting
- Nearly 1,000 education and medical facilities came under attack.

The true impact of this war on children is likely to be more profound.

Ted Chaiban, UNICEF Regional Director for UNICEF in the Middle East and North Africa said: “It is evident that nine years of brutal fighting brought the country to the brink. Families told us that in extreme cases they had no choice but to send their children to work or marry their girls early. No parent should be forced to make such decisions.”


In north-west Syria, the escalation in armed conflict, combined with harsh winter



conditions and plummeting temperatures, on top of an already dire humanitarian crisis, have exacted a heavy toll on hundreds of thousands of children and families.

In the north-east, at least 28,000 children from more than 60 countries remain languishing in displacement camps, deprived of the most basic services. Wider impacts of almost a decade of conflict include: damaged schools (2.8 million children are out of school), non-functional health facilities; lack of specialized services for physical or mental disabilities and prices of basic items have increased 20-fold.

UNICEF works with a wide network of partners inside Syria and in neighbouring countries to provide aid to millions of children, such as routine immunization or vaccination against measles, psychosocial support, formal and non-formal education, water, sanitation and hygiene facilities.

UNICEF currently needs \$682m to maintain these lifesaving programmes, but funding is short. Please help.
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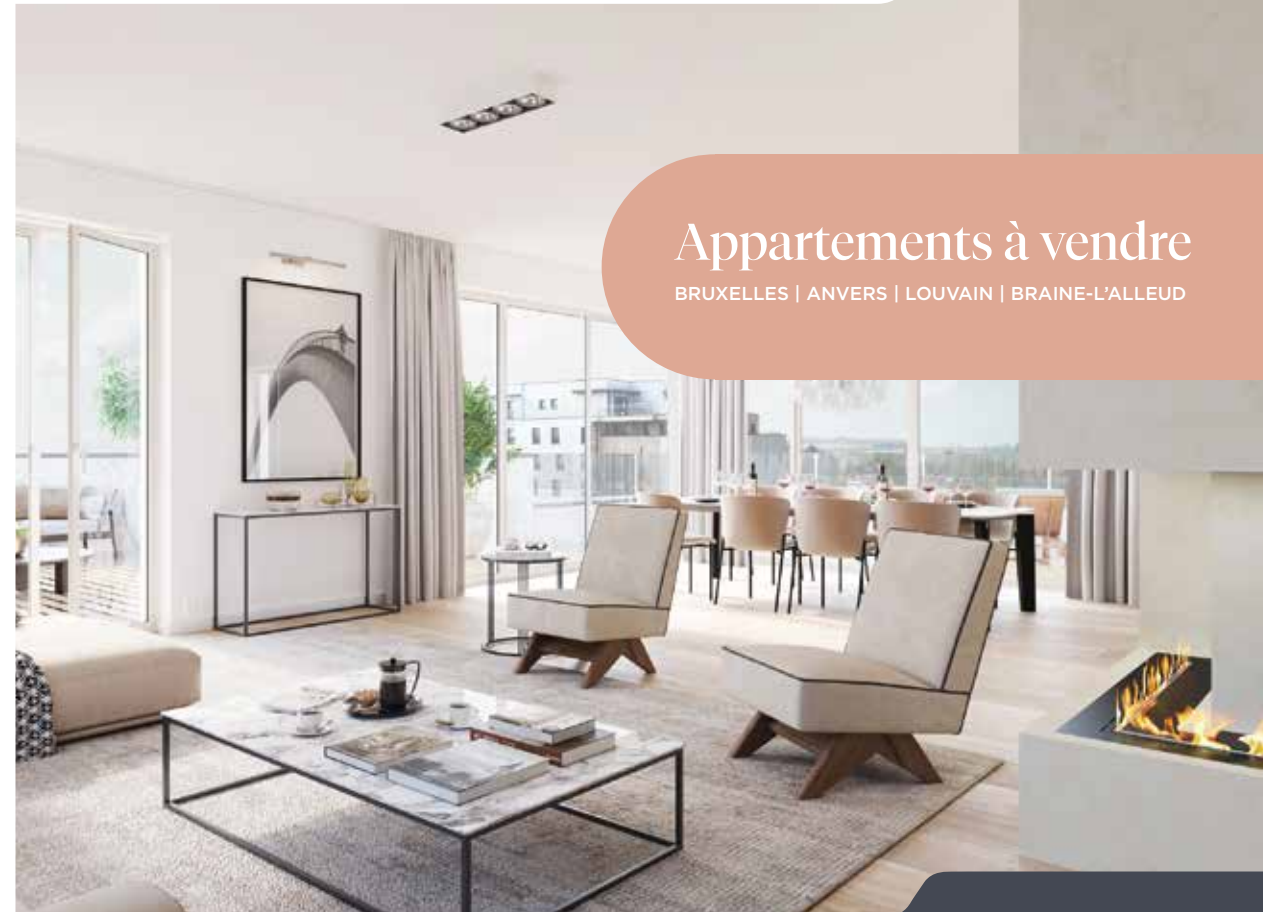
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PERSONAL DEVELOPMENT

And those are the roads that will ultimately lead to a clearing



PERSONAL
DEVELOPMENT

Fitness

6 reasons to work + work out

Aspria in Brussels explains why they have opened a co-working space in a wellbeing club



Co-working. From its free-spirited roots – table tennis and beer on tap to target a younger crowd of artistic freelancers and entrepreneurs – this is a trend that's now embedded in the mainstream and growing fast, fuelled by the rise in remote and flexible working across businesses of all shapes and sizes.

“FEEL YOUR STRESS LEVELS FALL”

The number of co-working spaces worldwide

is expected to reach 25,968 by 2022 – an increase of 42% from 2019 and an average of 2,595 new spaces every year since 2015.

Yet many of these spaces remain, well, a little frat house in feel. Spaces where more mature users might enjoy the convenience rather more than the community itself.

So, picture this. What if there were a co-working space filled with genuine like-minded



“GOODBYE LONELINESS”

people, offering all sorts of wonderful communal facilities, and where the cost of entry was zero? In fact, such a space already exists. It's open now at Aspria Brussels Avenue Louise, and it's complimentary to all members of that club. And the benefits of a co-working space being located within your wellbeing club? They are many...

1 – Out with stress

Workplace stress is a very real and growing problem, as data from the UK show: in 2018, for the first time, work-related stress, anxiety and depression accounted for over half of all working days lost to ill health. Yet, there's a simple solution, and one that's facilitated by remote working at Aspria: exercise, with its often scientifically proven ability to lower levels of the stress hormone cortisol. Schedule a quick workout into each day and feel your stress levels fall.

2 – In with productivity

Worried you don't have enough time in your day for a workout? Then you might like to



consider the findings of studies such as this one by Swedish university Karolinska Institutet. Over the course of a year, researchers analysed a corporate wellness programme involving 472 workers. They found that, in spite of taking time out of their working hours to exercise, workers still achieved the same – or in some cases even higher – levels of productivity.



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3 – Goodbye loneliness

Work from home day-in, day-out, and loneliness can set in. This is where co-working comes into its own: simply being around others can fulfil a very human need to feel connected.

It works especially well when you're surrounded by like-minded people, and at Aspria, our co-working areas are designed specifically and exclusively for our discerning membership. With vibrant workspaces alongside a fantastic programme of events, Aspria is the gateway to a stimulating and like-minded professional community.

4 – No more excuses

Work, family and social commitments can make it difficult to establish a regular workout routine, but if your gym is in the same place as your office, things become a lot simpler. It's also easier to justify a short workout when it hasn't been an upheaval to get there in the first place. A quick 10 or 15 minutes of weights and then back to your desk – that's something most of us can manage on a more or less daily basis.

You might even find a workout buddy among your co-workers – something that several studies have linked to increased exercise, effort and motivation. After all, there's nothing like feeling accountable to another person to help you stick to your exercise promises.

5 – Strike a balance

It can be all too easy to lose our work-life balance. Bad enough if we're office based, as work can still follow us home: just when we're trying to relax, there it is, our mobile phone, flashing up those work emails. Yet, it's worse still if we work from home as there isn't even a physical cutoff. We don't ever leave our office, even to sleep.

Leaving the house and heading to Aspria each day is the perfect solution. Home can once again become a place to switch off – as long as we learn to switch off our phones!

6 – It's all right here

Within a few steps, Aspria has everything you need for a well-fuelled, productive day of work: fitness and sport, but also spa and relaxation if you really need to decompress, plus a range of healthy meals, snacks and juices to give your brain the best possible fuel.

And when it comes to our co-working facilities and services, it's on us, complimentary for all members of Aspria Avenue Louise. It's all part of our mission statement, helping our members Live Life Well by making working days happier, healthier and more productive.

To read more about co-working at Aspria Avenue Louise, please visit www.aspria.com

The cosmic you

Katarina Winslow reflects on our infinite being



Did you know that your body and all other matter are made of almost 99.99% of empty space? We are energy in motion, e-motion. Nikola Tesla said in 1942: "If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration." In recent years, there has been an increasing awareness of our own contribution to our destiny, by various manifestation techniques. The latest research in epigenetics - the study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself - shows that it is our environment that creates our destiny. Genetics is just a small part of who we are.

We are created continuously and 'recreated' by our environment. The recreation part only happens, of course, if we change something in our lives. If we live tomorrow as we did yesterday, of course nothing will change. It is the law of cause and effect. We now know that it is our consciousness, or lack of it, that

creates our reality. To make things real, to manifest a dream, a new job, or love in our lives, we are learning that if we can feel it, we can be it, and have it.

The secret to a return on investment from the universe is based on your capacity to enter the quantum realm and dissolve into the cosmic you. It is when we go through the eye of the needle and dissolve into the quantum field that we become the nothingness of timelessness, the no space, the vacuum of it all. The cosmic you, the limitless and self-created version of your most divine self. It is in this field that the infinite possibilities of a life worth living exist; and when you are there you need to ask for what you want by feeling like you already have it. If we could all take an uncharted trip into the unified field and make our wishes come true, we could save ourselves, individually and collectively.

The scientific concept of 'no time' is not a delusion of an ecstasy trip, but as real and imaginable as the earth is round. It is just as

real as we are floating on a globe in an infinite universe while exhaling our yoga breaths. The movement of stillness and the stillness of movement is part of our lives, whether we want to think about it or not. Just as timelessness is. The fact that you can feel the energy of a person who is walking in the room five, ten or even twenty metres away is just because there is a space where time is not.

You feel the energy of another person across a room because your soul travels through the invisible dimension of the quantum field. In the blink of an eye, you come back to you, to inform you whether you are in harmony with another person or not. This is as evident as you can travel hundreds of thousands of kilometres in no time with a twitter feed in a digital world. This is simply the reality of human nature and how we are created, since these superpowers belong to your soul. We have all had a 'hunch' at a distance at some time, meeting someone we have never seen before. With our intuition and the soul's existence in the quantum field, instinctively we know whether we like someone or not. This is because the soul senses things in the invisible gap between tangible matters.

Thinking out loud, there is one thing I am sure about, and that is that there are more dimensions in the universe than we as mortal humans and immortal souls can imagine. Some people keep relying solely on reasoning and down-to-earth approaches while we are floating on a globe in an infinite universe. Stars in the sky, the sun above our heads, the empty space of you and me are made 'real'. When you really think about it, life seems to be a divine constellation. Can you touch the air between your fingers? Can you smell the stars in the sky? Can you jump off the globe and be received in the cosmic realm? Can you dig deep into the centre of the earth and feel the heat of the burning fire? Can you touch the soul of another?

“ IT IS THE LAW OF CAUSE AND EFFECT ”



I believe the most evident, yes, is to touch the soul of another or the heart for that matter. And where does this intuitive knowledge happen? Do you reach in and touch the heart of another? No, it is all happening in the nothingness of the timeless dimension of the soul. In the cosmic realm, in between all and nothing, in the eternal dimension of no matter.

It is when we welcome the reality of our energetic beings that we really meet each other - in truth, love, and beauty. It is where we communicate without words, and in between the words. It is also here that we can be touched by the requisite beauty of an extraordinary piece of art. Nothingness and timeless space, the no-time, is the field

where we feel ecstasy and bliss. When we feel happy, we feel connected beyond the tangible, it is here that we find ourselves, as long as we refrain from dissecting and analysing.

This spring, as we are faced with more and more threats to our wholeness, let us fight gravity and connect with our cosmic selves. Let us unite in the truth that we are all part of the global consciousness. Let us first fight separation and fear-based energies inside ourselves, then go beyond ourselves so that



we can help limit the threats to the climate and the threats to our health. The fear of others is removing us further and further away from our cosmic selves because we are tensing up in tangible matter.

Now, more than ever, can we only flourish if we transcend the limitations of what we have been taught. We would all help humanity by entering the evident reality of our being and our 'super beings'. We need to connect with the transcendental part of ourselves, the beauty of existence. We need to lose ourselves to nothingness, to become all the love that is available in the centre of me, and you, and the universe. To enhance

**“ “ WE CAN FEEL
IT, WE CAN BE IT,
AND HAVE IT ” ”**

our passion for life and our love for all that is living. It is only by aligning to the most beautiful part of ourselves that life really makes sense. It is when we are in intricate osmosis with our soul that we know the full

power of the wisdom of our heart. As we merge with the common heartbeat of humanity. As one breathes and one loves. As unified cosmic beings in a dual reality, it is hard to stay in tune

with the dimension we came from. But it is the only reason for being here because we are here to love and to be loved ❶

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Revisit your why

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** reminds us that we are not alone



Every year I travel a great deal to speak on some of the biggest stages in the world. The majority of my talks are about the strategies and mindsets around business, success and wealth creation. After my talks, I take the time to interact with my students, get to know them a bit better and answer some of their questions. One question that is often asked is: How do I stay motivated in my business when results are minimal?

In my view, business is simple. Not always easy, but it is simple. We humans come with our emotions, little voices, excuses and make it all complicated. You see, motivation is a high-vibrating emotion. Therefore, you cannot

solely rely on it to get your results. It just doesn't work like that.

Look, I totally get it. It's really demotivating when you start the year pumped. You're hustling and grinding, but nearing the end of Q1 you look at the statistics and don't have the results you want. From my experience and helping thousands of business owners and entrepreneurs worldwide, the first thing I would recommend is to take a step back. Breathe. Remember that you are not alone. Every human being goes through periods of having mediocre results, feeling discouraged and demotivated. It's the universe's way of testing you. Checking to see how badly you really want it.

**“MOTIVATION
IS A HIGH
VIBRATING
EMOTION”**

After you've taken your step back, revisit 'your why'. I say 'your why' because your reason why you started a business looks different than that of someone else's. So, how do you go back to your why? Some people write it down. The way I do it is by revisiting my vision board. This is a board I make at the end of every year for the following year. It's filled with images representing my why. Let me give you an example.

One of the images on my vision board is of a large room filled with an audience of thousands of people. Why? Because one of the reasons I do what I do is to touch and change as many lives as possible. Studies have shown that most humans think in images. When we hold an image in our brain together with an added emotion, positive or negative, our brain will subconsciously find ways to bring that image into our existence. Like I mentioned, motivation is something that isn't constant. It's an emotion. And we all know that emotions come and go. Therefore, revisiting your why will not only remind you of where you are going, but also help you get back into that motivated state. A wise man once said: "The bigger the why, the easier the how."

What I find to be equally important is having a structure. Aside from personal setbacks, illnesses, family issues etc., there are countless other addictive distractions keeping you from what really needs to be done. It's so easy to find an excuse, especially when you don't feel like it. That is why a structure is a must. Preferably, your structure should be a very simple, daily action plan. All my clients, including myself, work with a daily action plan. I don't say 'daily' because you don't just wake up one day and you're successful. It just doesn't work like that. What creates success is ultimately determined by the actions you are constantly taking on a daily basis. Holding your vision in your mind's eye and focusing on the daily, you automatically



silence the background noise. As a result of doing this you create discipline. You create a base on which success is built. Do this long enough and you will get your results!

