

JUNE 2021 #114

# Together

magazine

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Development

Nutrition food fears  
Reflections of Light  
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Money Mastery, Society  
Incarnations, Be successful  
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John  
Krasinski  
Interview





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# DE EERSTE PARADE

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'De Eerste Parade' ['The First Parade'] is a subjective journey through Belgian sculpture from Constant Permeke to Thomas Lerooy that transforms Canada Square into a very special open-air experience. Modest, understated and even cuddly sculptures by Belgian artists including George Grard, Nadia Naveau, Mark Manders and Valérie Mannaerts present a contrast with the bustling public space.

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## Editor's LETTER

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

### ON THE COVER



John Krasinski is starring  
in *A Quiet Place 2*

## Doon the watter

**R**egular readers of our magazine will no doubt have seen me use the expression 'doon the watter', which is used in Scotland when you're heading away on holiday... to the sandy beaches. What with Covid and all, I really didn't believe I would be sitting on the terrace of Le Montmartre Café in Blankenberge so soon and writing this.

It's a bit of a shock, suddenly walking the digue jam-packed with locals and folks from far and wide. My glass is always half-full but this pandemic has shaken up my optimism somewhat. It's the first time I have been on this beachfront and found myself occasionally wondering if this boardwalk might just be just as empty again, like a trick of the light. Over the loudspeaker come the dulcet tones of Mick Jagger, singing: "I'm a ghost, living in a ghost town." And I recall and am strengthened by how we all adapted and battled through this. I have travelled just under an hour and a half to be on the Belgian coast, but I have my sights firmly set on stepping off the train this summer onto a hot quay in Gare Marseilles Saint Charles - and, looking further ahead, sharing hot drinks with my daughter this Christmas in Place Saint-Catherine.

Stay safe and enjoy yourselves...

**Paul Morris**  
Editor



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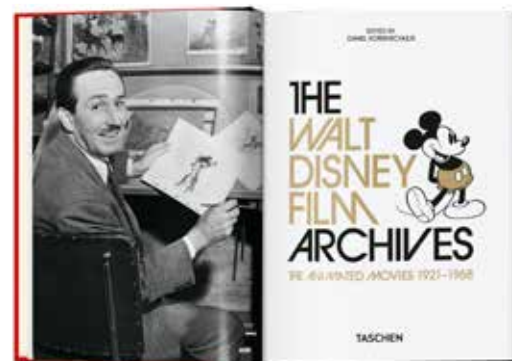
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### Financial technology: Discover why the Cryptocurrencies are back

In his latest financial technology article Dave Deruytter asks what is new and what are the risks? Bitcoin is currently the best known cryptocurrency, and it regained attention recently because of its fast and high rise in value. It is based on 'blockchain technology' and is very safe...

### Belgium environment: Sustainability in Belgium making SE'nSE

In our latest Belgium environment article we look at The Foundation for Future Generations as it unveils the five SE'nSE 2020 laureates. Five Belgian start-ups, sustainable and innovative in terms of the environment, have been granted a total financial support of €150.000.

### Self improvement tips: Just be yourself

Our self improvement writer Gemma Rose believes that the life of Qandeel Baloch ought to remind us to be our authentic selves. The Covid-19 confinement has given us all a chance to... pick up a book. (ED) I have written previously in this column about switching off the news... 1



# Starring in Belgium



## Kaki King

"Everything about this show is special... a visual and auditory experience that's interactive, striking and worth experiencing." *Guitar World*. "It's a beautiful thing when two entirely different art forms fit so well together that the boundaries between vision and sound, hand and ear, line and note, begin to blur." *Huffington Post*. **22 September**. Ancienne Belgique. Tickets: **€15** [www.abconcerts.be](http://www.abconcerts.be)



## Tessa Dixson + Noémie Wolfs

The lady from Brussels with British roots describes her music as dark, danceable pop with a cheery vibe. She was among the winners of Studio Brussels 'De Nieuwe Lichting' earlier this year. She has a handful of impressive singles, including *Beautiful Pain*, *Crystal Waters* and *Falling*. **27 September**. Ancienne Belgique. Tickets: **€19** [www.abconcerts.be](http://www.abconcerts.be)



## Priya Ragu

Swiss-Sri Lankan singer Priya Ragu fuses traditional South Asian rhythms with 'uplifting' contemporary R&B and soul. Her two latest singles *Good Love 2.0* and *Chicken Lemon Rice* are odes to life. She wants to celebrate the spirituality and the empowerment of women through her music. **25 November**. Ancienne Belgique. Tickets: **€15** [www.abconcerts.be](http://www.abconcerts.be)



## Sea Girls

Britain's Sea Girls released their long-awaited debut album *Open Up Your Head* in August 2020. Things have been moving fast for these indie rockers who appeared in the final of *The BBC Sound Of 2019*: from a spot at Rock Werchter to a record deal with Polydor Records. So we're expecting quite a bit from these young guns in the future! **27 November**. Ancienne Belgique. Tickets: **€15** [www.abconcerts.be](http://www.abconcerts.be) 

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# Saving the wetlands

Wetlands International – Europe explains its work in decelerating wetlands losses. The rate of loss and deterioration of wetlands such as lakes, marshes and rivers is accelerating in all regions of the world.

**F**rom the wild rivers of the Balkan Peninsula to the vast Arctic tundra, from mountain streams with salamanders to peat swamps filled with dazzling dragonflies, from waterholes to estuaries full of salmon, sea trout and waterbirds, wetlands provide some of the world's greatest nature spectacles.



## The world's greatest spectacle under threat

Wetlands and the life they support are being damaged and lost faster than any other ecosystem, with global losses of over 64% since 1900. European wetland habitat and species have suffered major losses in the past and remain threatened. This loss is accelerating, with the greatest impacts in locations and regions where development pressures are most intense. Conversion of wetlands for other land uses, changes in flooding patterns and pollution are among the biggest causes of wetland loss and degradation.

Wetlands store and distribute water in the landscape. Hence they are often at the heart of conflicts over water, including between nations that share watersheds. Migratory waterbirds, freshwater fish, aquatic mammals and reptiles are particularly vulnerable to wetland changes as they depend on connected networks of wetland sites and river systems that cross borders and continents.

Yet these species – as well as the many wetland plants and small organisms that go

unnoticed – are so essential for wetlands to be able to deliver their values and services to people.

**Building wetland knowledge**  
In order to secure the future of wetlands and wetland species we develop and communicate knowledge on the status and trends of wetlands and the consequences of wetland degradation for society. We coordinate global waterbird monitoring initiatives, such as the International Waterbird Census (IWC), the largest and longest running citizen-led global monitoring initiative in the world. The data collected during the annual IWC count provides vital information for the conservation and management of waterbirds and wetlands.

We conserve and restore some of Europe's most iconic wetlands and wetland species. Our science-based work in partnership with universities and knowledge institutes, combined with a strong understanding of EU policies and the practical experience from our member organizations and their networks, makes us a credible advocate for improved policies and practices.  
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# PERSONAL DEVELOPMENT

*The outer darkness magnifies and reflects the inner shadow self*

PERSONAL  
DEVELOPMENT

Nutrition

## Food fears

Fitness & Nutrition Coach **Zita Gacser** advises us on when healthy eating does more harm than good



**W**e all have that colleague or close relative who would stop eating gluten, dairy or meat, seemingly from one day to another, for health concerns or weight loss goals, without a formal diagnosis for food allergy or intolerance.

They might cite a documentary they had recently watched about the dark side of the food industry or an article they had read about the health consequences of high carbohydrate, fat, or, more recently, high protein consumption.

Or you may have that one friend who avoids sugar like the plague, refuses to eat carbs

after 6pm or any foods that are not labeled 'natural', 'bio' or 'organic'. In extreme cases, they might resort to fat burners, detox diets, or juice cleanses to drop the last 5kg to get in shape for the holidays.

### “ PERHAPS THAT PERSON IS YOU ”

Or perhaps that person is you.

You might have food fears if: you have completely eliminated certain foods or food groups from your diet for fear of weight gain or declining health; you feel guilty when you do eat 'unhealthy', 'bad' foods; you often find yourself obsessing over the quality of your food; or you compulsively

## Nutrition

study the list of ingredients and nutrition label of each and every single food item you buy.

Whether you aim to maintain your health or strive to improve it, a healthy relationship with food is essential. Experiencing emotional distress for eating certain foods or food groups, missing out on social events and the pleasure and comfort food can provide, attaching values to food (viewing food as 'good' or 'bad') are all issues that need to be addressed in order for you to live a healthy lifestyle.

Obsessively avoiding or overemphasizing certain foods in one's diet may in fact result in severe health consequences, such as malnutrition, nutritional deficiencies, disordered eating or eating disorders.

An unhealthy obsession with the consumption of 'healthy', 'pure' and 'clean' foods is an eating disorder called Orthorexia Nervosa which often comorbidly occurs with obsessive-compulsive disorder (OCD). If you suspect you might have an eating disorder, seek help from a medical professional or a registered dietitian.

Undoubtedly, there is a line between making healthy food choices and suffering from an eating disorder. If you are simply aiming to achieve optimal health by limiting your sugar consumption and emphasizing whole, nutritious foods in your diet, but your food choices have little to no impact on your mood, social life, or performance in the workplace or in sports, there is nothing to worry about.

It is also completely normal to avoid foods that you dislike. If you only avoid certain foods because they cause gastrointestinal distress, consult with your GP or a specialist to determine whether you have a medical condition that requires special treatment.

Similarly, those on an elimination diet who

were formally diagnosed for food allergies, or abstain from the consumption of animal products for environmental or ethical reasons do not fall in the category of disordered eating.

However, if you do feel guilty, anxious, perhaps isolated, obsess over the quality of your foods, or compulsively check food labels, it is high time you questioned your food rules. Ask yourself: what is it that you truly fear? Is it weight gain, declining health or feeling out of control?

What is behind these fears? Could it be low self-esteem, lack of self-confidence, or fear of rejection? Awareness is the first step. Once you become aware of the root cause of the problem you are trying to solve with food restrictions, you can now start working on your relationship with food, for instance, by adding back foods to your diet that are off limits while addressing the real, underlying issues.

Otherwise, you might miss out on important life events, develop nutritional deficiencies and suffer from severe health consequences – which are exactly the areas you are trying to improve in in the first place. By adding your anxiety-provoking foods back to your diet, you will learn that food is but nourishment that has no power over you. You, on the other hand, have full power over your food choices. Not only will you function and perform better, you will also be able to experience life to the fullest. Food is first and foremost fuel but it can also be pleasure, celebration and comfort.

For those worried about weight gain, remember: no single food or food group is responsible for weight gain – it is excess calorie intake, i.e. consuming more energy than what your body burns in a day, over time. For fat loss to occur, you need to consume less energy than what your body burns.

Why the strong preference for healthy foods when embarking on a fat loss journey then? Well, as everyone with a sweet tooth can attest, it is much easier to overeat on chocolate and cookies than on Greek yogurt and broccoli.

While complete elimination seems like the only obvious, although fairly rigid solution, you can simply practice moderation instead: emphasize whole, nutritious foods in your diet (lean meat, whole grains, fruits, vegetables, dairy, nuts and seeds), and enjoy the occasional treats in moderation. Finding balance is therefore key.