I have found life and business can be very challenging at times. That is why it is important to surround yourself with people who are going to lift you up. Don't make it harder on yourself by having people in your existence who are going to bring you down. Have fun and have a little faith. Be aware and grateful of the things that are working for you. What you focus on expands. And lastly, celebrate the smaller wins along the way.

Because the rule is: if you can't celebrate your smaller wins, what makes you think you can celebrate your big wins?

Meet and work with Arnon Barnes live? Join one of his next upcoming events. For more information on the event, or coaching, contact his office via info@arnonbarnes.com or check out his website www.arnonbarnes.com **1**

**“THE
UNIVERSE'S WAY
OF TESTING YOU”**

Will the real you please stand up?

Matthew Cossolotto suggests that too many speakers suffer from ADD



Too many speakers and media interview guests (along with the PR practitioners who advise them) suffer from ADD – Authenticity Deficit Disorder. I'm talking about senior corporate executives, public officials, and even political candidates.

Why do so many public speakers have trouble being authentic? Part of the problem stems from our ingrained attitude about public speaking. We often think of it as a one-way process in which the speaker provides lots of information to the audience.

And this almost total focus on the content keeps most speakers mired in the 'left brain'. This is unfortunate because audiences (not to mention voters) crave authenticity.

Audience members listen to speakers using their whole brains, not just the left side of the brain.

As a means for transferring information, speeches and presentations are woefully inadequate. Studies show that people remember only a small fraction of the information presented to them in a typical speech.

If you're a speaker, candidate for office or a PR consultant, these five mindset shifts should come in handy. The only way to overcome an ADD problem is to unleash your authentic Podium Power by making sure the real you stands up to give the speech.

“ OUR INGRAINED ATTITUDE ABOUT PUBLIC SPEAKING ”



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Self-help

1: There's no such thing as 'Public speaking'... only speaking

This mindset shift recognizes the reality that speaking with ease and comfort to friends, colleagues and loved ones comes naturally to most people. It's only when we treat a certain kind of speaking as 'public' speaking that the anxiety butterflies start flapping their wings.

The critical first step in the transformation towards fear-free, authentic speaking is to repeat these magic seven words to yourself over and over again: There's no such thing as public speaking.

Think of it as a mantra or affirmation that will help to put you in the right frame of mind for your next speaking opportunity. Realizing that there's no such thing as public speaking, only speaking, expands your comfort zone to include the podium. Speaking from within your newly expanded comfort zone is the key to improved performance when delivering speeches and presentations. Also consider this: if you're reading from a prepared script you're not engaged in public speaking. You're performing what amounts to public reading.

If you visualize speaking from your inner comfort zone every time you stand up to speak (or read) to an audience, large or small, you will tap into your natural, authentic ability to connect and communicate with others. The revolutionary concept here is simple: your true podium power comes from within.

2: You can only speak to one person at a time.

This mindset shift follows naturally from the first. Try it yourself. Try speaking to more than one person at a time. It's impossible. Follow your eyes and you'll see that you can only engage with one person at a time. While you're talking to one person, looking directly into the eyes of that person, others can listen in. But you're really only talking to that one person. Speak to that person for a few moments,

then do the same thing with many others in the audience. Inevitably, you'll be connecting with only one person at any given point in time. That's the goal.

This mindset shift means you're replacing a fear-inducing concept about speaking to vague, scary and impersonal audiences to the comfort zone concept of speaking to one person at a time. This shift continues to expand your speaking comfort zone enormously. You're well on your way toward making the shift from stage fright to stage delight. And that is key to overcoming Authenticity Deficit Disorder.

3: Don't be content with content!

This third mindset shift opens the door to what I call 'whole brain speaking'. The key idea is to go the extra mile, go beyond a singular focus on the information you want to share with the audience. Far too many presentations are left brain focused. I advocate tapping into the right brain. That's where you'll find imagination, intuition, enthusiasm, passion, emotion. Yes, the content of your presentation is very important. It's a necessary, but not sufficient piece of the puzzle. You should focus on the content, on the structure and the logic of your talk. You should prepare and rehearse. Those things are fundamental. But then go beyond that and think about the connection, about the relationship, about bringing a bit of your heart - your emotion and enthusiasm and personality - to the occasion. The poet Samuel Coleridge said it well: "What comes

from the heart goes to the heart." As a speaker, you should try to engage the right brain - your own and that of the audience.

Tapping into the right brain doesn't mean abandoning content and valuable information. Far from it. When speakers tap into the right brain, they're engaging in value-added speaking.

4: The audience supports you

This shift moves you from self-consciousness



to support-consciousness, another critical step in the transformation to authentic speaking. With the first three shifts, you've begun to think differently about speaking to audiences. You're moving away from the very idea of public speaking toward speaking to one person at a time, having a conversation. You're not focusing exclusively on the content of your speech and opening yourself up to the right brain elements of heart, emotion, connection, relationship and imagination. Now you're ready to take another very big step: the recognition that the audience actually supports you. You're ready to shift from being self-conscious to being support-conscious. This liberates you to become a more authentic speaker.

The nearly universal fear of public speaking is rooted in this largely subconscious notion that the audience is somehow against us or judging us. The reality is the audience

supports the speaker. The audience wants you to do well, to succeed, to be engaging, to be informative and motivating. Most of all, the audience wants you to be comfortable being yourself. By accepting the idea that the audience supports you, you're able to enter any speaking situation with a positive comfort zone mindset. The uneasy feeling of danger and fear naturally and effortlessly recedes.

Being support-conscious means that we stop focusing on the negatives, on the potential pitfalls, on what's at

stake, on what could go wrong. We allow ourselves to focus on the positives, on this wonderful opportunity to share our ideas and insights with other people. Think about it. What is there to be self-conscious about, to be afraid of, if the audience supports us and wants us to do well? Even if you imagine the audience to be hostile for some reason, it's far better for you to believe the audience supports you. Your positive expectation will

**“ NO SUCH
THING AS
PUBLIC
SPEAKING ”**



reduce your anxiety, improve your performance, and enhance your experience of the occasion. It becomes a self-fulfilling prophecy.

5: Make sure the real you shows up

The first four mindset shifts culminate naturally in this final stage. Fear-free, authentic speaking ultimately means making sure the real you shows up to do the talking. If you're fearful and ill at ease, the real you has a difficult time breaking through those barriers and making an appearance. If you're stressed out and full of trepidation, you're sending a poor, frightened substitute to give your speech. Your goal should be to let the natural, authentic, comfortable 'you' give the presentation, not a self-conscious, overly scripted, programmed, stressed-out version of yourself.

How will you know whether the real you actually shows up? Your body sends unmistakable signals. If your heart is pounding and your breathing is shallow and rapid, this is not the real you. If your palms start sweating and your knees knock and your voice quivers, this isn't the real you.

The real, authentic you is the person you know yourself to be when you're at ease. I call this the 'best friend' test. You should visualize how you feel when you're talking with your best friend and bring that person to the podium to give your presentation. Charisma comes from being poised and comfortable inside your own skin in front of an audience. Let your natural charisma shine.

Make these five mindset shifts and you'll successfully overcome the ADD problem. You may even experience the joy of speaking. And you'll seize the power that is your natural birthright – your authentic Podium Power. You and your audiences will be glad – and much relieved – when you do.

Matthew Cossolotto is a former Nato speechwriter and author of several self-help books. He conducts public speaking workshops and other Personal Empowerment programs in Brussels and beyond. www.ThePodiumPro.com, Matthew.Cossolotto@gmail.com



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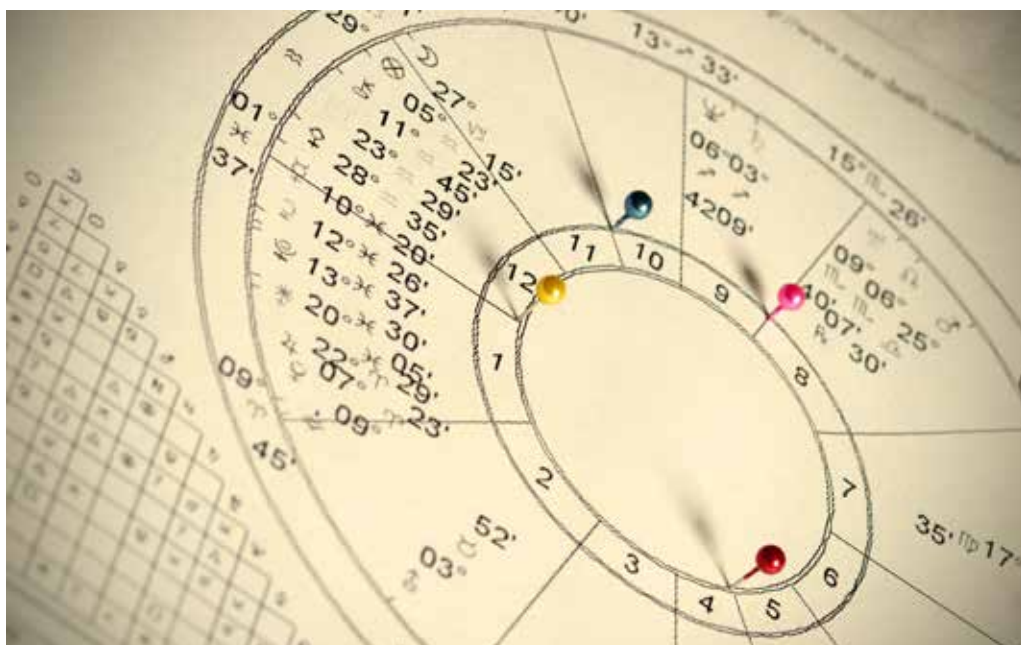
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A gift from the stars Part II

In Chapter 7, the second and final part of his astrology piece, **Axel Trinh-Cong** opens up many houses to you



Astrology can provide the means of discovering one's internal universe (the microcosm) and harmonizing it with the external universe (the macrocosm). In the year 2020, the cosmos is marked by a conjunction of Saturn and Pluto in Capricorn (see my February article). This alignment is extremely rare – the last occurrence dates back to over 500 years ago – and will affect us all in singular ways. If you like, you may read further to find out which part of your life will be affected by this energy, according to your date, time and place of birth.

**“ FIND A NEW
CENTRE OF
PERSONAL
GRAVITY ”**

How will your life be impacted?

In astrology, your natal chart is divided into 12 houses, numbered from 1 to 12. Each house is related to an aspect of life – money, relationships, career, etc. The house in which Pluto and Saturn are positioned in 2020 will depend on your date, time and place of birth. The activity of these planets will vary considerably from one house to another.

In order to see your astral chart, and find out in which house Saturn and Pluto are positioned in 2020 where you are concerned, here are some instructions:

- Go to www.astro.com,
 - Click on Extended Chart Selection on the right-hand sidebar and select Guest Users
 - Fill in your birth information and select 'click here to show the chart'.
- Now you can see your birth chart, or in other words the position of the planets from the time you were born.
- Now click on '+ with transits', so you can also see their position today, in the green circle
 - In this circle, notice the green signs of Saturn and Pluto, and take note of the quarter in which the two planets find themselves. This quarter represents a house, the number of which happens to be very close to the centre.

According to this number, you can then discover the opportunities provided by the conjunction of Saturn and Pluto in Capricorn.

Saturn and Pluto in each house...

House 1

In the house of the Ascendant, it is always a matter of rebirth. Here more than in any other house, the desire to feel alive is clearly manifest. Only this time, by reconnecting with our own true power. It's the time for coming into one's own, being responsible and, most of all, aspiring to live authentically, with a renewed conscience of one's value, liberated from the expectations and judgement of others.

House 2

In the house of matter, body and resources, the focus is on what we truly need in order to live at peace with ourselves, on the physical side of things. Here, what we consider to be the foundations of security and material value is put into question. Perhaps they should be re-evaluated with different concepts in mind – perhaps we should realize that to be is more valuable than to have. Nothing belongs to us in this world besides ourselves and our own internal richness, of which our external possessions are but a mere reflection.

House 3

In the house of the mind and communication, it's all about transforming the ways in which we interact with people around us. By reconnecting with ourselves, we can, as individuals, express our feelings without falling into chit-chat, avoidance, blame or accusations, and thus allow space for true communication, once we are mindful of the words we choose. This is also a good time to take on new courses, develop new skills or redefine the way in which we experience life.

House 4

In the house of roots, as well as internal and emotional security, we are called on to rethink our identities. To do this we must reinforce our groundedness and stability, in order to find a new centre of personal gravity. Each individual concerned is invited to find peace and strength with and within themselves. This is often a period in which emotional dependency is brought to light.

House 5

In the house of personal expression, our internal child is beckoned to externalize its emotions, ideas and creativity in a spontaneous and playful way, authentically and without fear of judgement. In this house, where the question of love is also very present, sentimental life may become more intense and profound. It is all a matter of being happy with ourselves, as we are, and to share this self with others, without needing their recognition or admiration.



House 6

In the house of the search for rightness, it is a matter of reflecting on who we are as individuals. A good way of becoming better acquainted with oneself is to work on personal development. By distancing ourselves from all that we once thought defined us, by cleaning our egos, we can finally embark serenely into new relationships. This self-adjustment can be achieved by developing a new, more disciplined way of life.

House 7

In the house of relationships, we are invited to disengage from the ones that no longer agree with us. On the other hand, it is also the time for entering into a new relationship, on equal footing, so that we may position ourselves before another human being - as a whole person. Then there is the matter of learning to commit, and assuming our existing commitments.

House 8

In the house of alchemical mutation, it's the appropriate time to take on our deepest fears. If we accept to recognize them, and to see reality behind appearances, we may finally be rid of these fears as well as our need for control. The outside world might cease to be viewed as a threat, and we might be able to collaborate and interact with it, while respecting ourselves and others.

House 9

In the house of the search for meaning, we are called on to forsake our outdated beliefs,

ideals or moral rules, to widen our horizons and open up to alternative ways of seeing the world. This is how we might give our lives a new meaning, one that is more aligned with our true natures, as well as the laws of Man and the Universe.

House 10

In the house of professional life and social identity, we are beckoned to call into question what we offer the world, and our place in it. Those who wear a social disguise that isn't authentic for them will be put to the test, as well as those who disregard their responsibilities. For those concerned by this particular house, now is the time to reconsider their ideas of authority and success.

House 11

In the house of service towards the collective, we learn that accomplishment is not only a personal endeavour. Indeed, here we might discover other sides to our power, by connecting to others who share our aspirations. We might also feel particularly concerned with human injustice, and look to put an end to it through personal and collective action. We might also make changes in our professional lives, with a view to finding an occupation that is better aligned with our values.

House 12

In the house of dissolution, universal connection and spirituality, our very being is called on to find its place again within the greater picture - far greater than ourselves. By ceasing to define ourselves by what we are experiencing or undergoing at present, we can move from the idea of existence to the notion of presence. To achieve this, it is necessary to let go, and to have the courage to open up to an invisible, universal dimension of life. This is a good time to take a step back, and reflect on our personal journeys.

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

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Be successful

Be successful

We look at two more books that will propel you on the road to success



Atomic Habits by James Clear

No matter your goals, the instant *New York Times* bestseller *Atomic Habits* offers a proven framework for improving - every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones and master the tiny behaviours that lead to remarkable results.

If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again, not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to

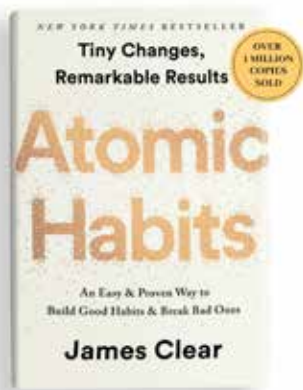
the level of your systems. Here, you'll get a proven system that can take you to new heights.

Clear is known for his ability to distil complex topics into simple behaviours that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology and neuroscience to create an easy-

to-understand guide for making good habits inevitable and bad habits impossible. Along the way, listeners will be inspired and entertained with true stories from Olympic gold medallists, award-winning artists, business leaders, life-saving physicians and star comedians who have used the science of small habits to master their craft and vault to the top of their field.

Learn how to:

- Make time for new habits (even when life gets crazy)
- Overcome a lack of motivation and willpower
- Design your environment to make success easier
- Get back on track when you fall off course, and much more...



Dare to Lead by Brené Brown

Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Leadership is not about titles, status and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas and has the courage to develop that potential.

When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into the vulnerability that's necessary to do good work.

But daring leadership in a culture that's defined by scarcity, fear and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection and courage, to start.



Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations, ranging from small entrepreneurial startups and family-owned businesses to non-profits, civic organizations and Fortune 50 companies, all ask the same

question: "How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture?"

Brown writes: "One of the most important findings of my career is that daring

leadership is a collection of four skill sets that are 100% teachable, observable and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." ❶

“ TINY CHANGES, REMARKABLE RESULTS ”

Which side do you want to be on?

Yannick Callens wonders when a global threat becomes a real estate opportunity



Should we invest locally or internationally in real estate? Have you ever dreamed of owning a residence abroad? In real estate, as in any business, supply and demand play a huge role in the price you pay.

If demand decreases and the market supply remains stable or increases, the price is automatically under pressure and decreases in the negotiation of the deal.

“ YOU ARE FREE TO CHOOSE ”

Without wanting to talk too much about the virus that is blocking the economy, we have entered this trend. You can see it as a threat or as an opportunity for everything. You are free to choose.

As in 2011 in Spain, when the economy froze and the demand for real estate collapsed, prices were put under pressure. Will Italy understand this? Or other countries in the world? It is still too early to talk about it, but

the blocking factors are there. Demand is blocked, supply is on hold – time will tell. In any case, the investors who bought in Spain in 2011 and 2012 did very well.

Are we in a possibly similar scenario in the coming months? It's still too early to tell, but stay tuned! Any crisis has room for opportunity. Which side do you want to be on? I have made my choice!



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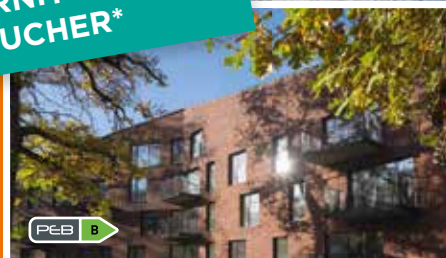
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And what about Belgium?

Let's say that currently the real estate market could be experiencing a slower cruising speed. This would give buyers considerable bargaining power. I'm not talking about breaking prices, but rather being able to negotiate real estate prices down. Four factors need to be taken into account in real estate: supply, demand, quantity and quality of goods.

The difference between supply and quantity

The offer is the general state of the real estate market. The quantity is more specific to each type of property offered on the real estate market.

Before investing in real estate, ask yourself the following question: do I want to invest locally or globally? In other words: do I want to invest in my country or abroad? From my point of view, I invested a lot in my country, but I did my best business abroad.

You can also enjoy your property abroad and combine your return on investment with the pleasure of going there.

Remember that the benefit of a real estate transaction is the purchase and resale of the

property. Often, we forget that buying well is as important as being able to resell your property. Take your time to analyse all the information necessary to make an advance in your investment.

Three other factors to take into account to seize a real estate opportunity: timing, advisers and information.

Timing: is it a good time for me to invest? Do I have time to follow this myself or is it time to delegate?

“ I PERSONALLY ADVISE YOU TO CHOOSE THE RIGHT SIDE ”

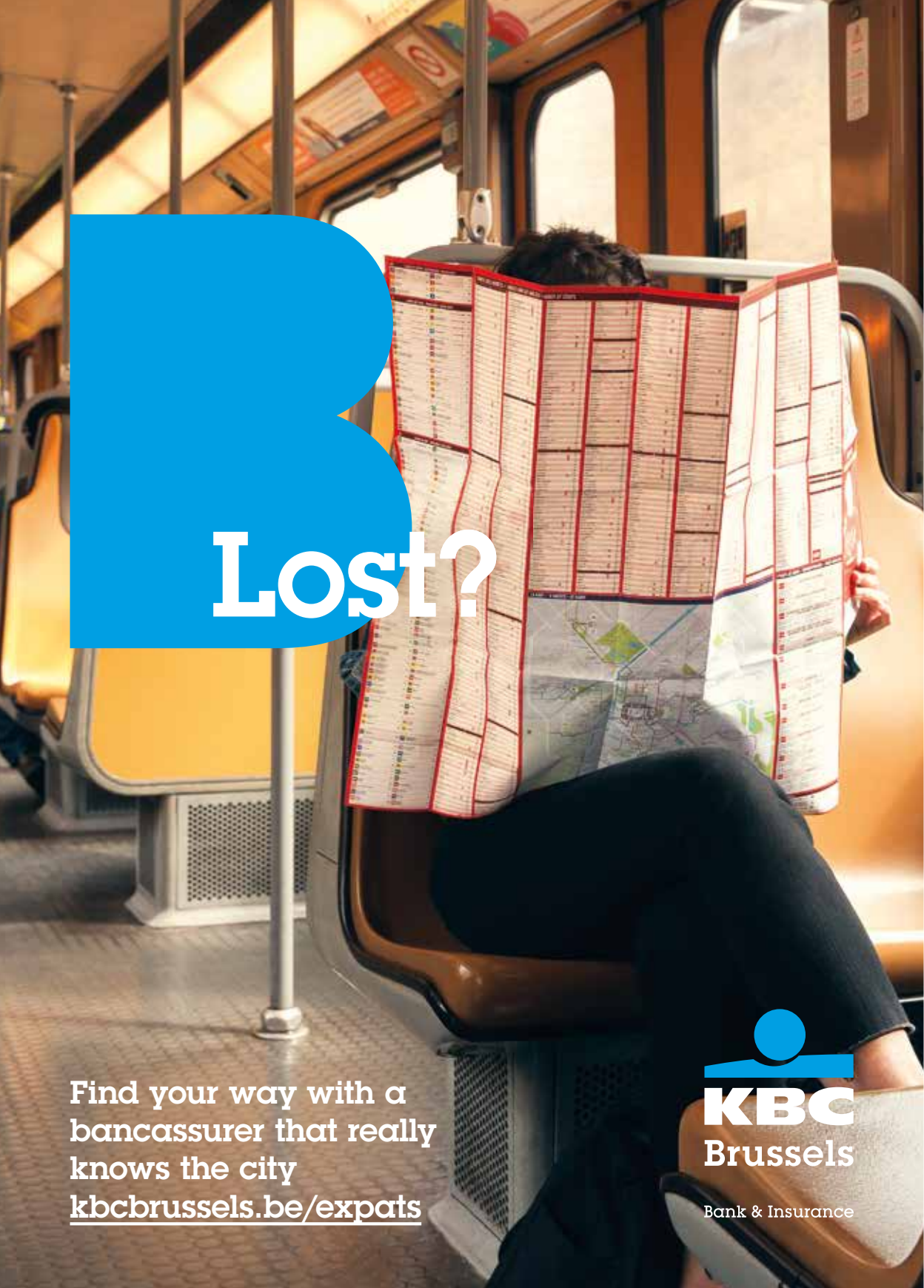
Advisers: am I well surrounded by the right people who can help me? Notary, banker, broker, etc.

Information: do I have enough information to make my investment

decision calmly? Am I sufficiently educated?

If you have control over these three factors, you are able to invest in the right circumstances on your own terms! Then, you just have to multiply what works. I wish you lots of opportunities. Any crisis has two sides, I personally advise you to choose the right side.

Ask yourself this simple question: what can I gain from this temporary situation? 📌



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A very exceptional situation

Dave Deruytter suggests strategies for when the economy is in free-fall



The coronavirus (COVID-19) pandemic is the direct cause. Still, most markets have been at historically high levels for a few years already, and the upside looked limited.

As it is not possible to predict the future, I have a few tips on how to deal with such a very exceptional situation.

When the financial markets have already dropped substantially over a period of time, it is very rare that it is still a good idea to sell, at least if time is on your side. Of course, if you need the money, you

have no choice but to sell. At the same time, depending on your investor profile and time horizon, and if you are not over-invested in equities yet, checking out buying opportunities has historically proven to be worthwhile.

**“ THE
FINANCIAL
MARKETS ARE
HAVING A VERY
HARD TIME ”**

The number of deaths we will see caused by the coronavirus, however sad, is not the key concern of the financial markets. It is the slowdown in economic activity and the disruption of the international supply chains, leading to lower profits for companies, that is of worry.



Indeed, there will very probably be fewer deaths from COVID-19 than from the yearly, seasonal flu. But, given the World Health Organization's attribution of the 'pandemic' status to the coronavirus, severe measures are needed to contain its worldwide spread. The latter is hindering the flow of goods internationally, which is disrupting the interwoven global supply chains of many manufactured products and will lead to a recession in many countries.



China has been over the peak of new COVID-19 infections since early March, and the Chinese production system should be up and running again soon. Many other Asian countries are following China with about a month delay. So, they, too, are on the mend. Sadly, Italy and other parts of Europe have also been hit, plus the USA has not been spared either. In consequence, it may take until the month of May this year before most of the effects of the pandemic are behind us.

This difficult situation is an important reminder, particularly for people new to investing on the financial markets, that the risk you take should be in line with your investor profile and time horizon. Indeed,

money you need in six months time should not be invested in risk assets. At best, one should keep that money on a term account maturing before the date that it is needed, or just on a savings account. The riskier the assets you invest in, the longer the time horizon needed.

In general, one can say that you need at least five years ahead of you to invest in real risk assets like shares, on the condition that your investor profile allows for that. If you have poor knowledge of the financial markets and are scared when the market drops even slightly, you should not invest in equities, even less so if you need the money within five years.

Last but not least, do not borrow to invest in risk assets. ❶



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Going viral

Catherine Feore looks into the worldwide breakout of COVID-19



Where do you want to be if there is a coronavirus (COVID-19) breakout? Well, preferably on an outer Hebridean island, with a well-stocked larder, plenty of turf for the fire and a pile of books. But more realistically, assuming that most of us are unable to abscond from work or family commitments, what sort of country would you like to be living in?

Let's narrow it down by looking at where you don't want to be. You don't want to be somewhere where sycophancy or authoritarianism leads to lack of transparency and public trust. So, you need a robust democracy with proper checks and balances, including independent health

professionals and media. In addition, you need politicians who listen to experts and are willing to make unpopular decisions to serve more important ends.

Poverty, with the associated precarity of workers who might be unable to take time off, could lead to under-reporting, so economic support for the weakest is not only an act of solidarity, but also an act of universal self-interest. Even if you aren't vulnerable, the economic knock-on effects will be heavy.

Universal and free or affordable healthcare are critical; no one should fear coming forward - hopefully via phone or online

**“ THE EU HAS
ALSO MOBILIZED
OTHER
AGENCIES ”**

initially. Singapore made the decision to pay for the cost of hospitalization irrespective of where the patient is from. Moreover, it needs to be a country that recognizes that they will also need to provide a palliative for the economic pain that will be one of the side effects of this epidemic – the self-employed and small businesses are particularly vulnerable.

Equally, you will want to be somewhere where people assume their individual responsibilities. Over the last week, there has been much discussion about hand washing. It is amazing how this simple and affordable act can be so effective. The virus has a thin lipid (fat) layer, so soap or washing-up liquid and some vigorous scrubbing can make the virus inactive, so dry your hands using paper towels, rather than a dryer. Incidentally, if you don't already, you should try to make this the habit of a lifetime – I am sure it already is for *Together* readers. Other simple measures include sneezing into a paper handkerchief or elbow, self-isolating if you think you are unwell or vulnerable and generally keeping a little more distance from your fellow human beings than you might be used to.

Finally, you want to be in a country that has thought long and hard about the challenges that a pandemic presents and that has held many simulations to enhance preparedness. These elements narrow your choice down to somewhere in Europe and the more open societies in Asia.

I am writing this after Italy was the first to declare sweeping restrictions to mitigate the spread of coronavirus within its borders. Italy has decided to take draconian actions; in the coming weeks, others are likely to follow.

It is moments like these when you discover that those much-maligned experts and faceless bureaucrats have been quietly modelling and preparing for this day for some time. The European Centre for Disease

Prevention and Control (ECDC) is an EU agency dedicated to strengthening Europe's response to infectious disease.

The ECDC works with international organizations, in particular the World Health Organization and EU countries, to identify, assess and communicate information on current and emerging threats to human health, hosting an Early Warning and Response System (EWRS).

The ECDC carries out its risk assessment and then advises the Health Security Committee, which brings together health expertise from every EU member state. National authorities inform the ECDC about what measures they are taking. The ECDC is not the only agency involved. The EU has also mobilized other agencies, including the European Medicines Agency (EMA) and the European Union Aviation Safety Agency (EASA).

The EU is working across Directorates and pulling out all the stops, to take as integrated an approach as possible, working closely with the EU's health ministers. There are no easy choices, and the more stringent the measures to contain or deter the spread of the infection, the harder the hit to the economy.

The list of EU actions is very long indeed, but to give you an idea it has included funding through an EU Healthy Gateways to improve capacities at entry points, such as ports; measures to help laboratory preparedness:

**“ A ROBUST
DEMOCRACY
WITH PROPER
CHECKS ”**

€114m to support the WHO;
€15m for rapid diagnosis and surveillance in Africa;
€90m to the EU's Innovative Medicines Initiative to support urgently needed research on diagnostics, therapeutics and prevention;
€3m to repatriate EU citizens

from Wuhan, China; the examination of joint procurement of protective equipment as well as support to find a vaccine.

In the EU, health services and public health are primarily the responsibility of national



governments, but as this coronavirus epidemic has illustrated, the EU is there to support, complement and supplement national action; in doing so it pools resources and expertise.

Known knowns, known unknowns, unknown unknowns

Scientists are data-crunching as I write, but at this moment China's quarantine, social distancing and isolation of infected populations appear to show that an epidemic can be contained. Data show us that young people and those under 50 are very resilient. However, there are many areas where there is uncertainty.

For those saying that COVID is just like annual influenza (I have a certain orange person in mind), the case fatality rate (CFR) is estimated at about 0.3 - 1%. This is much higher than for a moderate influenza season, which is usually of the order of 0.1% CFR. This figure is likely to fluctuate with wider testing and more positive, but non-fatal, results. Nevertheless, fatality does appear to be much higher than for influenza. COVID-19 is also infectious for around 10 days, which is much longer than

typical influenza, thus placing a heavier burden on health systems. While influenza's transmission is reduced in the warmer summer months, we don't yet know if this will reduce the transmission of this virus.

Studies already seem to show that COVID-19 can be transmitted one to two days before the onset of symptoms. This is problematic as it means that the virus is passed on before the need to quarantine or self-isolate may be recognized. As many people have a mild or

asymptomatic response to the virus they could unknowingly be spreading the virus, meaning that wider quarantines like those in Italy may be applied more widely.