So is prevention. For starters, audit your social media use. Do you follow accounts that promote certain diets, demonize entire food groups, thereby triggering your food fears? Do you often end up comparing yourself to influencers and sponsored athletes? Does this comparison often provoke anxiety? If so, unfollow such accounts and limit your social media time.

In this day and age, we struggle not only with an abundance of food but an abundance of information. Practice critical thinking and healthy skepticism when doing your own research, make sure your sources are reliable and unbiased, or work with a registered dietitian or a nutritionist.

Beware of sites and experts advocating a 'one-size-fits-all' approach (especially if they have a financial interest in said approach); claims and recommendations based on a single study; documentaries that misinterpret or cherry-pick research to back up their claims; and catchy headlines with such

wording as 'quick fixes', 'superfoods', and 'miracle fat-burning foods'.

Lastly, try exposure therapy, which is a well-known and frequently used technique in behavioral therapy: one meal at a time, start slowly exposing yourself to the foods that you fear. If you are worried you might lose control, don't go out and buy a large box of chocolate right off the bat – start with a smaller candy bar instead.

Think of it as an experiment. Remember that change can be uncomfortable, and that change takes time: your body might need a few days, perhaps weeks to adjust. You will either learn that having a piece of cake or a

slice of pizza every once in a while will not result in instant weight gain or diabetes, or that perhaps you do not even enjoy these foods or the way they make you feel anymore.

Either way, successfully facing and overcoming your food fears will make you feel

empowered and confident, not only when it comes to your diet but in other areas of your life. Without feeling deprived, you will perform better both mentally and physically, feel in control and be able to enjoy foods freely. Achieve optimal health not by eliminating foods from your diet but by adding variety to it.

If you suspect that you have any food allergies or intolerances, disordered eating or an eating disorder, consult with a medical professional or a registered dietitian.

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PERSONAL

DEVELOPMENT

Self-help

# Reflections of Light

Intuitive Healer **Katarina Winslow** reflects on the inner and the outer



**J**ust as there is a micro cosmos of the macro cosmos, there is the outer situation's inner reality. It is like a mirror that shows your reflection as a window for you to see yourself. What you feel inside is an image of what the outer world is subtly

communicating to your consciousness. Or sometimes to your lack of consciousness. You could say that the outer darkness magnifies and reflects the inner shadow self. Or, in a more positive way, that the outer truths call upon inner truths. There is no question that we live in a time where we feel intense external suppression of our freedom and even threats

to our lives. It is like a cloud of existential insecurities that have been raining from the sky like a fear-based deluge submerging humanity.

The blessing in disguise is that this awakens our inner spiritual doubts and the psychological wounds in our innermost corners. The outer world reflects and magnifies hidden inner places that we would never have the chance to highlight if the

external reality had not triggered these subconscious emotional, psychological, and sometimes even physical wounds.

**“ OUTER TRUTHS  
CALL UPON  
INNER TRUTHS ”**

Self-help

As an intuitive healer this past year, the noticeable mirror of the outer awakening the inner has kept me exploring the depths of the human psyche. The looking glass has rendered our inner hidden places visible through the external threats to our lives. Many people have had an inner awakening of their deepest existential fears. Fears so deep that they would have kept lingering at the back of their psyche, unnoticed in this life, and maybe even the next one. Existential issues and deep trauma are coming to the surface that would never have been dealt with if the outer world hadn't started to project fear beyond a sustainable level for our psyche. You can be angry, sad, furious, and even become mad at the outer world, shaking your inner world, but the healing blessing is that you can look at it from another angle. To wake up to be grateful for the 'disguised blessing'.

Know the gift to have the capacity to see. However painful, it is a gift to see all that hurts in you. And however horrific, it is a strength to know what is wrong in the world and what is wounded inside yourself as this elevates us to a new level of consciousness; because this means that profound healing is knocking at your door. The potential for personal healing is standing at the entrance of your life, like a massive rally standing at the opening gate of a new world.

No need any more to walk through life with wounds so deep you didn't know they were running you at some levels of your life, unseen and unnoticed by yourself.

## “ THE DEPTHS OF THE HUMAN PSYCHE ”

Through the outer fear, the inner fear awakens. This fear might not correlate with reality, but the intensity might feel as strong as an earthquake, as it would all collapse at any time. As if you would crack and collapse. What is happening on an individual level is that the outer darkness is reflecting the innermost traumas we have ever experienced, sometimes going beyond

this incarnation to traumatic past life memories. It is as if the lens through which we see the world have brought into focus the moments we were the most vulnerable and abused ever in the history of our soul's journey. The external threats awaken our most profound awareness; the deepest internal threats are reflected through this world's dangers, real or imagined. The mirror is showing the micro cosmos of the macro cosmos.

As the world is healing from its old programs, there is a golden opportunity for us to heal from our most traumatic and ancient cell memories. As more and more lies are rooted out in the outer world, more and more wounds can be brought to light and rooted out from our psyche. Now is the time to keep our eyes open to what happens in the outer world, but more than anything, it is a breakthrough to see into our inner worlds. To look at any fear or trauma that was, before the outer world came to light, invisible to our eyes. When something starts to stir up in our inner world, just as things shake in the external world, we need to shed light on that which is wounded inside ourselves.

As the world reflects more and more darkness, more and more shadows become visible in our inner selves. Of course, the shadows felt in our psyche might have nothing to do with us being oppressors but most of the time, we have been the victims of an oppressive system. Still, if some things become visible, it is the universe's way to say there is something you have failed to see or know about yourself. The healing source is taking your hand to show you that a part of you needs more light, more understanding, truth, and compassion, just as the world is looking for all these things right now.

The rejection from this world might have awakened all the rejection that we have ever felt in our past. Perhaps you were



abandoned in a past life and now this feeling of abandonment is universal as we are not able to see our friends. Alternatively, you have experienced betrayal, and everything you believed until this point has betrayed you. The blows to the foundations of our world view are numerous and destabilizing, not to speak of the blows to our egos. When what you built your pride in turns out to be mere illusion, the sandcastles are falling, and you can do nothing but accept the free fall. Know that you are not alone; this is happening everywhere for us to build anew, something better, aligned with the intention for life, the authentic and the natural.

Let us embrace this reflection of our shadow selves so there can be light shed on all psychological wounds in each one of us. It is only by shedding light that humanity can heal at its very core, at all the levels of our shared humanity's individualizations. See the

reflection in the mirror and embrace all that is ready to be healed in you so that light might be.

So what each one of us reflects back to the world creates only reflections of light.

Let yourself shine. Let this world shine.

Live light. Travel light. Be the light.

## “ KNOW THE GIFT ”

Now is a time to go deep with the light in our inner world so that we can shed that light back to the outer world. We are the ones we have been waiting for to make this world luminescent beyond the gaze of the sun.

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Self-help

# The Immaculate Connection

This month **Matthew Cossolotto** writes about 'the magic of seeing and being seen'



**I**magine this: You're standing in front of a small group of people - fellow participants in one of my PodiumPower! workshops. You're not expected to, indeed you're not allowed to, say anything for a full minute. You're supposed to silently connect for sixty seconds with everyone in the group using only your eyes.

## “ USING ONLY YOUR EYES ”

I call this exercise The Immaculate Connection. I realize it's impossible for readers of this article to actually experience the full power of The Immaculate Connection

simply by reading these words on the page. But you can, I think, use the power of your imagination to approximate what it's like.

I hope one day you will be able to experience The Immaculate Connection in one of my workshops. Until then, let me suggest that you experiment in

front of an audience by beginning your presentation with a few seconds of silent connection with members of the audience. You shouldn't do this for more than a few seconds. But it's a good habit to get into

#### Self-help

- a few seconds of connection - silently acknowledging several individuals before you begin speaking.

You can also get a small taste of what The Immaculate Connection is like later on in your presentation. Simply pause from time to time and silently connect with individual members of the audience for a few seconds. It's not quite the same thing as standing silently in front of an audience for a full sixty seconds, but it's a valuable experience, nonetheless.

Even though you can't actually experience the full effect of The Immaculate Connection by reading this article, I want to try to explain why I think this exercise is so profoundly powerful and why I hope everyone can someday experience it personally.

You see, I have come to the conclusion that the anxiety, nervousness, trepidation and stage-fright associated with speaking to audiences stems in large part from a reluctance, a discomfort, to be seen, to be put in the spotlight, to be the centre of attention. This is probably a subconscious discomfort, an unspoken reluctance.

So, the anxiety is not necessarily about what you're going to say. It's feeling uncomfortable about being seen, about putting yourself front and centre, about knowing all eyes are on you. When that discomfort about being seen becomes internalized, the mind takes over and a chain reaction ensues, shifting the focus away from connecting with the audience, away from your message, and what you have to say that can be of value to your audience.

Soon, you get all wrapped up in the inner struggle that goes on between the ears. The trigger is, first and foremost, this anxious feeling about being seen.

The Immaculate Connection exercise addresses that issue head-on. The fear of being seen is often obscured, camouflaged, unnoticed because we focus so much on the speaking part of public speaking. We don't think much about the just being seen part. The Immaculate Connection process clears out the clutter.

This minute of silence is a precious time for profound introspection, a time to reflect deeply about how you feel simply standing in front of an audience. Are you comfortable or on edge? Are you self-conscious about how you look in any way - your body shape, your height, your weight, your hair, your clothes or any physical defect or detail you imagine detracts from your appearance? Just become aware of any thoughts and feelings along those lines.

## “ SILENTLY CONNECT WITH INDIVIDUAL MEMBERS ”

It only takes a minute for a lasting breakthrough in self-awareness to take place. I often tell my workshop participants that this one exercise is well worth the price of admission. Not only

do you get to experience The Immaculate Connection, but you get to see other participants do the same. They see you and you see them. They are seeing and being seen by you, and vice versa. No words are needed.

I'm going to do something unusual right now. I'm going to quote from a love sonnet, namely Shakespeare's Sonnet XXIII, in an article about public speaking. Why would I do such a crazy thing? Because there is something to be said for speakers falling in love with an audience. Shakespeare ends Sonnet XXIII with this intriguing rhyming couplet:

“O, learn to read what silent love hath writ:  
To hear with eyes belongs to love's fine wit.”

“To hear with eyes.” Just think about that. Think about the degree of connection and



empathetic bonding involved in hearing or listening with your eyes. The Immaculate Connection exercise offers you the opportunity to feel what it's like to actively, attentively yet silently engage with individual members of the audience.

In my speech coaching programs, I encourage speakers to make the effort to really notice individuals in the audience. Observe them as individuals while you speak. Value them. Make a quick mental note of the colour of their hair. Notice gender. Observe clothing. Note whether the person has a beard or a moustache. Just notice a few little details. While listening with your eyes, speak directly to as many people, one by one, as you can.

## “ HEARING WITH YOUR EYES ”

By doing so you will be engaged in a silent relationship with the audience. Hear with your eyes. All members of the audience will notice this - those you connect with individually and those you don't - and they'll feel a connection between you and them.

This ability to listen to the audience with your eyes - really see individuals - is a key part of the relationship you want to establish with the audience, and it's done silently through receiving and observing and hearing with your eyes.

I regard The Immaculate Connection as one of the most powerful exercises available on the path to the joy of public speaking, which happens to be the title of my new book. Many of my PodiumPower! workshop participants agree. Here's one example:





“Matthew’s PodiumPower! workshop was excellent, and I especially learned from the minute of silence in front of the group.”