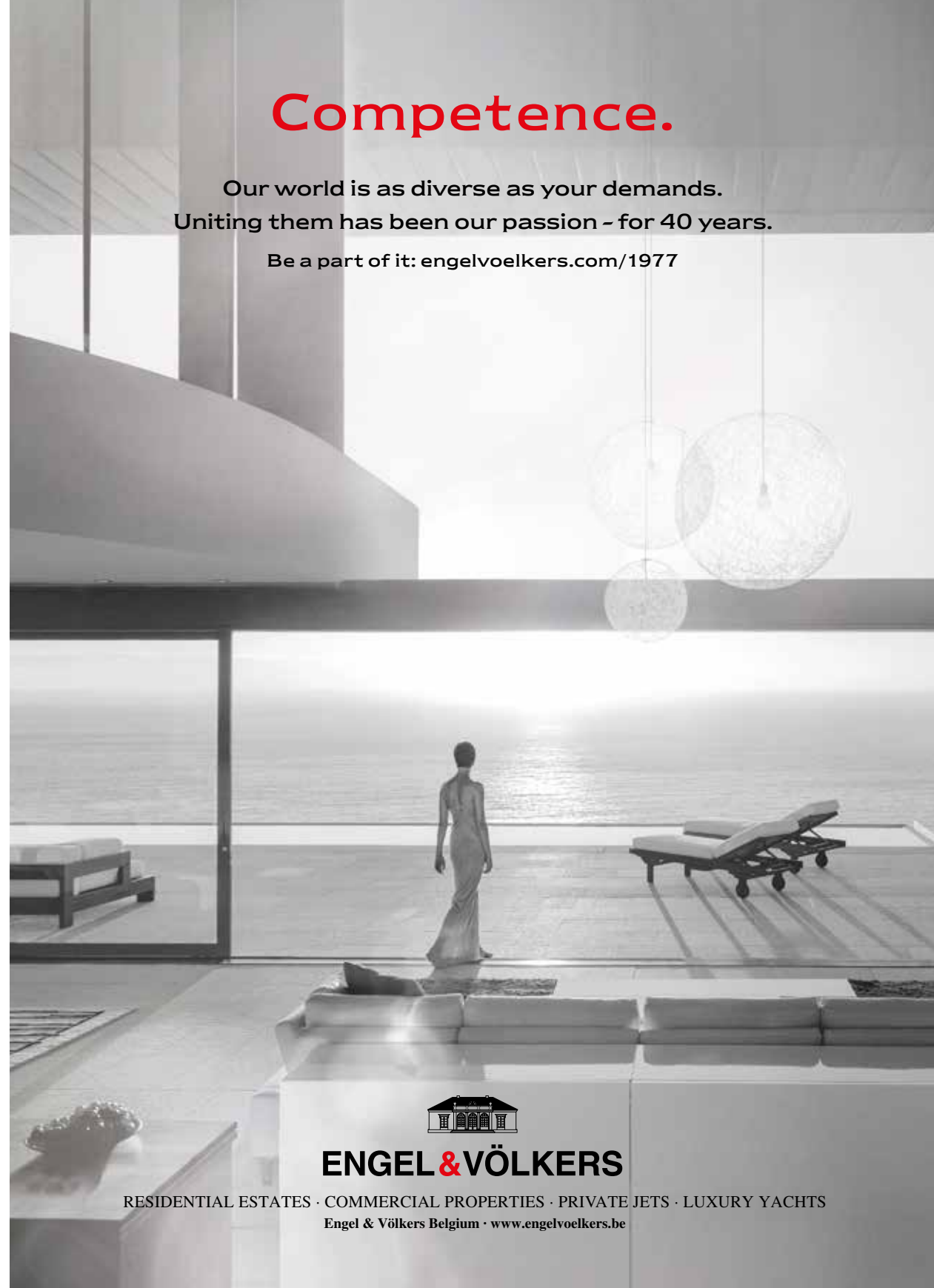
Measures can help to flatten the epidemic's curve, slowing down the spread of the disease while the health services can scale up making it more manageable and while a vaccine is developed, but this could take from a year to 18 months. In the meantime, beware of wacky alternative treatments – rinsing your mouth with saline solution, elderberry syrup or raw garlic just won't cut it! ●

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PERSONAL
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Nature

Nature's messages: Just on the other side of the veil

Life coach **Jean o'Connor** brings us messages, collected across the seasons



Spring: The path of least resistance
As temperatures timidly tiptoe upwards, the cold recedes and the ice begins to melt, I'm struck by the fact that Nature will always follow the path of least resistance. Water flowing around rocks, trees growing over and around and in between.

However, somehow that tenet doesn't seem to have been adopted by society, with that draw to resistance eventually developing into fighting for this and fighting against that, war rooms and differences assumed. That all too familiar us versus them that we see attached to even the most noble causes.

But maybe the more we let go, the more things will flow, maybe it's not us versus them, but just me and you, and you, and you. All different, yes – but why the need to sand down each other's differences to enter into an individualized concept of right and wrong, good or bad?

Perhaps if we can begin to feel comfortable with the differences between each of us, rather than judging one and applauding the other, perhaps if we can resist a little less and flow a little more, perhaps then we could begin to open up the roads to greater understanding. And those are the roads that will ultimately lead to a clearing occupied by less opposition and greater harmony, on any

Nature

scale – lover to lover, neighbour to neighbour, colleague to colleague, country to country, mindset to mindset. I'd like to see where that path could lead.

Summer: The thud of lemons

As liquid gold continues to melt over our endless weeks of summer, I'm struck by the lemon trees in my garden – their fruit is so full and heavy that they are yearning to be picked, and yet at some point drop down to earth with a thud of their own accord. A specific day and a specific time for every single one of them, and yet impossible to predict when this will be.

It's as if nature had a secret time code for each and every lemon - the secrecy part of its intrinsic beauty. Similar to childbirth when one cannot know the specific time it will all begin (and yet begin it will), there is no forcing it, no more than we can force the sun to rise or a flower to bloom.

That yearning to 'know', to 'get right now', to 'have today' is so often with us. I am reminded of the first lines of a poem by David Whyte: "Let the apple ripen on the branch, beyond your need to take it down." That deep let go is a wonderful albeit at times excruciating exercise in and of itself. As nature knows when the time is right, your body does as well. The secret perhaps then is to be very, very quiet... and listen for the thud of your own inner lemons.

Autumn: Leaf theory

Many of us spend our lives attempting to find the 'right path' that will magically shepherd us to our 'true destiny' - I know that that was true for me at least!



It went something like this: imagine a leaf in your hands, turn it over and take a look at those delicate veins spreading forth from the stem. I don't know about you, but I spent years desperately searching for the 'right' vein to ride to get to that stem – surely the source of all future joy just waiting to be weaved into the fabric of my life.

Then one day I began to wonder... what if, instead of travelling towards the stem, we actually come from the stem? What if we should be looking at the leaf in the opposite direction and our destiny was actually our birth, and our lives are the entire leaf - a myriad of tiny

paths, all as valid as each other and all 'meant' to be taken?

In this version, there's no more anxiety generated by being on the wrong path, no more fear about having missed the right one, running out of time, or just plain getting lost. With our view no longer turned towards that stem, but rotated 180° and tilted outwards towards the world instead, we can observe a



sea of little paths all stretching out in front of us like a magical river's delta - each and every one of them contained in the leaf of what our lives are 'meant' to be.

Our renewed viewpoint also allows us to notice that we are not alone, with what first begins as a rustling in the air we soon come to realize is the sound of all our brother and sister leaves fluttering in the breeze above, below and all around us - the ones we could not see when our focus was solely on the stem.

Winter: Winter's veil

Winter has set in here and every year I'm re-awakened to a message that it carries on its icy back. As leaves fall away, we come to discover worlds metres from places that are so familiar to us that we didn't even know existed just a few months before. Buildings, places, things that we cannot see the rest of the year, become gradually uncovered by the trees as their branches become barer and barer still.

In the same way, sometimes all that is needed to make sense of things is a change of perspective, searching through and behind the trees instead of looking straight at them. Looking through and behind our problems, getting rid of the noise, focusing in on the most important things and what lies behind.

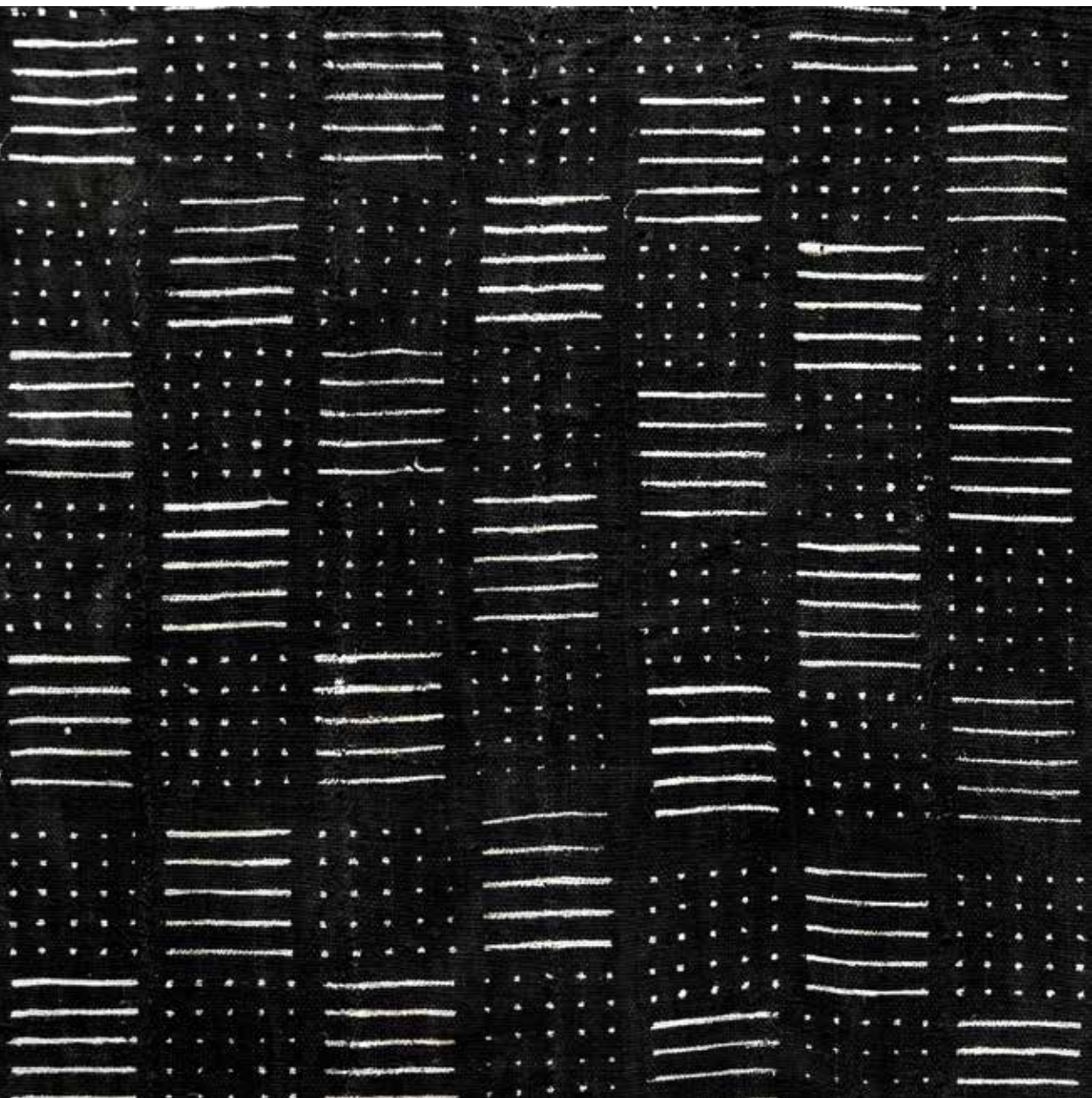
This unveiling dance continues until spring returns, and the sun bathes the ground in light once more so that the leaves return and those hidden worlds retreat behind their leafy screens once more until the next winter comes.

So as the cold continues its march across the ground, until March begins to tilt its head towards the sun, I'm reminded of nature's message to look further and deeper to find the answers that we seek. Because often, those answers are a lot closer than we think – just on the other side of the veil. ●

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LIFESTYLE

Luxury

House of Fabergé – immortal prestige

James Drew hunts down some very special Easter eggs



For most people, the first thought that occurs when the name House of Fabergé is mentioned is that of the jewellery house's immortal Fabergé Eggs.

It is believed that around 69 eggs were created, in St. Petersburg, Imperial Russia, of which 57 still survive today.

Peter Carl Fabergé supervised the manufacture of virtually all of the eggs, using jewels and precious metals to create Easter eggs for eternity, for the Russian Tsars.

The actual firm, House of Fabergé, was created in 1842, then, in 1924, Fabergé Paris was opened by Peter Carl's sons Alexander and Eugène. In 1937, the rights to the Fabergé brand name were sold to Samuel Rubin for the marketing of perfume, and the brand name was then resold in 1964 to cosmetics company Rayette Inc., which changed its name to Rayette-Fabergé Inc. Today, the brand is solely used for jewellery items and gem stones.

The very first Fabergé egg was crafted for Tsar Alexander III, who had decided to give

Luxury

his wife, the Empress Maria Feodorovna, an Easter egg in 1885, possibly to celebrate the 20th anniversary of their betrothal. Many believe that the Tsar was inspired by an egg owned by the Empress's aunt, Princess Vilhelmine Marie of Denmark, which had captivated Maria's imagination in her childhood and of which the Tsar was well aware. Known as the Hen Egg, the very first Fabergé egg is crafted from a foundation of gold. Its opaque white enamelled 'shell' opens to reveal a matte yellow-gold yolk. This, in turn, opens to reveal a multicoloured gold hen that also opens.



Fabergé Winter-Egg, made by Victor Mayer in Pforzheim/Germany in 1997

In the 1983 James Bond movie *Octopussy* a Fabergé Egg is the central MacGuffin (a red herring) – Bond (Roger Moore) swaps a genuine egg for a fake, then tempts the film's villain, who is cheating at backgammon, with the bona fide egg, before turning the tables and winning 300,000 rupees from him. Raised eyebrows all round.

And as far as international espionage is concerned, kind of, in a bid to acquire more foreign currency, Joseph Stalin had many of the Fabergé Eggs sold in 1927, after their value was appraised by Agathon Fabergé. Between 1930 and 1933, 14 imperial eggs left Russia. Many of the eggs were sold to Armand Hammer (president of Occidental Petroleum and a personal friend of Lenin, whose father was founder of the United

States Communist Party) and to Emanuel Snowman of the London antique dealers Wartski.

And, a recently discovered Fabergé Egg found in a flea market with a \$14,000 price tag was later valued for around \$33 million. British King George V and Queen Mary were huge fans of Fabergé objects and so in 1933, they purchased three exquisite imperial eggs – the Colonnade Egg Clock, the Basket of Flowers Egg and the Mosaic Egg. The eggs now belong to Queen Elizabeth II, who also owns multiple other Fabergé collectibles

including ornaments, boxes and photo frames.

However, some of the eggs are still missing – after the fall of the Romanov family during the Russian Revolution, the Imperial eggs were looted and scattered throughout the world, creating one of

the most intriguing Easter egg hunts ever. Some are in private collections, some are in museums and some have vanished without a trace. ❶

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Shopping

Shopping

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In a small shopping street in Wavre, near Brussels, there is a small, rather unusual shop for all lovers of art and leather goods. The concept of Arts2be is to combine an art gallery with a leather goods store. Combining art with leather and working in close collaboration with artists, the aim is also to take the works out of the galleries and take them home with you.

Working exclusively with quality materials, these handcrafted bags are certified in accordance with European rules in terms of leather processing. All products are, of course, made in Belgium. One of the main advantages of these bags is that they are created in very limited editions. Each item comes with its certificate of authenticity, just like a work of art. Clearly, unique tailor-made pieces are also possible.