Participants report a wide range of responses. Many say they were nervous and uncomfortable at the beginning but then they felt more comfortable and confident toward the end of the sixty seconds. Some people have reported feeling a strong sense of support from the audience. Others really enjoyed the experience even though it seemed a little awkward at first. Still others felt very self-conscious and uncomfortable most of the time. They kept asking themselves how long this one minute was going to last. But then, looking back on the experience after a few hours or a few days, they felt much more confident about the prospect of speaking to an audience. Just about everyone has described it as an

empowering, even transformative experience.

I hope you can picture what I’m getting at in this article. It’s a powerful message that’s well worth the few minutes it has taken you to read these words. In fact, I would say the value you receive just from imagining The Immaculate Connection is virtually priceless.

#### About the Author

Author of *The Joy of Public Speaking*, Matthew Cossolotto (aka The Podium Pro) is a former NATO speechwriter. Author, speechwriter and guest speaker, he conducts public speaking workshops and other Personal Empowerment Programs (PEPTalks) in Brussels and beyond. [www.ThePodiumPro.com](http://www.ThePodiumPro.com) ●

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Incarnation

# Ego, cellular memory, soul

**Axel TRINH CONG** looks at the twin challenges of incarnation and the meaning of life



**W**hat is cellular memory? What is its role and influence in the formation of the ego? How does it serve our destiny? How does it serve the wishes of the incarnating soul? And above all: what to do, how to work on this ancestral, trans-generational memory? So many questions that bring us back to the meaning and issues of Life, the one that each has chosen for themselves.

Everything we experience is written in our cellular memory. This has nothing to do with ordinary memory - that of the brain - which

stores little and above all has this annoying tendency to deteriorate and deform over time.

On the contrary, our cellular memory stores everything. It is also this which houses a large part of our unconscious. This memory is an integral part of our heritage and - like our genes - we pass it on to our descendants. This means that the body of a newborn baby, if it carries with it the traces of the genes of its ancestors, also carries all the memories. The body in which we incarnate is, therefore, far from being virgin: it



is like a vast potential, an immense memory, a flow of various energies with which we will have to deal.

In the representation of the world that is mine - and which is based on concrete experience with the worlds of the Invisible and the Dead - we choose our incarnation: when, or, in what culture, with whom, to do what. Which implies that we are also going to choose a body - and therefore a memory - from a line where such and such happened. This constitutes the best substrate compared to what we have decided to experiment with. In anticipation of the incarnation, the soul chooses a cellular memory for itself and composes a personality.

The first is potential (female vibration) and the second is activating and interpretive energy (male vibration). And both are at the service of fulfilling a destiny.

In our misplaced ego, we can think that we have control over our life and its elements. However, to whomever wishes it, it is possible to feel that we are also determined by the memory of these ancestors that we carry within us. Because this memory is beautiful and very much alive. Alive, but with no other purpose than to repeat itself. She is only creative insofar as she seeks to create situations that allow her to perpetuate herself.

When the Ancients speak of the 'sin of the flesh', perhaps we must go beyond the letter and understand that - in their immense wisdom - they in fact evoke the memory of the flesh (the cellular memory) with its traumas and its beliefs which determine our thoughts and actions.

And if it is a question of sin, it would be because the flesh is a memory that repeats itself in its automatisms and, therefore, does not do honour to Life, nor to divine creativity. On the

**“ A VAST  
POTENTIAL,  
AN IMMENSE  
MEMORY ”**





contrary, it blocks it, crystallizes it and freezes it. The flesh and its memories have their own life, an intrinsic dynamic whose characteristic is repetition: neither the flesh, nor the body or memories ever create

anything new. They keep repeating the same patterns and going through the same processes. Only the soul creates, innovates, comes out of what has always been, lived and believed.

Life is a perpetual change, and I believe that one of the origins of our ill-being and our illnesses is the refusal of change, which results in energy stagnating or spinning in circles until it is exhausted.

The origin of everything that cuts us off from Life and its forces lies in an attachment to non-change, to the refusal of transformation and mutation. One of the purposes of existence is to be... alive. And one of the immutable principles of Life is change, adaptation, reinterpretation: this is how one opens oneself to something bigger, vaster in

order that we can progress. Stagnation and repetition are like fear: they fossilize and sclerotize.

One of the goals of our existence is indeed to energize - even dynamite - what is, to make it its own, to integrate it, to transmute it, to transcend it, to integrate it differently and then be able to

radiate it.

Life does not have meaning by itself. It finds meaning only if it is quickened. To choose the incarnation - which, based on my experience, is a deliberate choice of the soul - is to choose an interpretation of the Energy of Life.

Life asks to be played, interpreted: it is an immense symphony in which everyone is invited to add their note. Without the latter, the work is neither right nor complete. In the very brief time of an incarnation, the soul has an experience and, therefore, literally comes to create something. To create something means to modify, to change the existing.

## “FULFILLING A DESTINY”



*Traditional annual Kite festival, Bali,  
colours representing incarnations  
of the Hindu deities*

What exists is, among other things, this cellular memory: this sort of ocean of living energies that are both dead in the sense that they revolve around themselves, repeat themselves indefinitely, always stumbling over the same pitfalls. The opportunity offered to us - and it is sometimes a choice of incarnation - is to come and honour and cleanse these stiffened energies. And in doing so, we give them back all their creative power. We honour Life.

To be able to reach this stage of transformation-transmutation, one must be able to accommodate the movements of this cellular memory and of one's body; see and hear what they express so that they can then do something with it.

To welcome the body and the cellular memory for what they have to say and not to fall into disease - evil has spoken. Making this path of Life is obviously a gift for oneself. But not only. To embrace Life unconditionally

leads us to be able to welcome the memories of our ancestors and transmute them to make them pass from the status of weight to that of forces and resources. In doing so, we also alleviate those who came before us and who made us alive today.

It is also a gift for our descendants, because we will give them the gifts of those strengths that we will have acquired along the way.

This is how Life flows.

May you take full advantage of it.

With all my heart,  
Axel

Axel TRINH CONG Medium - therapist  
Body - mind - soul alignment - constellations,  
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## “COMPOSING A PERSONALITY”

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Nikita, aged 18

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# The art of Money Mastery

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** says you must manage your own money



**I**n the past 12 months, we have seen businesses destroyed, small and large across the board. Many have taken a massive hit by the pandemic and the ongoing restrictions that governments enforce upon society.

Entrepreneurs and business owners from all countries around the globe found themselves in uncharted territory, sometimes at a loss and in tremendous pain during these lockdowns. And even though some governments created economic relief

packages for businesses, for many it wasn't even close to enough to sustain their product development, salaries and often times complete restructuring of the way the business was run before March 2020.

How can any entrepreneur prepare for such extremes? And are we nearing the end, or is there even more to come? These are some of the questions I get from many business owners I speak to daily and both are great questions that are simultaneously easy and difficult to answer.



#### Coaching

For me it's easy because as a business owner myself, I make sure that I am always(!) managing my money. It is something that I am big on, and all my coaching clients and students from all over the world will testify to.

In fact, I go so far as insisting that Money Mastery becomes a daily practice. The reason being is that I've never met or seen a successful and wealthy business owner who didn't manage his money well. Wealthy people who stay wealthy are obsessed, in a good way, about mastering their money.

By doing so you set yourself up to handle any circumstance that may fall upon your business. In this case, with such a prolonged period of restrictions in some sectors of business, having sufficient savings structured in your business will give you just enough time to pivot. Many businesses couldn't create, deliver or maintain their products or services in the same way. Just a simple example are my training and speaking gigs; live, in person events, were and still are banned in many places. My team and I immediately created a plan to create online training and event experiences. It took us some time to strategize and configure this new set-up, but because I manage the money in my business, we could take our time with this.

So, reading and learning about as well as executing Money Mastery practices, in my humble opinion, is the easy part of keeping

your business secure from external events.

What is more difficult would be to make sure that you are actually taking actions to invest your cash wisely in cash-flowing assets or assets that will at least hold their value against all the printing of money that governments are doing at the moment and the aftermath of the pandemic. To be clear, if you think your government isn't bankrupt

after this pandemic, then you need to wake up and smell the morning coffee. Don't be naive.

So, in my opinion, the difficult part of being put into these extreme situations with your business is to anticipate and hedge your bets against the rise of inflation, a weaker economy and cash that is turning into trash. Personally (not financial advice!), I decided a long time ago to hedge my cash into crypto assets, Bitcoin and Ethereum to name a few. My assets have skyrocketed in value and I believe it's just the beginning of what's to come.

So, my bottom line lesson here is don't trust your government or anyone else to secure your

financial future. The buck stops with you, take responsibility, master your money and most importantly get educated!

*Meet and work with Arnon Barnes live? Join his next upcoming 2-day event in Belgium. For more information on the event, or coaching, contact his office via [info@arnonbarnes.com](mailto:info@arnonbarnes.com)*



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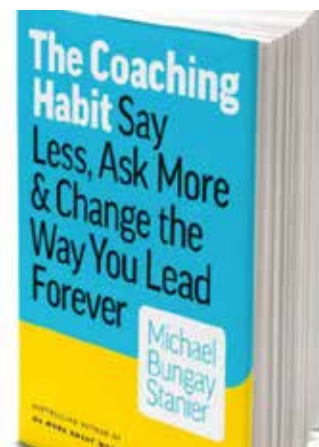


Be success

# Be successful

We recommend two coaching books that will help lead you to personal fulfilment

In Michael Bungay Stanier's *The Coaching Habit*, coaching becomes a regular, informal part of your day so managers and their teams can work less hard and have more impact.



Drawing on years of experience training more than 10,000 busy managers from around the globe in practical, everyday coaching skills, Bungay Stanier reveals how to unlock your peoples' potential. He unpacks seven essential coaching questions to demonstrate how-by saying less and asking more-you can develop coaching methods that produce great results.

- Get straight to the point in any conversation with *The Kickstart Question*
- Stay on track during any interaction with *The Awe Question*
- Save hours of time for yourself with *The Lazy Question*, and hours of time for others with *The Strategic Question*
- Get to the heart of any interpersonal or external challenge with *The Focus Question* and *The Foundation Question*
- Finally ensure others find your coaching as beneficial as you do with *The Learning Question*

A fresh innovative take on the traditional how-to manual, the book combines

insider information with research based in neuroscience and behavioural economics, together with interactive training tools to turn practical advice into practiced habits. Witty and conversational, *The Coaching Habit* takes your work and your workplace from good to great.

"Coaching is an art and it's far easier said than done. It takes courage to ask a question rather than offer up advice, provide an answer, or unleash a solution. Giving another person the opportunity to find their own way, make their own mistakes, and create their own wisdom is both brave and vulnerable. In this practical and inspiring book, Michael shares seven transformative questions that can make a difference in how we lead and support. And he guides us through the tricky part-how to take this new information and turn it into habits and a daily practice." Brené Brown, author of *Rising Strong* and *Daring Greatly*.

Find this book on [www.amazon.com](http://www.amazon.com)

*No Worries* by Bella Mente Press

This book is subtitled: **A Guided Journal to Help You Calm Anxiety, Relieve Stress, and Practice Positive Thinking Each Day.**

*No Worries* is a 12-week anxiety and self care journal that will help you process what's on your mind and gently re-frame your thoughts, so you can manage your worries before they start to spiral out of control. It was designed to meet you where you are now and guide you toward developing a practice of taking a few minutes each day to reflect on your thoughts, identify the sources of your anxiety, get in the habit of positive thinking, and prioritize your overall wellness and mental health.