Highly original and standing out, it goes without saying that you could hardly find someone with the same bag as you!

Available exclusively at the store where you will receive unbeatable service or on the E-shop - you will certainly find a piece that seems to have been made especially for you.

www.Arts2be.be

Briston The Clubmaster Classic

Dare to be colourful! The Clubmaster Classic watch offers a timeless look with its colourful dial and interchangeable NATO strap. Both elegant and sporty, the chronograph model, with its two counters and pusher buttons, can be worn for your business meetings as well as for a weekend with friends. The Clubmaster Classic is born from the marriage of form and material. Its 'cambered square' shape comes straight from the roaring twenties. It gives it a unique and classic look in a standardized round watch segment. This elegant and timeless watch is manufactured in a 40mm case available in cellulose acetate or steel. Price: **from €270**

www.briston-watches.com



François Aubry La Planète Bleue

As an artisan passionate for his craft, François Aubry had the privilege to grow up in the heart of a region known for its excellent watchmaking and know-how. After 30 years of experience in the service of the most prestigious names in watchmaking, it was the moment to design a committed and outstanding watch of character - La Planète Bleue (French for Blue Planet) pays tribute to our planet. Blue signifies a clean and healthy ocean, which is not really the current situation. However, François Aubry remains optimistic and is pleased to announce a partnership with Yvan Bourgnon and his organization The SeaCleaners. Part of the profits from La Planète Bleue's sales will go directly to the organization to preserve the ocean from plastic pollution.

www.francoisaubry.ch



BERING: Max René Collektion

Pure, elegant and timeless, the prize-winning Danish designer Max René has designed an exclusive watch collection for BERING, with a unique interchangeable strap system. The Max René concept offers a wide combination of looks in a single watch design.

With the help of a unique sliding technology, the straps for each watch from the Max René collection can be changed in seconds and replaced with another one. The simple and yet elegant watch dials add to the contemporary look. The watch straps are available in a variety of colours of milanese and in a selection of colourful silicon. This makes it possible to create numerous combinations of colours and textures: **€169**

maxrenewatches.com



**Enora Antoine**

Enora was born to an artistic family and has a passion for fabrics, pearls and colours. Her sense of true beauty and her high sensitivity drives her to understand the person who is going to wear her creations. After training in a jewellery's school in Brussels, her fingers began to create bright jewels by mixing gold and silver, natural and precious stones. All her creations are unique handcrafted works. Her new collection of jewellery, called Synchronicity, comes in 18k solid yellow gold. For Enora, synchronicity represents the magic of life! Synchronicity double ring and Synchronicity rubis ring.

www.enoraantoine.com

**Michel Herbelin Antarès collection**

The Antarès collection was designed and created in the French watchmaking studio Michel Herbelin, offering a wide array of straps – single or double wrap, in leather or metal – so you can customize your watch to your taste. Its sculpted decor on its bezel and crown make this watch a unique and sophisticated feminine jewel. Decorated with Roman numerals and a sunny circle, this Antarès timepiece is an essential in your dressing room: **€440**

www.michel-herbelin.com

René Furterer:

Focusing on essentials

René Furterer has the styling solutions you're looking for

Styling your hair? If so, you should definitely try the new styling line, with jojoba plant extract and vitamins B5 and PP, by René Furterer – it's all about hair care with natural essential oils and plant extracts to reveal the beauty of your hair.

Style, brush, twist, fix...play with your materials, define a style, and start again at will! Nearly half a century after the launch of its first styling products, René Furterer is still innovating and presents STYLE, the new styling line that shakes up the codes. It gets rid of the superfluous to focus on the essentials: eight products with skin-care formulas to create, shape and fix hairstyles, while protecting and enhancing the hair. These are recognized and approved by hairdressers worldwide.

Because no look will ever be more beautiful than on hair at the peak of its beauty and health, all of the STYLE formulas concentrate active skin-care ingredients to amplify the hair's beauty with every use.



The strength of the plant
Jojoba oil – the happy elixir!

Native to the hot, arid regions of Arizona, California and Mexico, jojoba has been used since ancient times for its powers of hair regeneration. This desert gold, the composition of which is so close to that of the sebum which constitutes the hydrolipidic film of the hair, sheaths the scales and forms a protective film around the hair's fibre. Without greasing it, jojoba oil gives hair body and protects it from dehydration.

Vitamins B5 and PP the protective and repellent complex

Experts in long-lasting hydration and hair beauty, vitamins B5 and PP protect the fibre while enhancing

them. In addition, the new fragrance from the STYLE range leaves an enchanting touch of Patchouli, Cedar and Cashmere Wood in its wake.

In short, the René Furterer collection of professional hair-care products has a solution to all of your hair concerns and goals.

The products are available from our Ambassador Lounge La Maison by J.V

www.lamaisonbyjv.com

In springtime

Caroline Dierckx heralds the much-anticipated new season



Beauty collection Rouge **Hermès** dedicated to the beauty of the lips: **€68**

An ode to spring echoes in the distance. What if we take a tiny step ahead? The recipe? After having carried out a gentle peeling to rejuvenate your skin, tan your skin with advanced formulas that are respectful of the epidermis. Gently start shaping your figure with innovative products. Get ready for limited editions and the return of bestsellers.



Essie Nail polish, **Zalando: €10.95**

The Instaglow **Nu Skin**, for a natural golden tan, 125ml: **€36.91**



New anticellulite formula with **Collistar** Anticellulite Cryo-Gel, 400 ml: **€58.99**



Weleda firming face oil: **€27.99**



Activepeel **Celestetic** night cream from Cosmeceuticals, a gentle peeling for a new look, 50 ml: **€48.90**



K-GLO, Bio-Cellulose Hydrating mask with coconut: **€5** at DI

An essential accessory, Facial Roller Rosental Organics by **Zalando: €34.95**



Bvlgari Omnia Golden Citrine. This fragrance is inspired by the golden Citrine, a precious stone evoking light and optimism. Price: 40ml, **€69**



Ideal for future mums, **Bee Nature**, Shower Milk, 200 ml: **€15.99**



Return of the bestseller **Lolita Lempicka** Original, 100 ml: **€105**



Design

Muller Van Severen: ALLTUBES

The recent Collectible Design Fair in Brussels saw the launch of a striking new series



muller_vanseveren@MirjamDevriendt

The Belgian design duo Muller Van Severen have launched ALLTUBES, a new series of objects consisting of the repetition of round aluminium tubes. The series includes several cabinets, a bench and a chair and forms a family with the same genes, but different characters. ALLTUBES can be seen at a solo exhibition at Valerie Traan in Antwerp and then travels to 'Design! Muller Van Severen at Villa Cavrois', an exhibition by Muller Van Severen at the iconic Villa Cavrois as part of Lille Métropole 2020 World Design Capital.



ALLTUBES © Fien Muller

**“ A NEW
UNIVERSE
EMERGES FROM
TUBULAR
CONSTRUCTIONS ”**

ALLTUBES

ALLTUBES is a new series of objects consisting of the repetition of round aluminium tubes. It is the repetition of this aluminium tube that recurs in all objects. Through the rhythm and repetition of the round shape, the objects are stripped of their severity. This also creates the wavy effect and gives the surface the opportunity to play with the light. By bringing together the same element each time, surfaces are created and the whole finds its strength, literally and figuratively.

With the cabinets, the top surface gets a 'soft' side due to the confluence of the tubes at the top. Functions are created by an occasional simple fold. Like legs of a bench. In the case of the chair, the tube becomes both a leg and a banister or a seat in one flowing movement.

There are no hinges, rivets or door openings visible, they dissolve or visually disappear in the circuits of the round profiles. This makes the cabinets more like volumes, like mysterious plinths, stripped of front, back or side. Only by extending the four tubes do these volumes come off the ground, and the tubes become legs or supports that illuminate the whole. They become free-standing objects in the space, characters in a setting.

Design



Fien Muller and Hannes Van Severen explain the reason for the title: "The title of the exhibition ALLTUBES refers to the repetition of the material and the material itself, in this case the aluminium tube. A new universe emerges from tubular constructions. The approach is always the same: start from an element to exploit its potential, see how far one can go with it. In the case of the cabinets, the repetitive rhythm of the pipes placed next to each other - causing undulations - makes you forget the coldness of the material. In the bench and the chair, bending the material softens its hardness."

www.mullervanseveren.be 1



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LIFESTYLE

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The Dior Maison Copacabana Collection

Even in his earliest creations, Christian Dior showed a fascination with Brazil. Inspired by the vibrant colours and joie de vivre of this tropical country, the founding couturier designed several dresses that paid tribute to Brazil, including the haute couture models Sao Paulo, Brazil and Soirée à Rio. This exotic voyage continues today with the Copacabana collection, designed by Cordelia de Castellane for Dior Maison. Lightweight and colourful marine algae adorn a series of plates and form-woven raffia place mats with their floral beauty. Vases, decorative baubles and glass boxes are transformed into delicate aquariums in which fish and delicate coral float in a radiant tribute to the art of entertaining.

www.dior.com



Ligne Outdoor selection

Over the years, the showcase of Brussels-based Ligne has become a real reference. Their calling was to become the best of the best to present contemporary furniture - for everyone. In 2012, they took over more space in the Galerie du Roi, with more windows and rare collections, which always feature the likes of Classicon, Castellani & Smith, Kristalia, Mobimex, E15, Louis Poulsen, Blur, exclusivity Woodnotes (paper mats), Japanese Ritzwell...

This is a Knoll Richard Schultz adjustable long chair from 1966: **€3.037**
www.ligne.be



Origami Steel Wall clock Can't Wait

'Can't wait' is the analogue clock that, inspired by the forms of nature and adding joy to any environment, 'accompanies and marks your Time'. Its countless color versions are suitable for any environment and in tune with the colours of the seasons which, in succession, mark the passage of time: **€74.90**
www.caos-shop.it/commerce



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www.tollymcrae.co.uk



Lola & Mawu - BOLGA FAN ALIZE

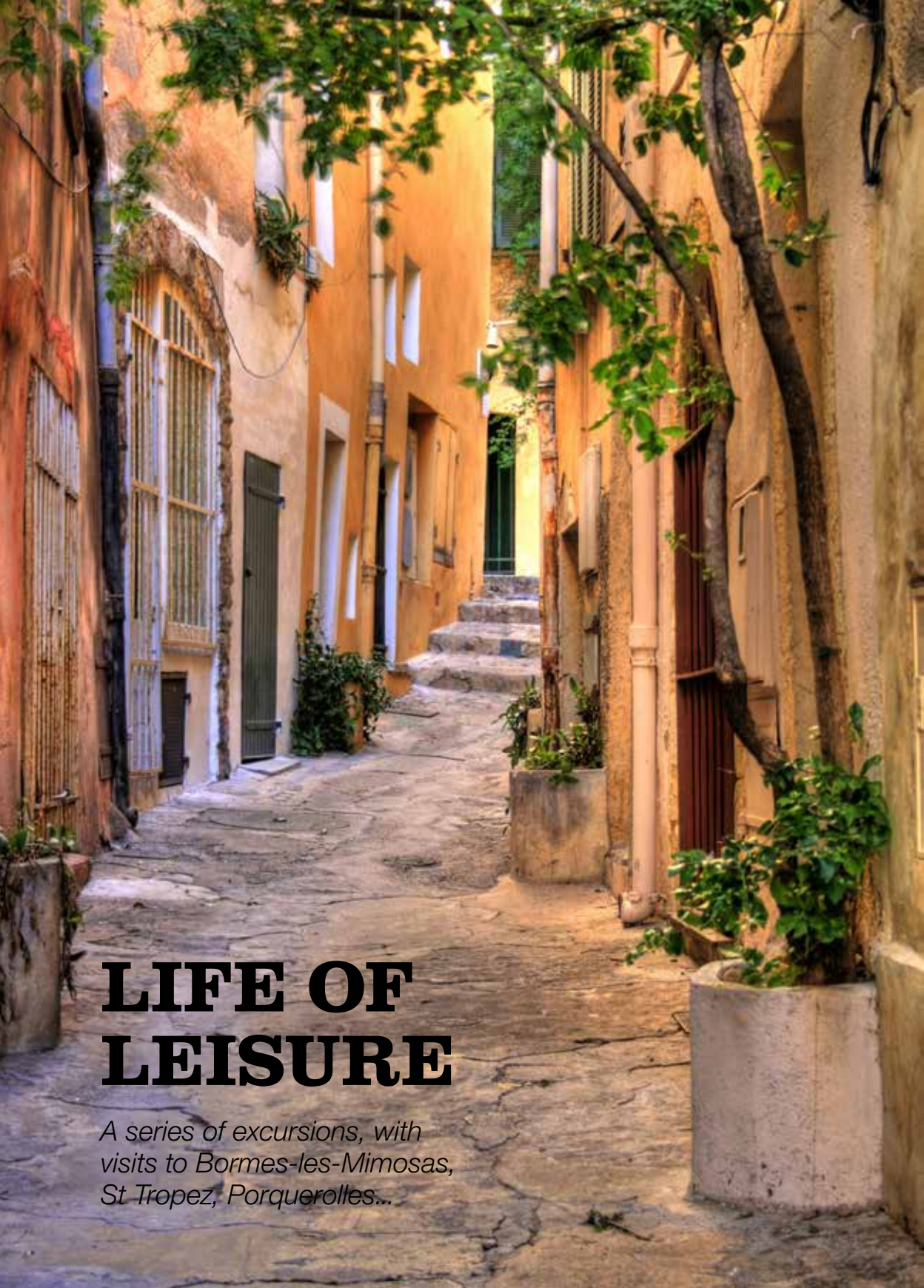
Beautiful on their own and absolutely striking as a combination of a few, these fans create an immediate pop of colour and organic texture in your home. Lola & Mawu hand pick their fans directly at the weavers' workshops in Northern Ghana and skip adding the traditional leather handle, so they are 100% straw and vegan! Ethically sourced and fair trade: **€36**
www.lolaandmawu.com

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LIFE OF LEISURE

A series of excursions, with visits to Bormes-les-Mimosas, St Tropez, Porquerolles...

LIFE OF
LEISURE

Interview

James Franco: Keeping the faith

Richard Aldhous meets a very talented actor who is also much else besides...



James Franco is possibly the most enigmatic figure in Hollywood – he's the man women admire, and men want to be. He is mysterious, understated, moody, yet always ready to offer a glint of humour and hubris to the conversation. Prolific, in work terms, he isn't... nor does he want to be. He selects film roles carefully, is ambitious in genre yet, ultimately, cautious in terms of volume. "Doing too much is infinitely worse than doing too little," he says.

For someone now so settled and aware of his place in the movie world, it's worth pointing out the fact that it is little more than a decade ago that Franco was still disillusioned, disappointed and unfulfilled in terms of his place in the tangled

web that is the movie world. He was a rising star, but trapped in a cycle of dissatisfaction with the roles he was achieving. He decided to go back to university to earn a Master's Degree in Fine Arts and Literature at Columbia, and then a Ph.D. at Yale. He had already lost interest in working in mainstream studio films such as *Spider-Man* and shifted his focus to indie productions.

“ IT’S ABOUT POWER AND GREED ”

He explains: "I wasn't happy with the films I was making and I had to change a lot of things in my life. I also didn't have any faith in my ability to get to a point where I could be making interesting films. So, I needed to create a much more interesting and artistically stimulating world for myself."

Interview

Though it seems that phase of his life is clearly behind him now. The actor, director and writer, 42 in April, has switched back to the mainstream and is apparently thriving once again on maintaining a frantic pace. He's also rediscovered a passion for extolling creative craft across multiple artistic pursuits.