*No Worries* includes:

**Daily Journaling Pages:**

Space to check in on your mood, reflect on your thoughts and anxiety triggers, practice daily gratitude, and honour any positive thoughts or moments from your day.

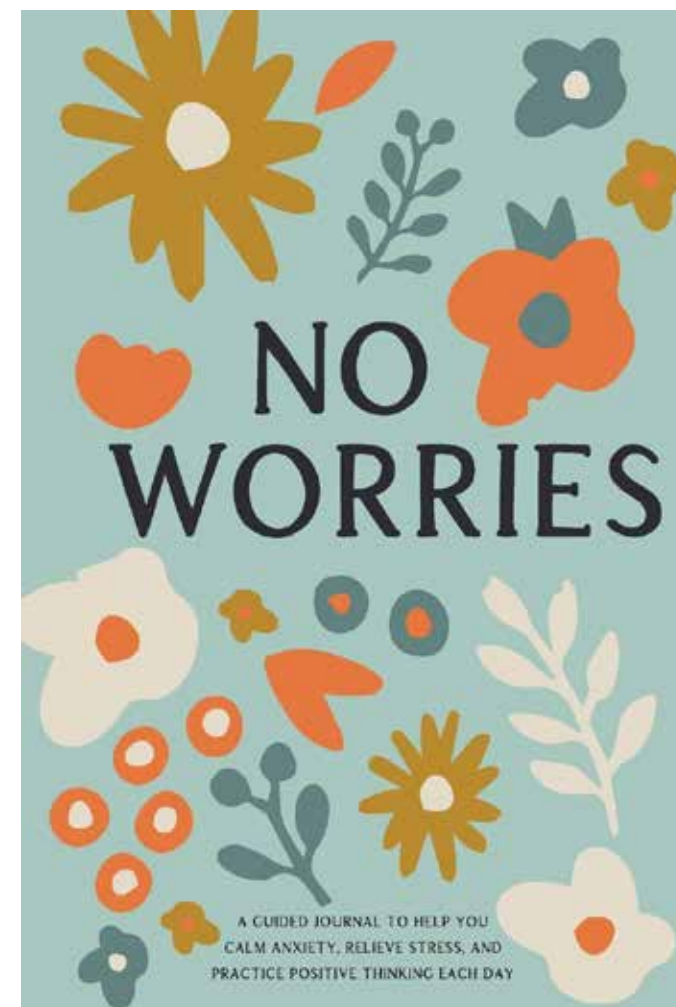
**Self-Care Ideas:** Suggestions for simple ways to take care of yourself and start to feel better.

**Emotional Support Cheat Sheet:** Write down who you love, what you value, things you enjoy, and favourite quotes for whenever life feels uncertain

**Mindfulness Matters:** Tips for finding a few minutes of peace and quiet each day.

**Fear-Setting Exercises:** Manage your biggest worries and shift your perspective so you can stop stressing and take meaningful action.

**Habit Trackers:** A page to help you remember to prioritize self-care and the habits that are important to you each week.



**Therapy Reflections:** Reflect on your sessions (if you are seeing a therapist or counsellor) and record what you learned and how it made you feel.

**Monthly Progress:** Pages for you to look back on your month overall and check in on your satisfaction in different areas of your life. Anxiety might be making you feel like you're walking on pins and needles. But by using the *No Worries* journal, you'll be making a positive step forward toward coping with your anxiety, caring for your mental health and feeling better each day.

Find this book on [www.amazon.com](http://www.amazon.com)

# Amazing Belgians

We look at four more local, creative entrepreneurs



## Isabelle de Borchgrave

Isabelle de Borchgrave is a Belgian artist who has sought, and indeed discovered, new directions in contemporary creation. She has made works in bronze, she has painted and she has authored installations on commission from public bodies and international fairs. Isabelle is an indefatigable explorer of a new aesthetic landscape - through her painting, her installations and her myriad creations. [isabelledeborchgrave.com](http://isabelledeborchgrave.com)

## Pili Collado

For some time now, Pili Collado has been defining a new path for herself... Called to precious missions of artistic direction, she selects the most personal projects such as the restaurant Amen and the Atelier Natan. But her training as an architect redefines new desires, such as the creation of objects or the discovery of collections of character in very limited series or unique pieces, all gathered in her place of anchorage: Les Précieuses, place Brugmann 20. Just before last March's confinement, Pili Collado found a forgotten box, with all the remains of these multi-colored pieces. A few months later, an edition of 50 unique subjects of sophisticated architectures is born: 'Useless'. [www.facebook.com/pili.collado.35](https://www.facebook.com/pili.collado.35)

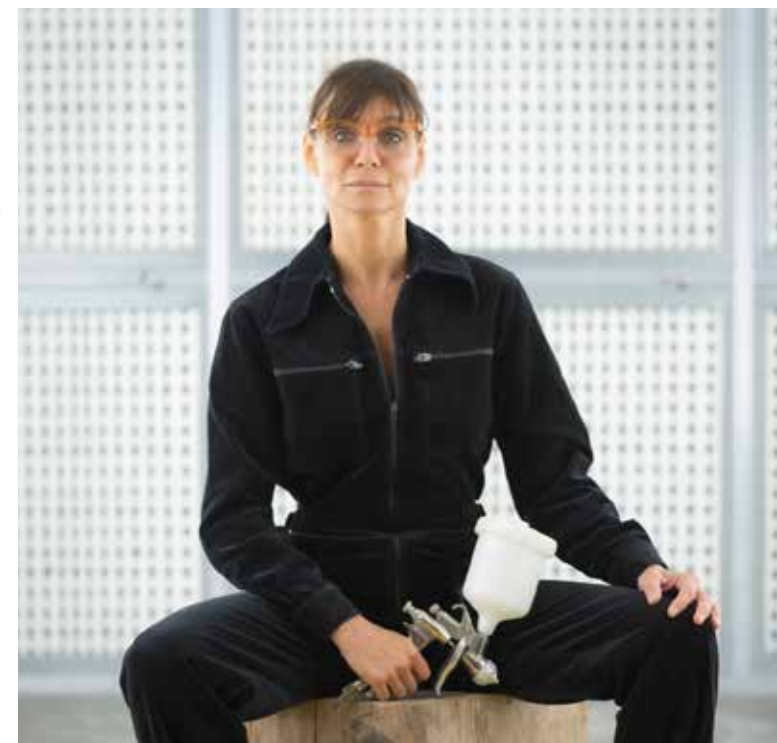


## Lynn Khoury Soubra

This young Brussels company has its roots in Beirut and cultivates its authentically 'clean beauty' philosophy in the light of years of research, with an ultra-rigorous selection. Lynn's Apothecary was born from the reflections of its founder, a committed natural cosmetics expert, who began her career as an economist, working with the United Nations. Today, she dedicates herself to balance and wellbeing, after getting a certification in cosmetic sciences. [www.lynnsapothecary.com](http://www.lynnsapothecary.com)

## Sophie Coucke

Sophie Coucke studied at St Luc Liège, and left for Paris to devote herself to her first passion: the restoration of works of art. An internship in Juliette Dupin's workshop in Montmartre allowed her to familiarize herself with the different techniques of restoring glass and ceramics. She continued her training in the Echement workshop in Brussels where she was introduced to the various techniques for restoring paintings. [peintre-decorateur-sophie-coucke.be](http://peintre-decorateur-sophie-coucke.be) ❶





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## Financial freedom

Our property expert **Yannick Callens** says nothing beats action



**M**any of you ask me how you got here. Being financially free has a different definition for each of us. Being able to move where you want and when you want has become a luxury that is increasingly in demand. It is even now beyond the wish to own. For example, owning a home. But in order to be free and be financially independent, you have to go through the 'take action' phase. Nothing beats action!

And consequently, we will also have to go through the 'own' phase to create this famous cash flow, an Anglo-Saxon term which is more and more trendy here and especially in the real estate world. The term

cash flow is the surplus you have left at the end of the day after paying all your bills and fees. Currently a lot of people look at it in terms of profitability and settle for 2-3% profitability. Who is happy today with 2-3% profitability? Nobody. It barely beats inflation.

**“IT BARELY  
BEATS  
INFLATION”**

Rather, look in terms of the added value that you are going to make; Combine purchases for rental with purchases for resale. And reinvest the capital gain from the resale in rental property. Apply this for several years and you have the recipe for financial freedom and independence that goes with it. For this you will have to pay attention to your expenses.

A person who earns €10,000 and spends



€10,000 will have the same problem as the person who earns €1,000 and spends €1,000. Focus on your income. I would even say 95% focus on income and 5% on expenses. By having 'too much' income you will no longer have any problems with your expenses. There is this famous theory, for example, of stopping going to Starbucks for your favourite Macchiato Caramel and saving as much as possible. I am against it. Because what are you going to create as a feeling? Frustration! But you have to have fun... even on the way to your goal.

I'm going to ask you this personal question, for you to answer transparently and honestly: what is most important to you, the path to the goal or the goal itself? Remember that humans will always look for a way to distance themselves from what hurts them

## “ PAY ATTENTION TO YOUR EXPENSES ”

and will always try to go towards pleasure. Do it with pleasure. It will bring your coveted goal closer. The most important thing is to know where you want to go and to do it with pleasure! When you meet the successful people one after the other, do they smile?

Yes, of course. You don't even feel like they're working to make it happen.

I'll give you the recipe: they are willing to 'pay the price' to achieve their goals. And by 'paying the price' I mean they are willing to put all the effort into making it happen. It's not about the money, it's about persistence. In which area of your life do you let things drag on?

For any information, the Immo Champion team remains at the disposal of *Together Magazine* readers.  
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# Forward and back to the 'new normal'

**Dave Deruytter** looks in to his crystal ball to see where we might in the near future



**T**here is a lot of planning to be done these days about the 'new normal' in life and in business, which we expect after the Covid-19 crisis is under control. Indeed, in the developed West, vaccination is well under way. Hopes are high there for an end to the travel and gathering restrictions in the coming months. Still, the new normal will be very different both from the pre-Covid and from the during Covid normal.

Some people have been working purely from home for more than half a year now, and one week in two or three in the months before that. Others have not been able to work at all. Another group has been working in factories with social distancing or mouth

masks on. All in all, no one has been really back to the office or company in the 'old way' since early March 2020, coming up for a year and a half ago.

On the leisure side, a lot fewer people than before have been able to travel abroad. And if they did, it was more cumbersome to get there, and they were less free to do whatever they wanted to do during their holiday period. Shopping has substantially moved online without the fun of 'window' or 'in person' shopping.

Some people have coped reasonably well with the confinement or containment measures, maybe the younger generation



more than most. But they may have been the hardest hit by the closure of bars and restaurants, the absence of parties and festivals. No surprise that there are reports of an important increase in mental health issues affecting all ages: issues in households, stress, depression, burnout, loneliness, lack of confidence, lack of focus, lack of performance etc. These are all conditions that will take a lot of time to recover from.

As much as we were forced to work and play online without the pleasures of meeting in person, we are yearning to go back to the old days of many things in person - we might even avoid online, at least in the beginning. Indeed, the pendulum was forced to swing to online much faster than it would normally have done. As such, chances are high it will swing back and further than the point we were at before. Eventually, the pendulum

will undulate to a new balanced situation. That may still mean more online or digital than we would have been at without the Covid-19 crisis. It is not clear how long the undulations will take place before getting to a new balance. Perhaps six months easily, but maybe more.

**“ THE NEW  
NORMAL WILL BE  
VERY DIFFERENT  
MOVED ONLINE  
WITHOUT THE  
FUN ”**

Sadly, chances are high that the split in society over online or digital capabilities will have increased because of the high speed in change. That may create new challenges or even a dual society. During the Covid-19 period banks have reported an important reduction in the use of cash and visits to their local offices. At the same time, they notice an important increase in cashless payments, online transactions and calls or emails to the call centre. Retailers have seen a boom in online shopping, and businesses a huge increase in online working.



Most of that change can be extremely efficient but is, at the same time, typically highly impersonal. Humans need the personal side of life and business too. Some aspects of life during Covid-19, like the substantial increase in delivery vans driving around, are not green at all. But working from home brought down commuting and with it pollution. Businesses will need to keep on adapting to those new realities. There are other disruptions coming. If people will be working from home 50% of the time in the new normal, then up to 50% of the office space will become obsolete. A big shock wave is expected in this market, that can be countered by transforming some of the office capacity into apartments, but that will take time and money. Simultaneously, as people will work partly from home, there may be a structural need for one or two rooms extra at home to work in.

It is the mental shock we received from the Covid-19 crisis that deserves the highest attention though. This is a time where we need to be even more there for family, friends

and colleagues, for the weaker in society. Not only mental support and professional help, also help in catching up with the extremely fast acceleration in online and digital, particularly in business. We should make sure the slower or weaker people are trained and coached.

Then there is of course the developing world and the countries who by nature or habit are not used to vaccination. We should pull them along. First by giving them access to vaccines and efficient vaccination centres; second by sharing scientific results on how effective vaccinations are in the better off countries.

Only then will worldwide trade, investment and travel take on again.

Only then will the international supply chains function properly anew.

Only then will all the countries in the world be able to pick their grain from the renewed vigour of world trade and investments, leading to prosperity for all. ❶

# Covid-19: Brink of global bankruptcy?

**James Drew** examines the implications, for good or ill, of how coronavirus has changed the financial world



Central Bank of Turkey

**A**ccording to recent reports, bankruptcies are expected to increase 26% globally, with the phasing out of aid packages and the normalization of bankruptcy legislation expected to cause significant deterioration in the global insolvency outlook in 2021.

However, despite the deep recession caused by the Covid-19 pandemic, the expected spike in global bankruptcies has not as yet occurred. Globally, the number of bankruptcies fell by an estimated 14% in 2020 with some of the larger European economies: Spain, Germany, France and

the United Kingdom experienced declines of 14%, 17%, 40% and 27%. In the Netherlands, bankruptcies decreased by 17% in 2020, compared to the already low level in 2019.

Turkey and Ireland were the only two countries examined where bankruptcies increased last year. In Turkey, companies faced tighter financing conditions and limited government support. In Ireland, the increase was only 1%. Two factors can explain the striking trend of declining bankruptcies. Firstly, many countries made changes to their insolvency regime in order to protect





companies from going bankrupt. Secondly, governments across the world have taken fiscal measures to counteract the adverse economic effects of the pandemic and support small businesses in particular.

#### **Increase in bankruptcies expected worldwide**

However, despite the rollout of vaccines and positive growth figures, a 26% increase in bankruptcies at a global level is expected in 2021. An increase is expected in all major regions and countries reviewed, except for Turkey, where bankruptcies were already on the rise in 2020. The largest increases are expected in Australia, France and Singapore.

These forecasts are mainly based on expectations of gradual phasing out of local fiscal support measures and reopening of bankruptcy courts and proceedings.

Consequently, many companies that were rescued last year by the above mentioned measures will likely file for bankruptcy in 2021. It is worth mentioning that the countries with the highest expected increase in insolvencies in percentage terms this year are most likely the ones with unusually low insolvencies in 2020.

## **“ DETERIORATION IN THE GLOBAL INSOLVENCY OUTLOOK ”**

As companies large and small blind-sided by the coronavirus pandemic continue fighting for their survival, each day seems to bring the news of another household name

buckling under the strain of its growing debt and shrinking revenues. Credit insurance company Euler Hermes estimates that by the end of 2021 all regions across the world will post double-digit increases in insolvencies, with the biggest surges expected to occur in North America (+57% compared to 2019), followed by Central and Eastern



Europe (+34%), Latin America (+33%), Western Europe (+32%) and Asia (+31%). A premature withdrawal of emergency government interventions or a longer than expected global economic recovery could make things dramatically worse.

But there has, to be fair, been much optimism in recent months regarding the prospects of a global recovery from the coronavirus. The recent announcements of vaccines with high levels of efficacy from the likes of Pfizer and Moderna have certainly raised hopes of a return to normal - or, indeed, a 'new normal' - at some stage. And while such news should have positive implications for the economy in the long run, several underlying weaknesses are likely to remain for some time.

Among the most concerning is the likely emergence of a solvency crisis, whereby companies' liabilities swell to such a degree

that they are unable to pay down their debts and are thus likely to file for bankruptcy. With the pandemic forcing brutal shutdowns across much of the world, many companies initially took on substantial amounts of debt to address the immediate liquidity constraints they faced, so it remains to be seen what effect this will have. ❶

## **“ RAISED HOPES OF A RETURN TO NORMAL ”**

# LIFESTYLE

*Most at ease in environments in which architecture is one element of a broader composition*



## LIFESTYLE

Luxury

# Alps in luxury: Head for the mountains

Alps in luxury specializes in mountainous adventures and comfort

If you can't wait to be tearing down tracks on two wheels, summiting hiking trails for a picnic with a view, meandering down canyons in the best natural water parks, parapenting through peak-filled skylines or simply enjoying the wellness facilities at your luxury chalet, you're in good hands! Whether you are searching for a week's break or looking to make the most of work-from-home flexibility with a long-term stay, we can be sure to help you create memorable experiences in our growing collection of summer chalets. Our summer resorts are preparing to open up and welcome mountain lovers and adventure seekers far and wide to nature's best kind of playground...

### Summer Mountain Chalets

The mountains are the perfect place to spend a summer holiday in the Alps. There are so many great activities to enjoy in the mountains from white water rafting to mountain biking and parapenting. With so many activities to enjoy, adults and children are all assured of a fun-packed alpine summer holiday.

If action and activities aren't for you and you prefer to relax with a book then it is hard to find somewhere more tranquil than the mountains in the summer. You can take a picnic and find a secluded mountain stream



where you can sit and watch the world go by, all accompanied by the freshest of mountain air. In your luxury summer chalet you can enjoy yoga on the terrace all whilst taking in the stunning views on offer.

Rolling green meadows and sharp rock faces covered in an array of colours from wild alpine flowers all create the perfect snapshots for photography holidays in the Alps. The fresh mountain air and lack of humidity mean that you leave your summer holiday in the Alps feeling refreshed and relaxed. The weather in the summer is hot and with long days it is the perfect destination to enjoy BBQ's late into the evening. We offer a variety of luxury chalets in the Alps, all of which have been hand-picked to ensure that your summer holiday in the mountains is as relaxing or as adventurous as you want it to be. With a range of facilities to choose from, your luxury mountain chalet will be the perfect home from home on your alpine summer holiday.



### Luxury

#### **Apartment Village, Zermatt Matterhorn Ski Paradise, Switzerland**

Located just a short stroll away from the centre of town and the Zermatt Kirchplatz. There is an underground lift taking you from village level up into La Vue chalet which is sat high above the town offering fabulous views overlooking Zermatt. The Apartment Village is a fabulous two bedroom apartment in the luxurious La Vue Chalet. Being south-facing, this beautiful apartment takes full advantage of the chalets elevated position. There are two double bedrooms each with their own private en-suite. The apartment has a light and airy living space and also



has a fully equipped kitchen. In the summer months you can choose to dine either at the dining table or you could enjoy the generous balcony space which comes with breathtaking views.

#### **Chalet Hickory, Verbier Four Valleys, Switzerland**

This beautiful apartment is ideal for small families looking for a touch of luxury in the centre of Verbier. The kitchen and bathrooms also feature reclaimed wood combined with modern fixtures and fittings. Chalet Hickory has a master bedroom with a super-king double bed and an en suite bathroom with jacuzzi bath, two basins and separate shower. The second bedroom has a king size bed. The living room has comfy, soft seating and a large open fire with stone surround. The open plan kitchen is fully equipped and the dining table easily seats six people. The chalet benefits from a shared 8m indoor pool and sauna.



#### **Chalet Baby Bear, Chamonix Mont Blanc Region, France**

Chalet Baby Bear is located in a private and scenic setting in the hamlet of Les Bossons in the Chamonix Valley. You can access the Brevent/Flegere and Les Houches lift stations or the centre of Chamonix in just a 10 minute drive from the chalets. Chalet Baby Bear is picture perfect and so cosy you will never want to leave! Situated in a beautiful forest next to a mountain stream, Chalet Baby Bear provides the ideal family break or romantic getaway and has frequently been used by honeymoon couples! Adjacent to Amazon Creek, Baby Bear sleeps four guests in two delightful bedrooms with en-suites and offers an outdoor hot tub, Sky television and WiFi. [www.alpsinluxury.com](http://www.alpsinluxury.com)



#### **La Petite Ferme, Morzine Portes du Soleil, France**

La Petite Ferme is ideally located in a hamlet of Montriond on the outskirts of Morzine and is located alongside its ever popular big sister Ferme du Lac Vert. The property has easy access into Portes du Soleil summer lift system with the Super Morzine and Pleney gondola a short distance away for access to mountain biking and hiking trails. La Petite Ferme has been lovingly resorted by its owners and is tastefully decorated in similar style to their first Alpine undertaking, La Ferme du Lac Vert. A selection of furs, cow hides and clever use of space has allowed this once dark wood store to become the beautiful bespoke conversion it is today. ❶



Fashion News

# La vie est Belge

Our fashion pages look at a very Belgian brand



**P**roud to be part of the 'plat pays'? La vie est Belge proposes to proclaim it loud and clear!

Having seen the light of day in May 2014, the brand has developed a collection of sweatshirts on which you can write your postal code. The idea behind this concept is to bring a touch of nationalism to fashion. It is not a question of claiming pride in being Walloon or Flemish, but of being Belgian. So, including postal codes is a fun and unique way to celebrate its roots. Today, the code has been reinvented and you can put your date of birth or even your favourite four digits

## Postal codes, but not only ...

Since 2019, La vie est Belge has expanded its range by offering t-shirts, joggers, jackets, boxers and accessories. In 2020, it launched the face masks in the face of the coronavirus. It's a mask 100% made in Belgium! Since then, La vie est Belge has further developed by creating four different collections (depending on the logo). The logo changes and becomes more discreet on certain parts.

A great novelty is a line of clothing for children and babies, which has just been added to the e-shop. No need for jealousy, the whole family will be able to benefit from it!