A few years ago, it was noted that no-one worked to the level of Franco – try 12 movies (and a TV series) in 2015, seven in 2016 and 10 the year after. But just three movies hit the screens last year - animated adventure *Arctic Dogs*, independent self-directed drama *The Long Home*, and *Zeroville*, the story of a young seminarian who arrives in Hollywood in 1969, embracing a transitional time in the history of the industry. And in 2020 just blackmail thriller *Kill the Czar* sits as his major effort.

In many ways, stepping back means stepping up for Franco, something he's delighted to do. He divides his time between homes in New York City and Los Angeles, and is in a long-term relationship with L.A.-based publicist Isabel Pakzad.

Together: Looking at one of your projects from last year *Zeroville*, this was a movie that took around eight years to make it out. Is it easy to still feel connected to something that had so many hold-ups?

James Franco: Sure, because it's enjoyable still, almost always; and if something's enjoyable you can reconnect with it. We had trouble with distributors and the finances

“ SPEND MORE TIME GOING DEEPER INTO STORIES ”

behind it, but the story was always the presentation of a wonderful piece of literature, and the story never changes, even while all around you is chaos.



When you step behind the mechanics of filmmaking, you realize the machine is big, ugly, unrelenting, and it's about power and greed, and can sometimes feel totally determined by marketing. That takes away a lot of the gloss from what, at the heart of it, is art. It's a shame, but it's inevitable. In a perfect scenario, a film reconstructs itself when it hits the cinema screen, and all the rather unpoetic, unfathomable awfulness of trying to get a movie to that final place is forgotten and never spoken about again.

You're one of only a very few famous people who has tried to reflect on celebrity and performance in your work and in the way you present yourself in public.

I see all my work as having a symbiotic connection. It's all related to each other. When I act in a film, it's part of a reality where you want to be believed as that character in that particularly fictional reality. I don't want

to draw attention to my actual acting. But in my other work, I'm often trying to draw attention to the fact that I'm a performer in the act of a performance, which makes you think about the process itself.

Is that also because you have so many more interests aside from acting now?

Yes. I have so much more going on that I don't equate my identity with my life as an actor. I feel more deeply connected to art and creativity in general, and I've been trying to express myself in exhibitions, writing and now feature films as a director. This is the kind of life I want to have, and I'm trying to make the most of it.

Have you felt that the critical community has tried to disparage you because of your multi-hyphenate artistic pursuits?

I'm an easy target, but I'm also interested in playing with the notion of what it is to be an



artist and the engagement with the public and the media and how that affects the perception of your work. I'm not going to complain about that because that's one of the interesting things about the last several years.

I think that people are now coming to the conclusion that I take my work very seriously and my own image much less seriously. I can direct films, act, write and do many different things, and I think things have reached a point where my acting doesn't necessarily overshadow everything else I'm trying to accomplish and what the response to that will be. I'm pretty happy about things.

But you have slowed down...

A little while ago, I began to re-evaluate what I was doing and began rethinking my life in a lot of ways. Working so hard and working on a lot of different projects was my way of escaping from myself and from having the time to really think about who I was or what I was trying to accomplish.

I have a very addictive nature. I wanted to try to do as much as I could handle and also make movies that the studios had no interest in making. Staying busy was also my way of not dealing with criticism because I would already be working on the next project. Now, I want to try to slow down a bit and work only on projects that are really meaningful to me and that I really love. I want to do fewer projects now and spend more time going deeper into stories I'm trying to tell.

Do you think the public understands you?

I think people wonder if I'm out of control [laughs], but the truth is that I'm very dedicated to each project I work on. I also try to lend my name and support as producer and actor to a lot of emerging directors because it's easier for them to receive attention and funding if there's someone with more recognition behind them. It's important to me to be able to do that.

How would you explain the strange



process by which a truly terrible movie like *The Room* became a minor cult sensation?

That's part of the mystique and curiosity surrounding it. For some reason, the bad acting, horrible writing, ridiculous lighting and stupid dialogue all make it incredibly entertaining in its own way. People have a kind of twisted fascination for *The Room*. You feel a perverse attraction to something so odd and bizarre that you can watch it over and over again. And if it's so bad, why do we like watching it?

Is it an example of something so bad that it's good and deserves recognition as a camp classic?

For a long time, I've been interested in art and what qualifies as art. When Seth and I were talking about making that movie, our

biggest question was what exactly made producer Tommy Wiseau's movie so unique in its own way. We wanted to show how earnest he was in making it and how passionate and personal it was for him. Even though it was ridiculed, there's a subtext to it that makes us enjoy it. It's become a success in spite of itself.

“ I COME FROM A VERY LOVING AND CARING FAMILY ”

Has your career been influenced by who you were as a teenager?

Perhaps. As a teenager, I was very unsettled and I was constantly getting into trouble as part of not really being focused

or understanding what I wanted to do with my life and not having any sense of place or perspective. But all of that personal frenzy was part of my path to figuring things out. I didn't know that at the time, and we probably never do, but it was my way of getting rid of a lot of chaotic thinking and wild behaviour.

“PART OF MY PATH TO FIGURING THINGS OUT”

Even when I started acting and becoming successful, I was still suffering from a lot of doubt about whether this was how I wanted to live my life and whether doing certain kinds of movies was what I wanted to do with my artistic life.

What's been the most challenging role you have taken on?


Undoubtedly Christian Longo in *True Story*. This guy is a real-life killer who assumes the identity of former New York Times journalist Mike Finkel (Jonah Hill) while on the run as a fugitive. This guy was such a creepy and terrible person that I really couldn't engage with the character the way I normally do when I'm working. I come from a very loving and caring family, and having to play a man who committed such horrific acts was very disturbing.

Normally as an actor you try not to judge your characters and find some way to align yourself with them. But in this case, I couldn't wait to stop thinking about him, and I wanted to leave the set each day as quickly as possible to clear my head. That's never happened to me before.

Are you excited about what the future



has in store?


Of course. I've certainly got a lot of the passion back, and every new challenge feels worthwhile. As an actor, as a person, you can't really demand much more than that. 



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LIFE OF
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Travel

Belambra Club Lou Pigno: Shared pleasure

Caroline Dierckx headed to the coastal hills for a week of non-stop fun



Belambra Clubs Sélection Le Pradet Lou Pigno club is simply a great place to go on holiday. This family village is located in the heart of a 10-hectare (24,71 acres) wooded park, on the heights of the rugged Côte d'Azur. We were delighted to share a week's vacation there in July last year. And what a week full of emotions! We had fun in the true sense of the word: games, sports tournaments, shows, all brought to us by a dynamic entertainment team.

Club life takes place mostly around the large heated swimming pool and on the terrace of the bar area. Every day, aperitif games, bar games, pétanque tournaments, beach volley and football were organized for us - a nice way to create a genuine synergy between the guests, so that everyone got to know each other and were immediately on first-name

terms. The great strength of the village is its enthusiastic and imaginative entertainment team – the top of the range equipment and the fitness facilities are a bonus.

The village boasts two heated pools and a paddling pool for the little ones, sauna, gym, beach soccer pitch, beach volleyball, table tennis, a tennis court and a pétanque court. Everything is very well maintained. Each family member enjoys sports activities,

together or separately. I quickly joined the fitness classes choreographed by Les Mills and l'Aquatic'Gym.

Varied catering

The restaurant offers a tasty buffet and local specialities, which you can savour on the beautiful terrace. There are several options: with half-board you choose to eat either at midday or in the evening -

**“ WE DANCED
AND SANG EVERY
DAY ”**



ideal for those who set out to explore the region for a day - or full board. The baby corner is a great spot for the little ones and their parents. A word of advice: to take advantage of the days and evenings, we chose to take all-inclusive drinks cards. It's ideal because at any time of the day you can enjoy cocktails, fresh juice, soft drinks, iced teas without worrying about a big bill at the end. A must!

And so to sleep...

Even if you spend very little time in your accommodation, it must be comfortable for families – and it certainly is. Good to know when making your reservation: only the reception and VIP lodges are equipped with air conditioning. Elsewhere, fans help to freshen up the air. The semi-detached lodges are dotted around the park, and they all come with a private, equipped terrace.

The kids at the Leo club

Belambra club excels in welcoming children. All Belambra clubs have their differences, but if there is one thing in common it's the professionalism of the activity leaders of the clubs for children and teenagers. You can drop off your toddlers in all confidence according to their age: Club Poussins (3 to

35 months) which costs extra, Renardeaux (3 to 5 years) and Pirates (6 to 10 years), Juniors (11 to 13 years) and Teens (14 to 17 years). Kids take home great memories – this time most popular entertainment by far was the Pool Party.

For those who love the beach, bear in mind that you have to walk for half an hour on a narrow path and roads that lead to a public beach. Advice: wear good sneakers (leave the flip-flops behind!). I admit we only went to the beach once during the week, and we

didn't miss it one little bit. We enjoyed the life of the club without ever getting bored. If you want to discover the region, the club offers a series of excursions, with visits to Bormes-les-Mimosas, St Tropez, Porquerolles...

So, as you can tell, we really enjoyed our experience at the Belambra club Lou Pigno. There was a slightly crazy atmosphere, thanks to the motivated, professional entertainment team, who were attentive to the wellbeing of each and every holidaymaker. We danced and sang every day: mission accomplished. It was an excellent break that sent all our worries packing. www.belambra.be/club-le-pradet-lou-pigno/ete ❶

“ ENTHUSIASTIC AND IMAGINATIVE ENTERTAINMENT TEAM ”

Hôtel Napoléon France ★★★★★



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The Hotel Napoleon is a luxurious 5-star kids-friendly hotel located in the heart of Paris, a stone's throw from Champs Élysées and the Arc de Triomphe. This high-class location allows you to shop on the Champs-Élysées and to enjoy the exceptional panorama from the top of the Arc de Triomphe. The hotel offers connecting rooms and suites that are perfect for families ! The concierge is at your disposal to plan your family activities: visits to museums, fun activities, discovering Paris.



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Wallonia: The nature destination

Together takes a wander through the joys of Wallonia

Photo © WBT - Joseph Jeanmart-Coo - waterfalls



Do you dream of exhilarating strolls, precious moments of rejuvenation and relaxation, discoveries, adventures? Or just letting go? Wallonia has everything to seduce you. Enjoy thousands of kilometres to travel at your own pace, on foot, by bike, on horseback... on country roads, through fields, natural parks or in the forests of the Ardennes.

“ WALLONIA HAS MANIFEST DELIGHTS ”

Need a break? Stop, take a deep breath and admire the breathtaking landscapes and views. Let yourself be lulled by the lapping of the water of the lakes, ponds and rivers, or explore the bowels of the earth in incredible caves. Do you want an activity that will

delight the whole family? Make your way to one of the animal and recreational parks or, for the more curious, deepen your knowledge thanks to Ardennes' museums.

Farms also open their doors to allow you to rediscover the pleasure of contact with animals and agriculture, and many local producers invite you to taste the sweet and savoury flavours of the region.

Are you attracted by action and adventure? Wallonia offers sports activities to practice in the great outdoors, in any season, in the Ardennes' adventure parks and trails in the middle of the forest, in the Hautes Fagnes or

in the first recognized geopark in Belgium. Heritage lovers are not forgotten and can enjoy magnificent walks in exceptional gardens.

To prolong your immersion, let yourself be tempted by a stay in local accommodation. Wallonia is a nature destination. There are more than 200 attractions to experience.

Take a turn around the Ardennes, and you will be enthralled by the region's remarkable, exceptional parks and gardens. To begin, visit the castle of Freÿr-sur-Meuse and its gardens in Hastière. The superb classical gardens of the castle are classified as exceptional parks and gardens heritage in Wallonia. They were inspired by the work of the gardener Le Nôtre, who notably worked in Versailles for Louis XIV. And the gardens' speciality? The 300-year-old orange trees - why not lose yourself in a maze of hedges, or daydream at the foot of the charming Trianon? The beauty of the garden offers a magnificent contrast to that of the wooded slopes.

Then, there is the Solvay regional estate in La Hulpe. The gardens of the castle have remarkable trees, French gardens, woods, rhododendron and azalea beds and beautiful water locales - there are more than 450 species of wild plants to be discovered. The fauna is very diverse: the park is a refuge for many birds and some small mammals, and there are three walks of around 5 km available all year round at no cost to explore the area. Guided tours are organized to discover all the stories and secrets of Domaine Solvay, and may be combined with a free visit to the Musée Folon.

All lovers of historical romance can take their time over the castle of Ecaussinnes-Lalaing. This romantic one-hectare space, which dates back to the 18th century, overlooks the Seneffe valley. There are apple trees, local pear trees, cherry trees, a vegetable patch and pretty flowers in season. Some statues of Roman deities are housed in niches or on pedestals. Visit on request.



Photo © WBT - SPRL Cernix-Pierre Pauquay-Fagne of Malchamps



Photo © camping Le Val de l'Aisne-Wallonie insolite - Sphaïr - Camping le Val de l'Aisne



Photo © Patrick Maurage-Musée d'Histoire Naturelle - Le vivarium



Photo © Luc Van Ouytsel-Packraft



Photo © Geopark Famenne-Ardenne-Belvedere brume



Photo © WBT-JL Flemal-Castle and gardens of Freyr

But it really is all about nature in Wallonia, and Belgium now has a UNESCO global geopark, the Famenne-Ardenne Geopark. This UNESCO site covers more than 900 km² in the municipalities of Beauraing, Durbuy, Hotton, Marche-en-Famenne, Nassogne, Rochefort, Tellin and Wellin. The geopark is fascinating both from tourist and scientific perspectives, and it is distinguished by treasures such as caves, soils that are rich in biodiversity, unique rocks and local initiatives promoting the natural heritage. The Famenne-Ardenne also has many tourist assets, such as caves, quarries, parks, museums, arboreturns, picturesque villages, castles and abbeys.

The mountain forests of Wallonia are ideal for many discoveries and healing/relaxation

pursuits. Forêts d'Ardenne offers 100% forest experiences for four of these upland forests, and the aim of the Ardennes Forests project is to promote stays that are closer to nature, personalized and presented by enthusiasts, all locals sharing their know-how and love for this beautiful region.

Or are you simply a lover of fauna and flora, curious about everything related to nature or sensitive to the environment? Wallonia will not disappoint. Take a stroll along the many educational trails that mark this beautiful region. Wetlands, fagnes (natural regions in southern Belgium and northern France), forests. You will learn on the move. A must!

Wallonia is also a great opportunity to visit truly magical caves and remarkable animal parks. Raining? Take your children to interactive museums, some of which are particularly suitable for the youngest! Choose from a selection of the best offers, or simply decide to do it all.

For educational pursuits, you really can't do better than the museums of Wallonia - the Museum of Natural History and Vivarium of Tournai is devoted to the evolution of the animal world, and hosts important collections from around the world. The museum also offers an outdoor route in a landscaped garden where there is a greenhouse of exotic butterflies.

At the University Aquarium-Museum of Liège, visitors can discover a rich collection of living aquatic animal species and specimens of great scientific, historical and artistic value.

As far as inspiration for accommodation is concerned, Wallonia has manifest delights - for a truly unique stay, try the Song of the Stars. In the Spa region, this sphere (transparent bubble) for two people offers an unusual sensory experience in total harmony with the surrounding nature.

“ FEW PLACES IN EUROPE TO SUIT YOU BETTER ”

Photo © WBT - Caroline Rase-Chateau d'Ecaussines



If camping is more your line, try Le Val de l'Aisne in Blier. Located in Erezée in the hollow of a green valley between Durbuy and La Roche-en-Ardenne, this campsite offers fascinating accommodation such as hanging tents, lodge tents, caravans and spheres.

Or, for complete luxury, try the Aqualodge Hotel Ermeton-sur-Biert - in the depths of the Maredsolian countryside, on the banks of the

Molignée, are six unique and unusual small chalets on stilts offering a total change of scenery in the heart of nature.