## “ THE FLAT LAND WHICH IS MINE ”

La vie est Belge is also intimately concerned with the fundamental values of sustainability and ecology. This is the reason why it adheres to the Fairwear Foundation, a label which respects the ethical and ecological charters of textiles. We guarantee that all of our sweatshirts, t-shirts and joggers are made of organic cotton. ❶

Shopping

# Shopping

**Caroline Dierckx** goes in search of beautiful, shiny hair

I had an appointment in the prestigious Maison Roger Brussels hairdressing salon to discover the brand new product in the Sisley hair range: La Crème 230.

Comfortably installed, I let myself be pampered by a hair treatment with the Hair Rituel by Sisley range. It's true that we dream of beautiful voluminous hair, smooth and lustrous, with disciplined or wavy lengths, subtle curls, so that we can use a multitude of heated hair devices. But the sometimes daily use of these devices weakens the hair fibre and impacts its vitality.

Subjected to temperatures that can climb to 230°, the hair suffers and is damaged on the surface. It is exposed to the 'drying flash' of heating devices which erode part of its natural protective film. Deep down, the hair undergoes a 'thermal injury'. The keratin degrades under the effect of heat, the fibre deteriorates and loses its hydration reservoir. Weakened, the hair becomes brittle, and split ends are formed.

## La Crème 230 by Hair Rituel by Sisley

A new thermo-active technology now makes it possible to infuse repairing active ingredients into the heart of the hair fibre to protect and beautify it.



This technology from 'Complex 230' is based on two ionic polymers capable of active repair under the effect of heat.

Activated by heat, it forms an adhesive micro-gel and repairs the hair in two essential steps: the damaged parts are sealed, and the cracks are filled.

The hair fibre is shiny and, for the first time, embellished by heat, it is repaired and reflects the light again.

Not only does the formula protect the fibre from the repeated effects of heat - up to 230° - by coating the hair with an imperceptible and ultra-light protective barrier, it also limits the degradation of keratin.

Result, I left with beautiful, shiny hair and La Crème 230 that I will apply at home to protect and beautify my hair.

Exclusive treatment at the hairdressing salon: Maison Roger Brussels.  
On sale at Ici Paris XL.  
[www.maisonrogerbruxelles.com](http://www.maisonrogerbruxelles.com)

## Ti Sento Milano

Straight from the sun, Ti Sento presents its new collection 'Enjoy the sun'. The radiations of these cool summer colours, turquoise, lapis blue and malachite green were designed to warm you and take your mind on a journey. Gold plated silver cuff necklace: **€699**  
[www.tisento-milano.com](http://www.tisento-milano.com)



## MY.O collection

Inspired by the four corners of the world, Oriana presents its new MY.O collection. Discover the idyllic landscapes by wearing MY.O. Interchangeable or reversible, choose a tie that matches the swimsuit to make multiple combinations and make your swimsuit unique. **€185**  
[www.myoswim.com](http://www.myoswim.com)





### Collistar Magic Face Drops

Enjoy 365 days of sunshine with the new Magic Face Drops from Collistar, offering glowing, tanned skin whatever the season. The Magic Face Drops really are a magic treatment! In just one hour, they reveal a very pleasant, healthy glow or an adjustable tan. Magic Face Drops offer you the power to adapt the intensity of the self-tanner, depending on the time and frequency of application. One of the strengths of Magic Drops is their speed: they work in just an hour thanks to DHA Rapid, the unique and innovative ingredient that speeds up the self-tanning process and reduces waiting time. Their dark colour instantly eliminates dullness, even before the self-tan effect is visible; unlike a white product, you can see where it is applied. The result? A uniform, spotless tan. 50 ml format in limited edition.

[www.collistar.com](http://www.collistar.com)



### New: ELEMENTS by Wella Professionals

The new ELEMENTS range is the softest skincare line from Wella Professionals. It has been developed for the wellbeing of the hair and scalp, for consumers who care about sustainable development. The new ELEMENTS range is based on the gentle power of nature, composed of up to 99% of ingredients of natural origin (between 91% and 99% depending on the product) and formulated without silicones, sulphates or animal ingredients. The new ELEMENTS range satisfies followers of 'clean beauty'. The products in the range are tested under dermatological control at neutral pH and intended for all hair types. It is subdivided into three variants that meet three hair needs. Renewing revives suppleness and shine, while protecting the hair from mechanical stress (combs and heating utensils). Calming soothes dry, delicate scalps, while providing a feeling of hydration. Purifying absorbs excess oil and cleanses the scalp, while providing volume to the roots. Available in salons and on the online store

[www.wella.com](http://www.wella.com)



### DINH VAN

On the occasion of the 30th anniversary of the collection, the Pi makes itself even more precious than it already is, with a limited-edition capsule collection, the PI SQUARE taking over the pillars of geometric design from the House. Composed of three original pieces - two pendants, one pair of pendants and a bracelet on a cord - the creations feature a square piercing highlighting the complicit duality of the round and the square. Pi Square earrings: **€3.500**

[www.dinhvan.com](http://www.dinhvan.com)

### ESMERALDA AMMOUN

City trip or day trip? Esmeralda Ammoun unveils two models of vegan leather bags for Dads who love practical and ethical fashion. Black Jupiter shoulder bag from the Ammoun-Trappeniers collection, handcrafted from vegan leather. Dimensions: 15x20x5cm. Price: **€40**

[www.esmeralda-ammoun.com](http://www.esmeralda-ammoun.com)



### arts2be

arts2be unveils two models from its new Arya collection: elegant, timeless, minimalist but still artistic, with its bi-material aspect and its small case, its 'companion' of art. Arya is therefore more minimalist, while keeping the DNA of arts2be. Available in 15 models, in different colours, leathers and textures. A tailor-made gift for a unique woman. Dimensions: 35x8x22cm. Price: **€490**

E-shop: [www.arts2be.be](http://www.arts2be.be)



### AZE Jewels

AZE Jewels provides a wide range of custom accessories for men, through which they can express their style and class. Beside the elevated selection of styles, they use high quality materials such as stainless steel, top grain leather, performance sailing-rope, A-grade gemstones and sterling silver. Their jewellery pieces are timeless and always relevant. Single V-inox: **€49.90**  
[www.azejewels.com](http://www.azejewels.com)

### OMEGA SEAMASTER DIVER 300M BEIJING 2022 SPECIAL EDITION

In 2022, it will be China's turn to host the greatest show on snow - and OMEGA will be there, measuring every dramatic moment as Official Timekeeper. To mark the occasion we've produced a special edition Diver 300M in steel, with eye-catching tributes to the historic winter sports event, on both the dial and caseback: **€6,100**  
[www.omegawatches.com](http://www.omegawatches.com)



### Maison De Greef

Maison De Greef offers white gold in different forms. The jewels designed by Arnaud Wittmann blend perfectly with all styles and bring a touch of lightness and finesse. Maison De Greef welcomes its clients in Brussels and Knokke, but also offers personalized service on its site thanks to the Wishlist option. Linea Pura: Price on request  
[degreef1848.com](http://degreef1848.com)

### Bulgari Eternal City

Blossoming between the marvellous monuments of the Eternal City, Fiorever draws inspiration from the alluring four-petal flower cherished by the Romans as a symbol of happiness and joy. A blend of two meaningful words: Fiore - Italian for flower, and forever. Fiorever 18ct rose gold ring set with two round brilliant-cut diamonds and pavé diamonds: **€4,600**  
[www.bulgari.com](http://www.bulgari.com)



### Belgian Owl Whisky

In 2014 when Etienne Bouillon, Master Distiller, wanted to diversify and develop the local agricultural industry through the creation of an excellent quality Belgian Single Malt Whisky. These days, the three local shareholders state: "Without devoted, passionate human beings, who are always open to innovation, our Belgian Owl would have never taken flight." This cask strength whisky reveals the aromatic intensity of a single cask by offering it in its simplest form: **€88**  
[www.belgianwhisky.com/en](http://www.belgianwhisky.com/en)



### Slim d'Hermès

A Pegasus with glowing wings emerges from the Slim d'Hermès watch, highlighted by the arts of miniature painting, straw marquetry and engraving. The watch is all about essentials: a simplicity mingling rigorous discipline with aesthetic balance. The Slim d'Hermès La Source de Pégase watch features a winged horse in brilliant colours, born of the virtuoso skills of the enamelling and engraving artists.  
[www.hermes.com](http://www.hermes.com)





# The joy of going out

**Caroline Dierckx** sets you up for the summer

Inspiration comes from the pretty novelties that await us at the start of this summer. The joy of going out is rediscovered and accompanied by the desire to be well. Plus perfume ideas for men who will find their sensory happiness.

**Terre d'Hermès**, alcohol-free body spray. Price: **€79**



Stimulating Shower Gel, ginger, citronella, cedarwood, **Weleda**, 200ml. Price: **€6.99**



**Klorane** solid shampoo with mango, 80g. Price: **€9.90**



Eau Thermale **Avène**, Cleanance Women Tinted Day treatment, to correct and beautify the skin. 40ml. Price: **€23.50**

**Max Factor** Facefinity Bronzer 001 light Bronze. Price: **€13.99**



**Florena** Fermented skincare. Anti-Oxidant Night Cream 99% natural origin. 50ml. Price: **€22.99**

**Acqua Di Parma**, Barbier Refreshing Face Wash 100ml Price: **€32**



The Ritual of Mehr, sweet orange and cedar wood, **Rituals**: Price: **€29.90**

## LIFESTYLE

Beauty

Eau de Toilette **Carven C'est Paris**, pour Homme, 100ml.  
Price: **€89**



**Carolina Herrera**, Bad Boy. Eau de Toilette Natural Spray, 50 ml. Price: **€73.20**



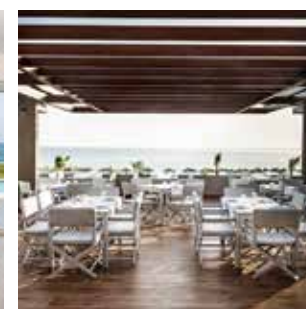
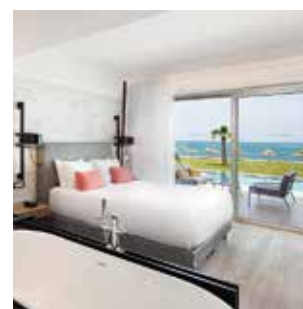
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Victory. Eau de Parfum  
Extrême, 100ml. Price:  
**€106**



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[LITTLEGUEST.COM](http://LITTLEGUEST.COM)



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- Minerals: Copper, iron, zinc (100% RI)

30 capsules : € 19,<sup>99</sup>

180 capsules : € 99,<sup>99</sup>

2 capsules/day

<sup>1</sup> 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. Zinc contributes to normal protein synthesis and to the maintenance of normal hair.

<sup>2</sup> Nobile V. et al. (2021)



NUT/AS 21/33

NEW



NUT/PL/AS 21/57

## Alline proMEN

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of men have  
**less hair loss**<sup>2</sup>

- Keratine (Keramax<sup>®</sup>) 500 mg
- Maidenhair extract 150 mg
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- Minerals: Iron and Zinc (100% RI)

30 tablets - 1 month of use: 39,<sup>99</sup>€  
90 tablets - 3 month of use: 94,<sup>95</sup>€

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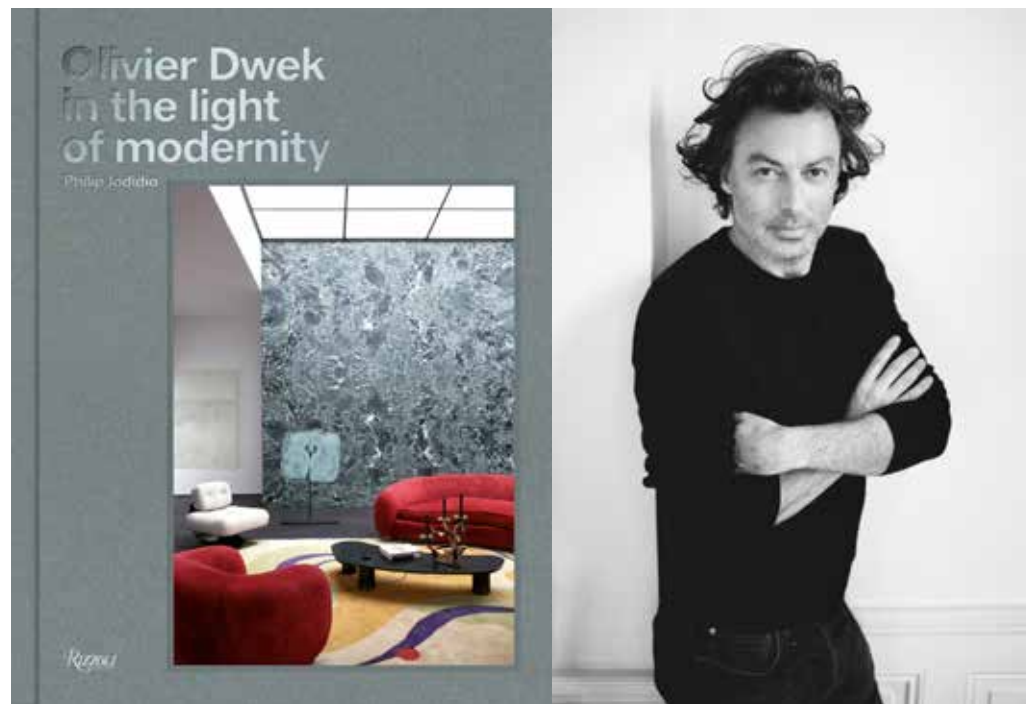
Trenker  
laboratoires

Design

# Olivier Dwek: In the light of modernity

Very talented Belgian architect Olivier Dwek has teamed up with Philip Jodidio

ALL PHOTOS © Olivier Dwek, Rizzoli New York, 2021



The first international monograph, *Olivier Dwek: In the light of modernity*, by Philip Jodidio and published by Rizzoli New York was released last month. Initiated and written by the established American architecture critic Philip Jodidio, the book is dedicated to the Belgian architect's outstanding projects and unveils his radical vision of contemporary elegance and European luxury. Fascinated by contemporary art and modern design, Olivier Dwek opened his architecture firm in 2000 and has continued

## “ALCHEMIST OF NATURAL LIGHT”

to demonstrate his talent since.

This book presents Olivier Dwek's latest creations and includes vast Brussels mansions, immaculate villas of the Ionian Islands and contemporary art foundations. Jodidio explains: "Olivier Dwek seems most at ease in environments in which architecture is one element of a broader composition in which art and design have a full place."

According to Olivier Dwek, architecture is







## “ PURE ENVIRONMENTS ”

part of interior design. His work reflects pure environments where works by Jean-Michel Basquiat, Louise Bourgeois, George Nakashima and Charlotte Perriand fit naturally into interiors.

Olivier Dwek, designer and contemporary art architect, alchemist of natural light, shapes museum-like settings which he combines with warmth, comfort and a certain savoir-vivre.

Philip Jodidio, author and architectural critic has published over one hundred books including monographs about Tadao Ando, Renzo Piano, Zaha Hadid, Jean Nouvel and Shigeru Ban.

[www.rizzoliusa.com](http://www.rizzoliusa.com)

[www.olivierdwek.com](http://www.olivierdwek.com)

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Shopping decor

# Shopping decor

## KitchenCraft Chef'n VeggiChop™ Vegetable Chopper

Want to chop large pieces of fruit, vegetables, boneless meats, herbs, nuts, or even ice, by hand? Want to create perfect salsa and pesto simply, with just a few pulls of a handle? Then we have the answer, The VeggiChop™ from Chef'n. **€26**  
[www.kitchencraft.co.uk](http://www.kitchencraft.co.uk)



## Taylor Pro Classic Dial Mechanical Timer

Reduce the chances of ruined meals, burnt ingredients and overcooked food in your kitchen. Set the Taylor Pro mechanical kitchen timer to count down from up to 60 minutes. You can roast, bake, cook and grill your food for exactly the time it needs, and not a minute longer: **€10.39**  
[www.kitchencraft.co.uk](http://www.kitchencraft.co.uk)



## Taylor Pro Large Platform Stainless Steel Digital Kitchen Scale

Weigh big ingredients or bulk quantities with precision. Fresh melon or slow-roasted mutton: with a large stainless steel platform, a 10kg/10 L capacity, and a high-precision sensor. You can measure liquid ingredients, such as water, milk and stock, too: **€35**  
[www.kitchencraft.co.uk](http://www.kitchencraft.co.uk)



## HAUTE COUTURE STAIRCASES



[www.vdv-design.be](http://www.vdv-design.be)

**VDV**  
*Design*



### Yellow Octopus Jellycat Fuchsia Sea Sorbet Narwhal

Narwhals are truly the unicorns of the sea! This sweet narwhal is bright fuchsia pink with a shiny holographic style horn that picks up lots of magical colours. This quirky pal is suitable from birth, so it makes a really unique gift for a baby shower or first birthday: **€25.37**

[www.YellowOctopus.com.au](http://www.YellowOctopus.com.au)



### Yellow Octopus Sun Plush Toy Celestial Buddies

This soft plush pal is covered in fiery coloured long fur, with different shades of yellow orange and red to brighten your day. She's got little flappy arms and legs, with 'Sun' embroidered on one foot. She's a hot shot buddy who is full of energy and makes a great gift for any space enthusiast. : **€31.71**

[www.YellowOctopus.com.au](http://www.YellowOctopus.com.au)



### Yellow Octopus Sunnylife Octopus Bath Squirter Sponge Toy

This squishy squirty little octopus will fast become your little one's favourite bath toy. He's made from soft squeezable silicone and his head is covered in little holes. He has a sponge inside, so when your child gets him all wet and squeezes him really tight, water squirts out everywhere: **€7.61**

[www.YellowOctopus.com.au](http://www.YellowOctopus.com.au)



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#### Personal advice

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# LIFE OF LEISURE

*A series of new sensations in the middle of countryside formed by erosion*

LIFE OF  
LEISURE

Interview

## John Krasinski: Reinventing modern filmmaking

John Krasinski is a man of many talents, but only very specific passions, as *Together* discovers



**J**ohn Krasinski's elevation from actor to producer has been accomplished so seamlessly that you wonder if he will ever go back to projects determined by bombastic, domineering, room-filling creatives, of which Hollywood has many.

It's not so much that the 41-year-old American has reinvented the way modern filmmaking comes about, more than so great is his reputation now that he doesn't really need to work under anyone else's rules.

The husband of Emily Blunt can, seemingly, do everything. In his latest movie *A Quiet Place 2*, he directed, produced, wrote the script, took an active role in location management and even helped to configure marketing plans. In fact, pretty much the only thing he didn't do was act in the film, having written himself out following the film's first incarnation in 2018. A sign of humility, certainly; but also a move that displays the common sense of someone who can





envisage a bigger future behind the camera.

"I can feel myself evolving at a much faster rate than was true in the past," he professes. It's no longer a case of doing things to pay the bills – these days it's about what makes me happy and satisfied. The theory is you begin to slow down when that happens, but in actual fact I've found the opposite is true and I'm actually speeding up!"

In the immediate short-term, the success of the *A Quiet Place* concept is paying dividends again with its follow-up coming at a time when the film industry looks to get its mojo back after over a year of almost complete shutdown. The first film, a post-apocalyptic horror-thriller, saw two parents facing unimaginable challenges while protecting their children from mysterious creatures who menace their remote farmhouse and use sound to hunt down their prey. The project and the storyline has

evolved in the follow-up, even if Krasinski's role was different.

"With Emily at the helm I had absolutely no doubts that this would again be a magnificent project," he says. "She is the one person I can't even talk about without crying - she's the best collaborator.

"This time she's going it alone, albeit with Cillian Murphy by her side. When it comes to putting her back centre-stage I'm still in awe, and the project is arguably even better without me meandering

clumsily into shot!"

Blunt's decision to offer herself for the role in the first film, having only been involved in the project as a consultant, epitomises why this Hollywood couple are at the peak of their powers. "Working with John is and always will be awesome," she says. "We were both nervous before we started filming because

## “ADDICTED TO THE THRILL OF CREATIVITY”





we had never gone toe to toe with each other. It turned out to be kind of exhilarating being directed by him whilst also sharing scenes with him. After being together with John for nearly a decade it was a totally new experience for us. We loved working together."

Krasinski has worked his way up from simple, if incredibly successful beginnings in NBC's *The Office*, progressing to *Law & Order*, *CSI*, *Leatherheads*, *It's Complicated* and *Something Borrowed*. The actor's ability to put comedy, intrigue and intellect behind his characters gives him an emotional versatility that is becoming increasingly rare at the top table of the movie industry. When projects as diverse as *Manchester by the Sea* and *Detroit* followed, Krasinski's progression was complete, from both sides of the camera... and then *A Quiet Place*.

As for the future, what you get with Krasinski is not just the ability to talk a good game, but to play it too.

"Any movie project really has to be something that pulls me forward. I don't really care what genre it is; I will literally turn my hand to anything. Take *A Quiet Place*, for instance - I don't think anyone would look at my name and be like, 'that dude is going to direct a horror movie'!"

"In truth I was just looking for something that connected in my heart, and I know that sounds like something out of a Hallmark card, but it's true.

## "I LIKE THAT CHALLENGE"

"Greg Daniels once said to me during *The Office*: 'Your job is not to deliver these funny lines; your job is just to deliver the truth, and if people find it funny or inspiring that's up to them', and that really stuck with me.

"Any type of drama is about the truth and delivering the product in the right way. Beyond that, it's purely subjective in the mind of the viewer, so let them decide."

The Boston-born creative, who with Blunt





has two children, Hazel and Violet, is philosophical and humble despite a level of success that even he admits has taken him by surprise.

"I knew from a very young age that everything I chose to do would be about pushing the boundaries, but I still never expected success. I know pushing my own limits and the limits of what I think can be done is ultimately what led to the projects that made a big difference to me, such as *13 Hours* and *The Hollars*. I never would have directed if I wasn't scared out of my mind; and it all led to where we are now, so it's like a chain of events.

"However at the heart of it I am a family guy and that time with Emily and my children will always supersede everything else – it has to."

And yes, by his own admission, while the trappings of the industry are all around him,

in truth Krasinski is simply a fan of film, and someone addicted to the thrill of creativity.

"I think we are at a really defining point right now where there's an overwhelming amount of content out there," he says. "Maybe people are oversaturated in terms of what they can access, but that shouldn't ever stop good people from being creative, and that's all I set out to achieve and to encourage in others."

## “ HE IS A HEAVYWEIGHT ”

"For me, it means consistently having to be good at what you do. You need to have something that people want to watch because the reality is now those people can choose anything these days."