For a journey back in time, try La Roulotte d'Annabelle, a mini holiday house in Soy, Erezée. This unusual Buggenhout caravan for two to three people, located in a village in the commune of Erezée, offers a trip to yesteryear.

In short, if total relaxation, immersion in adventure or diving into nature is what you are after, there are few places in Europe to suit you better than Wallonia.

You will return from your voyage to this paradise in Belgium refreshed, invigorated and fully prepared to face the music once more. Enjoy.

walloniabelgiumtourism.co.uk/nature

Spa

Spa, a small town with a population of a little over ten thousand, has more appeal than many large cities. How many can boast so many tourist attractions? A Formula 1 Grand Prix at the most beautiful track in the world, one of the most popular music festivals in the country, a tradition of thermal baths which has given its name to all spa towns and cities the world over, the first Casino, a must-visit for numerous crowned heads, prestigious hotels, luxuriant natural surroundings, a subsoil immersed with water of an immeasurable quality.

There can be no doubt that this place has been truly blessed by the Tourism Gods. And the public is more than happy to oblige. Spa is characterized by an art of good living surrounded by green space. It's a place where people like to stay because it makes them feel good about themselves. Welcome to Spa! If you are looking for wellness and relaxation, you will not be disappointed. Discover the magnificent history of this inimitable city: Spa is an astonishing town which is full of surprises.

www.spatourisme.be





Explore, learn and experiment at Musée L!

Housed in an iconic building in Louvain-la-Neuve, designed by architect André Jacqmain, the Musée L is no ordinary museum. At the Musée L you will discover six floors of art pieces, natural history specimens and scientific inventions. The itinerary is designed as an exploration of what drives humanity to create: surprise, question, passing on knowledge, emotions and contemplation. You will also discover the Musée L's fascinating *Cabinet of curiosities*, three labs to test the techniques of printmaking, colour and sculpture, and

temporary exhibitions. A team of passionate people will guide you through it.

Feel at home in the Musée L

Hosting a mix of visitors is one of the Musée L's commitments. All visitors will find something to explore: children, teenagers, adults and senior citizens, whether alone, as a family or in a group, whether French, Dutch or English speaking.

New at the Musée L: The plaster casts Gallery

Recently inaugurated, this gallery was specially designed for the basement of the museum, displaying the university's fabulous collection of archaeology and art history plasters. More than 500 models of famous archetypes are presented in a tour that takes the visitor on a journey through several centuries of art history. Draw, learn, write, take pictures in this inspiring space.

The museum's spaces can be rented for cocktails, team building or other professional activities, offering teams a space to reconnect and improve their creativity.

www.museel.be



Tourisme Namur: Trail in Famenne

Being out of breath is the most exciting feeling runners experience. Most people think it's just because they're pushing their body to the limit, but it's not. In the Province of Namur, the landscape and trails can transport you to another world. 'Trail in Famenne' is a network of trails providing several distances (from 5km to 40km) and difficulties. You'll find more information on: traienfamenne.be/en

Stavelot Abbey: The Legendary National Geographic Exhibition

For the first time in Belgium, the legendary National Geographic - 130 years of travel and exploration exhibition has come to Stavelot Abbey

In 1888, a small group of adventurers, scientists and explorers set out to discover the world, its wonders and its mysteries. They trekked through impenetrable jungles, reached the poles, plunged into abysses, conquered the Himalayas, discovered the secrets of the animal world, and looked toward the stars. They very soon began to photograph and recount what they saw in a modest bulletin that was destined to become the National Geographic magazine. This

Photo © Carl AKELEY



exhibition charts the highlights of more than 130 years of adventure through a hundred photographs. The exhibition presents six themes, supported by video reports:

- 1) Further, higher, deeper
- 2) On the trail of lost worlds

- 3) The time of epics (the Yellow Cruise and the MegaTransect)

- 4) The photographic adventure (five exceptional photographers)

- 5) Approaching the animal world

- 6) Eight iconic National Geographic portraits. Check the website for prices. www.tourismestavelot.be/en

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The space adventure begins at the Euro Space Center, a theme park for live spatial conquest. Embark on a fun and rewarding adventure!

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Your child is looking for an opportunity to follow in the footsteps of the pioneers of the space conquest? Head for the Euro Space Center and our astronaut internship, with simulations of lunar and Martian walking, space mission, construction and launch of rockets - our trainees are the space heroes of tomorrow. The life of the astronauts will have no secrets from them!



The future of aerospace
The future of aerospace is also being built at the Euro Space Center with satellites, rockets, drones, robotics, astronomy. Aerospace is at the heart of the courses offered at the Euro Space Center. It is a great opportunity to get

involved in the backstage of an interplanetary mission and imagine the challenges of tomorrow. Hundreds of astronaut candidates join us every year to share a hectic adventure, a journey where technological and human frontiers know no bounds. The immersion is total and the challenge lives up to everyone's expectations. Our limit is space!

www.eurospacecenter.be/en/holiday-camps



History. At the Waterloo 1815 Memorial, Napoleon's Last HQ and the Wellington Museum you can enjoy a multi-sensory experience unique in Europe. The Waterloo 1815 Memorial includes the Butte du Lion, the Memorial Museum, the Panorama and Hougoumont Farm, Napoleon's Last Headquarters, the Wellington Museum and the Mont-Saint-Jean Farm. Thanks to the Pass 1815, you will have the opportunity to visit all seven locations at a very attractive price.

Walloon Brabant

From the battlefield of Waterloo to the abbey of Villers-la-Ville, via the Collegiate Church of Saint-Gertrude in Nivelles or the Château d'Hélécine, there are many traces of the past in the territory of Walloon Brabant. You can also stroll along country roads, in parks or woods, on foot or by bike. Your journey begins here.

At the top of the Butte, the lion watches over the plain of Waterloo as the keeper of

Visit the micro-brewery and the micro-distillery in the Mont-Saint-Jean Farm and taste the beer, the Gin and Whisky of Waterloo (100% hand-crafted!)

On the occasion of the 205th anniversary of the Battle of Waterloo, these three full days of festivities await you at Napoleon's Last HQ and the Waterloo 1815 Memorial. Life-size shows on the 20 and 21 June. Tickets on sale on Ticketmaster.be. www.destinationbw.be



The Eau d'Heure Lakes with family or friends

There are many activities to discover. Walks on foot or by bike on RAVel all around the lakes, Amphibus tree climbing, aquatic pool, wellness centre, sailing, windsurfing, paddle, golf, playgrounds, jet-ski, water skiing, diving, tele-skiing, visiting the dam and its panoramic tower... Also enjoy quality accommodation by the lakeside. At the Eau d'Heure Lakes everything becomes possible and accessible for an unforgettable moment.

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www.lacsdeleaudheure.be ⓘ



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Into the Ardennes for adventure

Together explores the natural wonderland to be found just on Brussels' doorstep

Photo © Ardennes étape



When it comes to enjoying the natural beauty of the Ardennes, few are better positioned than Brussels dwellers – Belgium's most famous and beloved beauty spot is located primarily in Belgium and Luxembourg, and also stretches into Germany and France.

Most of the Ardennes is in south-east Wallonia, the southern and more rural part of Belgium. By road, it's less than two hours from Brussels to the heart of the Ardennes, and by train, it's only €13 to Marloie, a perfect destination to begin your Ardennes exploration. And there is plenty to do once you get there, but for many, the primary

reason to journey to the Ardennes is the choice of hikes that are available to explore the northern Ardennes, and avid cyclists are spoiled in the region!

Nature enthusiasts will also rave about the roads and country tracks. The Ardennes is a symphony in relaxation and, to add to your enjoyment, the Ardennes has many beautiful lakes, so why not go for an exhilarating swim in the great outdoors? And what about trying out the PackRaft? Anyone who loves a thrill will be overjoyed – it's a concept out of Alaska, and it is now available in the Two Ourthes Natural Park in the Ardennes. It's perfect – you no longer have to worry about

whether you are hiking or taking a trip on the river, you can now do both – a unique experience.

The name Packraft comes from 'rafting' and 'pack' – the PackRaft is an activity that has already attracted many tourists in the Ardennes. The Belgian association Packraft.be, supervised by Luc Van Ouystel, which allows the public to experience this new adventure. But what exactly is it? The principle is simple: the PackRaft is an inflatable boat that is easily transportable in a backpack. With a maximum weight of 3kg, the Packraft allows the adventurer to alternate hiking trails and navigation on the water. The boat inflates in just 10 minutes thanks to its canvas inflation bag. Once on the water, you can then guide your boat using removable paddles.

Taking care of yourself is also about taking a break from the fast pace of everyday life, so that you can restore your energy levels and enjoy yourself as a couple, with your family or with your group of friends. Springtime in the Ardennes is also the season for fishing, canoeing and kayaking. Horse riding, climbing and mountain biking are other examples of popular sports. In winter, the keen mountaineer has an exciting choice of challenges. It's all about the excitement of downhill and cross-country skiing – and tobogganing and snow scooter racing are also available for the truly adventurous!

And gourmet cuisine and delicious wines are synonymous with the Ardennes, with the locally reared meat and game, sourced from the forests, always providing a taste of tradition. When it comes to world-famous sparkling wines, the Ardennes also shares a part of the region with Champagne – so enjoy a glass or two of the region's finest with the delicious meals you will doubtless enjoy – experience the best of Jacquart, Taittinger and Mercier. As well as for its fish, Ardennes is renowned for its game, which has been an abundant source of inspiration for chefs and gastronomes for many years.



Photo © Ardennes étape



Photo © packraft.be

Boar, deer, duck and partridge are abundant – and when served with the region's renowned sauces, absolutely delicious .

If what you are searching for is relaxation, natural beauty and a real sense of the good life, you really can't do much better than the Ardennes – your dream break awaits.

And, of course, you know where to look for all manner of accommodations in the region – Ardennes étape boasts no fewer than 1,800 holiday homes in the Ardennes. Find the perfect place for you and yours on the website.

www.Ardennes-Etape.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
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Genoels-Elderen Castle

This month we trace a bundle of Belgian vineyards doing as the Romans did

What have the Romans ever done for us? Wine for one thing. Between Tongeren and Maastricht, along the old Roman roads, in the municipality of Riemst, lies the only Wine Castle of Belgium. The Romans were tending vineyards in the area some 2,000 years ago. Genoels-Elderen boasts 25 ha of vineyards, the largest wine domain in the country, and every year it welcomes some 15,000 visitors. It's worth a trip – knowledgeable guides will show you around the park, the vineyards, the rose garden, the distillery, the press house and the cellars which straddle the 13th and 20th centuries.

The Genoels-Elderen Castle also has an impressive history behind it. Its rich history has two facets: the present day castle and its wine production. 25 ha of vineyards have been planted, among the largest and most modern of Belgium. Mainly Chardonnay has been used (80%), but also Pinot Noir and Pinot Gris. The Chardonnay offers an exceptionally refined dry wine, with a rich aroma and its own singular character.

The first vineyard, planted February 1991, had an area of a quarter of a hectare with 1,315 Chardonnay vines. From over 100 different clones that exist of the Chardonnay grape, two were chosen as being most appropriate in this northern climate. On this chalk rich ground with a limestone base, the combination creates a



complex wine with a rich bouquet.

Another that stands out is the Chardonnay and Pinot Noir by the Pebble Forest, a vineyard that was planted directly behind the castle, running up towards the pebble forest. The vineyard was planted entirely in 1993, with Chardonnay and extensions made in 2009 and 2010 with both Chardonnay and Pinot Noir vines. This is the largest vineyard

in Belgium, making the superb Zwarte (Black), Rose and Zilveren (Silver) pearl sparkling wines.

Check out the website for further information or head there in person and experience it all for yourself. Santé!
www.wijnkasteel.com

Dining

Dining



The Poet

Just around the corner from Place du Luxembourg, the Renaissance Hotel's brand-new restaurant has one of the things I love about an eating venue. Space – and lots of it. I'm not a fan of elbow-to-elbow eating, so I was delighted be given a short tour (but fairly long walk) through the meeting rooms, lobby, oval bars and the restaurant – all blending into a single spacious unit. The ceilings are high, and the décor is fresh and modern. And the food and wine? Well, no complaints whatsoever – and each course was something we'd had before, but done that little bit differently. We split the duo of croquettes, Belgian specialities done in a very crusty, spiky exterior and soft, delicious oxtail and tomato relish interior. The waiter allowed us to taste the wine in ascending order of strength until he reached the Cahors Malbec, perfectly rounded and ideal for our second course



meat choices. My eating partner plumped for the Poet Burger (Bocquillon beef 200gr, onion confit, bacon, AOP Tomme de Savoie cheese, sweet potato fries, truffle Isigny cream), while I ordered the Holstein Rib eye with a Mushroom sauce, seasonal vegetables and classic fries. My second surprise was just how juicy – not fatty – it was, succulent to the last bite. For dessert, she went for

the Bittersweet Chocolate Cremeux, and I spotted the Hervé, one of my favourite local cheeses. I expected it to be delivered on a plate with bread, but no, it was beautifully honey-and-nut roasted and came with a salad as light as gossamer. The service was impeccable. Over coffees, we gazed out through the very high window, and I was already wondering what to have next time around. The North Sea Haddock with baby spinach...

www.thepoetbrussels.com



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good products with you. This is an **event not to be missed** for a summer that already promises to be full of the finest flavours.

Find our detailed programme on www.rob-brussels.be as from 20 April 2020.

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Photo © Luc Viatour



Les Tartes de Françoise

The history of Les Tartes de Françoise began in 1994, in a small Brussels kitchen where the cook was called ... Françoise, and she loved what is good, natural and simple. She prepared delicious pies that amazed her friends and the restaurants in the neighbourhood. The first atelier soon opened on avenue de l'Hippodrome in Ixelles, producing large sweet and savoury, festive and gourmet pies, ideal for sharing with friends, colleagues or family. It's home-from-home food, unfussy pies that are both modest and tasty, full of love and good things. Today, nothing has changed, except the number of ateliers. The spirit and the quality remain: the attention to detail, care, know-how and flavours that are more pronounced for seasonal products. A story from the heart and directly to your stomach. Head for the website and check out the ateliers... and the pies!

www.tartes.be

Aux Armes de Bruxelles

For those who already know the address, they may still have a slightly dusty notion of this Brussels institution. However, there are excellent reasons to visit this traditional Brussels house. Our taste buds revelled in gourmet dishes. In the kitchen, chef Cédric Callenaere continues these emblematic recipes that have made the house's reputation. The menu is very complete, with meat, fish, mussels, snails, a very large choice of suggestions inspired by the market, very attractive lunches and, of course, all the chef's belgo-belge specialities of the house. I ordered a single shrimp croquette - I should have taken two! It was followed by a Cod Fillet on braised chicory and blood orange. And we rounded it all off with the inevitable delicious Mandarine Napoleon Flambé pancakes, flambéed indoors. The wine list will meet everyone's taste. We also liked the

impeccable service with everyone in uniform! The house offers two distinct atmospheres: the Brasserie, a space that is contemporary and convivial, and the Rotunda, which retains all of its original character. Aux Armes de Bruxelles welcomes you into its arms and envelops you in its authentic Brussels soul. www.auxarmesdebruxelles.com 📍



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Books

Seba The Cabinet of Natural Curiosities

This month our book delves into the strange world of one Albertus Seba



Cabinet of Natural Curiosities is one of the 18th century's greatest natural history achievements and remains one of the most prized natural history books of all time. Though scientists of his era often collected natural specimens for research purposes, Amsterdam-based pharmacist Albertus Seba (1665–1736) was unrivalled in his passion. His amazing collection of animals, plants and insects from all around the world earned him international fame.

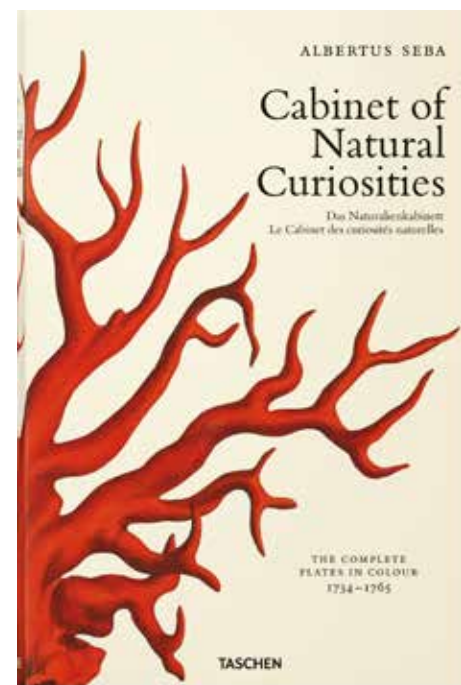
In 1731, after decades of collecting, Seba commissioned careful and often scenic illustrations of every specimen. With these meticulous drawings, he arranged for the publication of a four-volume catalogue,

covering the entire collection from strange and exotic plants to snakes, frogs, crocodiles, shellfish, corals, birds and butterflies, as well as creatures that are now extinct.

Taken from a rare hard-core original, the best-selling collection features an introduction that contextualizes the fascinating tradition of natural collections to which Seba's curiosities belonged.

The authors

Irmgard Müsch, born in 1967, studied art history, history, and classical archaeology in Mainz and Berlin. Her PhD thesis from 1999 examines Johann Jakob Scheuchzer's *Kupfer-Bibel*, a richly illustrated scientific



“ SNAKES, FROGS, CROCODILES, SHELLFISH, CORALS ”

commentary on the Bible from the early 18th century. She has published on art of the 18th and 20th centuries, scientific illustrations and Kunstkammer pieces.

Jes Rust, born 1963, completed his studies in geology, palaeontology and zoology at Göttingen and Kiel. His thesis dealt with the evolution of fossil snails living in the fresh and brackish waters of prehistoric Greece. His assistantship at the Institute of Zoology in Göttingen between 1993 and 1999 was followed by his appointment in 2001 as professor of invertebrate palaeontology and insect phylogeny at the University of Bonn.

Rainer Willmann holds a chair in zoology at Göttingen University, is director of its Zoological Museum and is co-founder of its Centre for Biodiversity and Ecology Research. A specialist in phylogenetics and evolution, he conducts research into biodiversity and its history.

“The eye-popping displays leave us in awe of the diversity of the natural world, as well as the engravers’ skill in producing these beautifully detailed plates.” *The Huffington Post*

Multilingual Edition: English, French, German.
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What's on

What's on Belgium

Facing Van Eyck: The Miracle of the detail

During the middle ages, pilgrims and crusaders passed from the West to the Holy Land through Byzantine territories, encountering Byzantium's culture and disseminating it upon their return. However, it is only during the late fourteenth and during the fifteenth century that the Low Countries began looking at Byzantine models as inspiration. Early Netherlandish painters as Van Eyck, Van der Weyden, Memling and Schongauer adhered to the Byzantine models and transformed them into devotional images. The reasons for such a phenomenon are manifold, but the councils of the Catholic Church increased the awareness of the importance of Byzantium for Christendom, while the Devotio Moderna created a demand for new devotional imagery. Complementary to the early-Netherlandish painting section, the Centre for Fine Arts will present in collaboration with the Royal Institute for Cultural Heritage of Belgium an innovative digital experience around Jan van Eyck. **24 September 2020 - 10 January 2021.** BOZAR. Ticket prices online www.bozar.be



Carmina Burana

La Monnaie Symphony Orchestra, the Belgian National Orchestra and BOZAR join forces for this Carl Orff classic, one of the most instantly recognisable works in the repertoire. The powerful opening chorus sets the tone for an exhilarating ode to life in all its glory and misery. While neither the work nor its composer may be entirely blameless, the sheer sonic force of Carmina Burana makes for an unforgettable concert experience. Programme: Carmina Burana. Cantiones profanae für 3 Solostimmen, Chor und Orchester (1937). Pre-performance talks 30' before the start of the performances by Jacqueline Guisset (FR) and Peggy Stuyck (NL). **7 July.** Bozar, Henri Le Boeuf. Ticket prices online. www.lamonnaie.be



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What's on

Percusounds Festival 2020

The only percussion festival in Brussels. Espaço Terra Brasil is an association born in Brussels in 1999 with the initiative of the Brazilian dance company Matalumbo, the Mandacaru musical association and various other artists. The main objective is to centralize and disseminate artistic productions of his partners as well as promoting social, cultural and educational events in Brazil. There was a need for creating an event totally dedicated to percussion, which could bring different cultures and backgrounds together, in addition to providing space for established artists to share experiences with musicians



starting their careers, where people could understand what's behind different rhythms across the world, as well as getting to know other cultures from a human and musical point of view. **14 - 16 August**, Place de la Monnaie.
www.percusounds.be

Brussels Summer Festival 2020

19th edition of the Brussels Summer Festival (BSF). Among the performers will be Arno, who is, without a doubt, one of the most appreciated and respected talents in Belgium. His career, which started in 1986, has been a roaring success, and 2020 already seems to be another big year for him, with a Lifetime Achievement Award, a Decibels Music Award, three sold-out gigs at Ancienne Belgique and a newly released album, *Santeboutique*. Known for his recognizable voice and his lyrics in French, English and Dutch, the 70-year-old



singer is one of the most famous characters in Brussels, a symbol of Belgium. Saturday 22 August, Royal Palace. BSF: **19 to 23 August**, on and around the Place des Palais.
www.bsf.be

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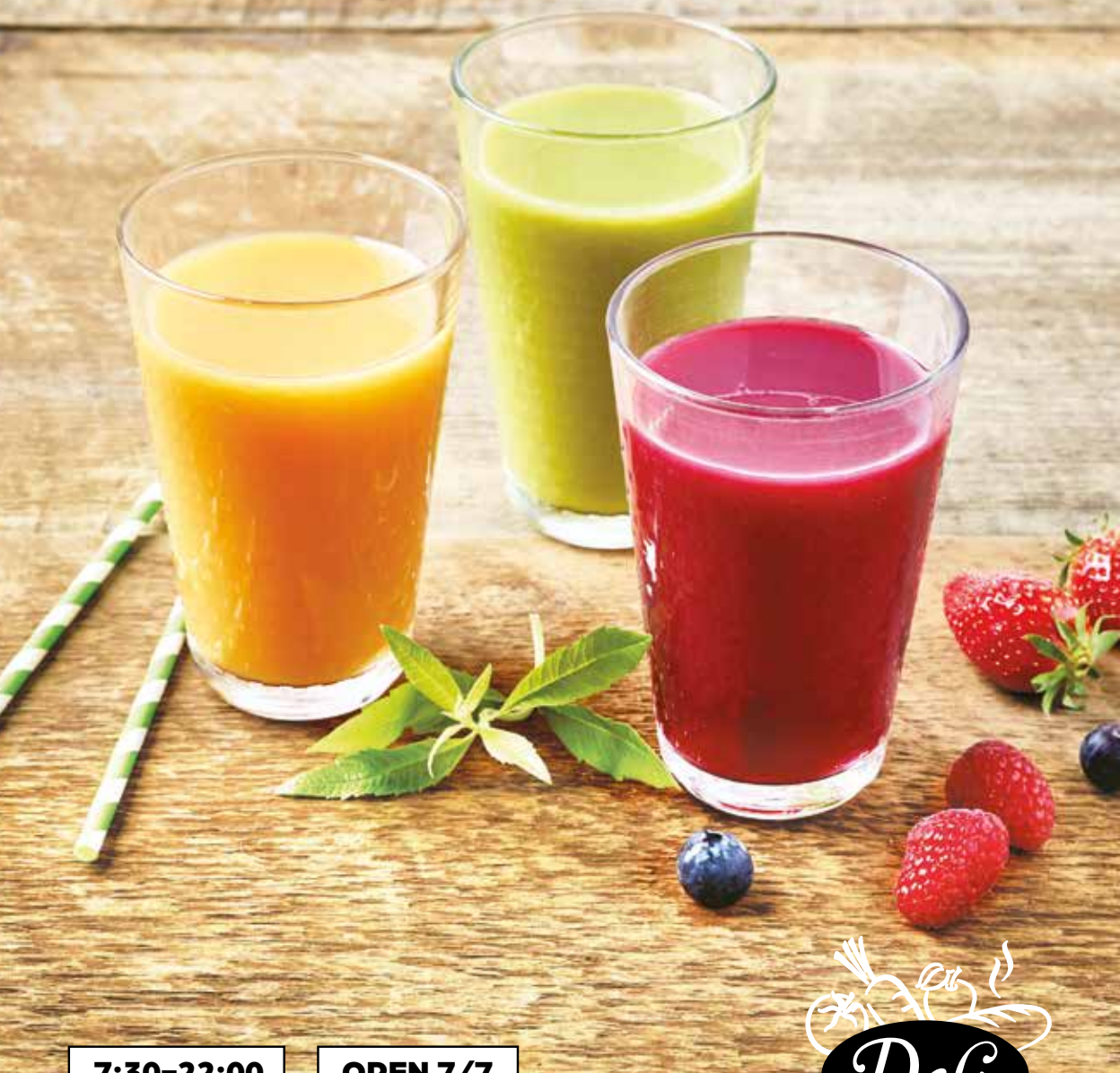


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Summer in London

Photo © Warner Bros Studio Tour



Summer holiday events in London. Make the school summer holidays memorable by enjoying interactive exhibitions, children's theatre shows and kid-friendly museums. There are lots of brilliant things to do in London during the kids' school summer holidays. Whether you've got little ones or teenagers to keep entertained, we've rounded up summer holiday activities for all ages to enjoy - see below.

- Step inside the magical world of Harry Potter at Warner Bros Studio Tour London, featuring special events during school holidays. Step on to authentic sets, discover the magic behind spellbinding special effects and explore the behind-the-scenes secrets of the Harry Potter film series. Discover the iconic Hogwarts Great Hall and explore the Forbidden Forest, all before boarding the original Hogwarts Express at Platform 9¾ and wandering down Diagon Alley.

- Visit the Queen's London home, as Buckingham Palace opens its doors for the summer months.

- Surprise the kids with spontaneous days out and check our picks of fun things to do today in London.

- Make the most of traffic-free Regent Street with family activities, food and shopping offers during Summer Streets.

- Saddle up and take to traffic-free London streets with mass-participation bike rides during Prudential RideLondon.

- See a parade of young performers in colourful costumes dance and swirl through the streets on Notting Hill Carnival's Children's Day.

- Make every summer weekend count with quirky workshops, family festivals and fun outdoor activities listed in our weekend guide to London.

- Squeeze the most out of your summer in London with unmissable events and experiences, which are perfect for lush summer days.

Worth noting: Save money by grouping different activities together and choosing a Merlin Pass, London Pass or Explorer Pass, depending on your plans.

www.visitlondon.com ●

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



The Hunt

And another modern adaptation of a classic - this time, it's the 1924 short story *The Most Dangerous Game* by Richard Connell, which was made into a very good 1932 film of the same name, directed by Irving Pichel and Ernest B. Schoedsack. Craig Zobel (*Z for Zachariah*, 2015) directs this latest take, which has even come in for criticism from Donald Trump, so it clearly can't be all bad then. The film follows 12 strangers who mysteriously wake up in a clearing, and do not know where they are or how they got there. They discover that they have been chosen to be hunted to the death in a game devised by a group of elites...
Running time TBC.

Pinocchio

Pinocchio is an Italian fantasy film co-written and directed by Matteo Garrone, based on the 1883 book *The Adventures of Pinocchio* by Italian author Carlo Collodi. Geppetto (Roberto Benigni), a poor Italian carpenter, at the sight of Mangiafuoco's puppet theatre, decides to build a wooden puppet, which he christens Pinocchio (Federico Ielapi), to tour the country and earn a living. But Geppetto realizes that Pinocchio is alive and sentient and decides to take him as his son, but the puppet, now that he has a body with which to express his freedom, proves more than a little difficult to control. Ah, the magic of fairy tales.
125 mins. In Italian.

The Turning

Henry James's all-time classic tale of terror, *The Turn of the Screw*, filmed brilliantly by Jack Clayton as *The Innocents* (1961), receives a 21st-century reworking, under the auspices of DreamWorks Pictures, with no less than Steven Spielberg taking an interest in proceedings (he had wanted to work on a horror film again for many years, apparently). One of the scariest tales you will ever see, or an overly contrived pretension fest? You decide - Mackenzie Davis stars as Kate Mandell, a live-in tutor at the Fairchild estate, who has more than her hands full with a decidedly creepy child. Brrrrr. Directed by Floria Sigismondi (*The Runaways*, 2010).
94 mins.

Corpus Christi

Nominated for Best International Film at the 92nd Academy Awards, *Corpus Christi* by Polish director Jan Komasa (*Warsaw 44*, 2014) is inspired by real events. Daniel (Bartosz Bielenia) has a spiritual awakening while serving his sentence in a youth detention centre for second-degree murder, but his criminal background prevents him from becoming a priest once he is released. But, not long after, his past catches up with him, and his newfound vocation is in peril.
116 mins. ①



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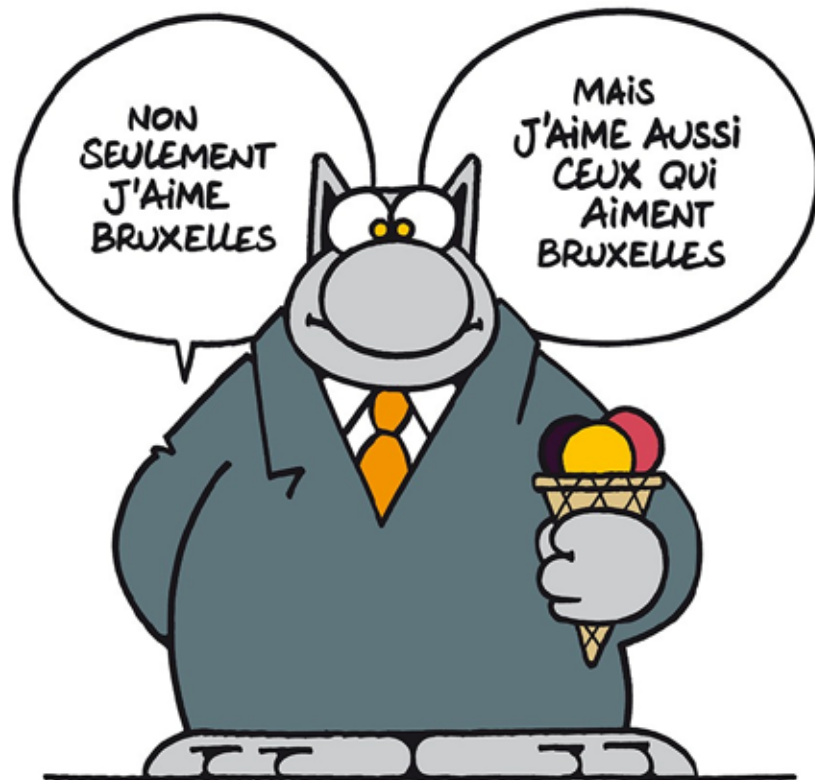
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* Beer C. et al. (2014). A Clinical Trial to Investigate the Effect of Cynatine HNS on Hair and Nail Parameters. The Scientific World Journal, Volume 2014.

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