"Essentially, if you want to watch only chat shows you can do that; if you only want to watch documentaries, you can do that; if you only want to watch TV drama, you can do that. In the past we were, in a way, told what to like, but the whole landscape has changed, and that means what is produced





must be so much better than it ever was before."

Does Krasinski fear the scrutiny? "No, not all, it excites me. These days you have shows like *Stranger Things* and *Homeland* and *Breaking Bad* and all these iconic pieces of drama - they are good and there are people watching them because of their quality, rather than just because they're on NBC or ABC or CBS.

"As a filmmaker I like that challenge and I thrive on that as a way of making the next step," he says.

As for what comes next, Krasinski has a small cameo in *Free Guy* and continues to host web series *Some Good News*. As in any interview he gives, it's difficult not to be swept along with a wave of enthused elation. He is a heavyweight who not only brings the best out of people around him, but himself too.

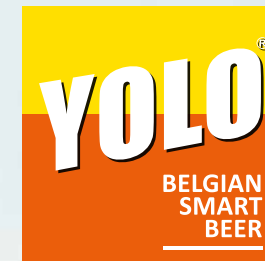
## "YOU'VE GOT TO KEEP GROWING"

"I think that's the real challenge, isn't it," he remarks. "You've got to keep growing, you've got to keep talking.

"More than that, I think you've got to keep in focus who your customer is. It's a real fault of the industry where so many people with their finger on the button make the mortal mistake of thinking that their audience is stupid.

"From the films they watch to the actual playing out of the script, there is still a belief that people still need to be spoon-fed a product or a storyline.

"Audiences these days are so much brighter than they ever were, and I think as directors, screenwriters, producers and even actors we've got to recognise that fact if we're going to keep ahead of the competition. That's the next challenge." 📌



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DRINK RESPONSIBLY





# The wonders of Wallonia

*Together* says it's time for a trip to stunning Wallonia

**T**he lockdown has been hard, but the time has come to let your cares float away in Belgium's beautiful Wallonia. One of the most enchanting aspects of Wallonia is the number of peaceful, beautiful and fascinating locales that are to be found

strewn across the landscape. The landscape changes constantly, with a series of new sensations in the middle of countryside formed by erosion. Numerous small waterfalls flow into as many small basins bearing sing-song names like 'Bain de Diane'.

And it is all about nature and fresh air – the region has some of the country's most beautiful countryside.

For food, if you are after some authentic local street eats, you will have no trouble finding one of the many friteries, where you will find not only the fries, but also a selection of fried meat bites you can enjoy on the go.

Other specialties include Herve cheese, an apple butter called Sirop de Liège, the Garden strawberry of Wépion. Also notable is the Dinant speciality Flamiche - these cheese tarts are not found in window displays as they are meant to be eaten straight from



Photo © Joseph Jeanmart-Leykaul - 'Rail Bike des Hautes Fagnes'

the oven. As one restaurateur said so well in a book about Walloon gastronomy "it is the client who waits for the flamiche, as the flamiche does not wait for the client". There is also the Ardennes ham, the tarte al djote from Nivelles, a dessert pie made with beet leaves

and cheese, while tarte au riz is a rice-pudding filled pie from Verviers.

In terms of drink, Wallonia mirrors Belgium as a whole; beer and wine are both popular, and a great diversity of beers are made and enjoyed in Wallonia.

And Wallonia cultural heritage is all about ancient art, modern art, historic coal mines, UNESCO World Heritage sites, magnificent castles and a thousand other photogenic locations. From invention to war sites, it's all there. Wallonia has witnessed – and still commemorates - a wealth of earth-shattering events from the past but its young generation are still on the ball with forward-thinking innovation and trends. You can immerse yourself in the heritage of bygone years, but also get into the buzz of today. It's a trip of wonders.

**VISITWallonia.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. Info: [reservation@lleh.be](mailto:reservation@lleh.be) [www.lacsdeleaudheure.be](http://www.lacsdeleaudheure.be)

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Travel

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Tourist Office of Land of Bouillon in the Ardennes  
12 Quai des Saulx, Bouillon 6830



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**Visit Waterloo & beyond**

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 in Wallonia. Our artistic soul is

woken at every turn in the L Museum, in the company of Tintin at the Hergé Museum or even when entering the giant book at the Folon Foundation. You can also stroll along country roads, in parks or woods, on foot or by bike. There are pleasurable things to see and pleasures to taste! How would you like to explore the Walloon Brabant region? The Walloon Brabant Tourist Office has concocted 5 themed adventures to help you



l'administration comunale de BLA

(re)discover our beautiful province. There is always something to experience, so let go and be inspired!

**5 trips to discover:**

- At the crossroads of Europe's destinies: 3-day trip by car, around 82km.
- Walloon Brabant, a land of Artists: 2-day

trip, by car or bicycle.

- Heritage secret with 2 different journeys: In the Footsteps of Monks and Knights (72km by bike or car) or spend a weekend cycling in the Hesbaye countryside (117km).
- For the Adventurous.
- Sweet life.

More info at: [www.waterlooandbeyond.be/en/trips](http://www.waterlooandbeyond.be/en/trips)

**The High Ardennes**

Gouvy, Lierneux, Trois-Ponts and Vielsalm, the right place for nature! Just by evoking The High Ardennes' name, you want a change of air, you imagine the wide landscapes and deep forests. You want to take a walk, on foot or a trip by bike, on horseback or on an electric scooter, with one step calm or in long strides. The whole family enjoys it, comes together and discovers it with joy. Fancy some outdoor sports? Tree climbing, disc golf, downhill, summer sledges, mountain biking, bike park, barefoot trail, paintball, model building, all-terrain buggy, outdoor swimming, the choice is yours. Want to taste? Restaurants, farmers' markets, craft breweries, cheeses,



Balade\_chi\_fontaine\_manon ©Aline\_Lejeune

you want to stay a few days? There are lodges, hotels and holiday villages offering many services, campsites and unusual accommodations in the heart of nature to reconnect you. Everything is done to ensure your safety and protect the health of your family.

Maison du Tourisme Haute Ardenne  
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honey, rum distillery. There is something for everyone.

Want to visit? Stone Museum, the House of Pays de Salm and its witches, Bulge Relics Museum, Wanne Rural Museum, exhibitions, flea markets, chapels? Everything is ready to nourish you with culture and satisfy your curiosity. Do

**Charleroi, the quirky and unusual**

Charleroi, a post-industrial city, fascinates those who love urban and/or underground activities. The surrounding area is formed of plateaus, open landscapes punctuated by small woody valleys and listed architectural heritage. 'Charleroi, the quirky and unusual', has become a new trendy destination: UNESCO heritage, historic centre, museums, shopping, bars and nightlife. The metropolis offers a brand new urbanistic face.

**Boucle noire**

A further 22km circuit at the GR412, for the most demanding hikers. Extending as far as Charleroi railway station, the circuit passes by particularly attractive places, such as the Marchienne and Monceau castles, the Martinet site and slag heaps and the



Photo © Leslie Artamonow

Dampremy-La Docherie chain of slag heaps. The tour includes climbing the four slag heaps connected to each other by passages, paths and short crossings over secondary roads.

**Urban explorer?**

The Charleroi-Marchienne tour by overhead railway introduces you to an impressive industrial heritage

embellished by the world of street art. Marvel at these landscapes worthy of the paintings produced by Pierre Paulus, the eulogist of the Black Country, and at ephemeral works by contemporary artists. The maps are available at the Maison du Tourisme du Pays de Charleroi.

Maison du Tourisme du Pays de Charleroi  
20 Place Charles II, Charleroi 6000  
[www.cm-tourisme.be](http://www.cm-tourisme.be)

Landal l'Eau d'Heure holiday village



### Landal Village l'Eau d'Heure

Landal Village l'Eau d'Heure is a holiday village situated directly on the shore of the lake Plate Taille, which is part of the Lacs de l'Eau d'Heure. With its 222 bungalows, it is ideally situated for exploring the area with a large number of water sports, golf and walking and cycling paths.

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[www.landal.fr](http://www.landal.fr)

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

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### Next stop: culture

*La Boverie* museum for major exhibitions and fine arts, the *Grand Curtius* for its collection of weapons, ancient and religious arts, the contemporary *Trinckhall* and *Cité Miroir*... 20 museums with varied styles and collections along with countless galleries and exhibition venues.



La Boverie @Urbanisme Ville de Liège  
- Jean-Pierre ERS

### Next stop: fun and laughs!

With its diverse and festive cuisine, legendary waffles, beers, chocolates... visitors savour endless culinary delights jazzed up by outdoor nightlife as the Liégeois know how to have some serious fun!

### Next stop: Napoleon, Beyond the Myth

Until 9 January, the *Napoleon – Beyond the Myth* exhibit can be seen in the museum space of the *Guillemins* train station, the latter also being an emblematic part of Liège heritage. This riveting cultural adventure retraces the many facets of Napoleon Bonaparte. From man to legend, the major life stages that shaped his personality are extensively explored.

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

### The Pass, a whole world of experiences!

Embark on a captivating journey into the world of science through interactive exhibitions, 5-D films and workshops. At the heart of a former coal-mining site, the Pass is an incredible science adventures park!

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### For the little ones

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L'odyssée des éléments  
- Pass ©Hyacinthe Arthurs

between three and seven.

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### Slow Silly

The municipality of Silly is located Halfway between Lille and Brussels. Silly is made up of 8 villages that offer a wide range of unknown riches. Famous for its brewery and its local produce, Silly is also recognized for its superb sinuous countryside, its rural heritage and its beautiful woods. 70km of marked pedestrian trails and the network of cycle paths let enthusiasts discover six castles, chapels and imposing, old farms.

### What to do in Silly?

#### Visit the MaquiStory

Located in the village of Saint-Marcoult, the site of the Resistance of World War II, MaquiStory is a memorial museum in the chapel, dedicated to those who courageously fought against the invader. The



Ars\_Dominique

tour can be completed by a didactic walk that will take you through the forest of Silly, to discover beautiful landscapes by letting you discover the stages of an allied parachuting under the occupation.

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[tourisme@silly.be](mailto:tourisme@silly.be) – [www.tourisme.silly.be](http://www.tourisme.silly.be)

Facebook/Instagram: Tourisme Silly

### Bastogne War Museum

Experience one of the greatest battles of the second world war. The Bastogne War Museum is the principal memorial dedicated to World War II in the Ardennes and Belgium. It offers a particular emphasis on the Battle of the Bulge.



Photo © Tempora

demonstrate the 'small' history of the individual, while also demonstrating the 'great' history of a people.

Don't forget to visit the Mardasson Memorial, the famous memorial located close to the Bastogne War Museum! Finish with a walk

along other memorial sites such as the foxholes of the Bois Jacques, the Bois de la Paix, the German military cemetery, the Cady Monument, the Nurses of Bastogne Memorial, etc.

Bastogne War Museum

5 Colline du Mardasson

Bastogne 6600

Belgium

Information & tickets:

[www.bastognewarmuseum.be](http://www.bastognewarmuseum.be) ⓘ

Through the use of scenography, testimonials, multi-media installations the route through the exhibition appeals not only to the intellect but to the emotions, giving visitors the feeling that this story belongs to each and every one of us.

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Travel

# Hotels: The Barcelona EDITION

We look at the return of a Catalan icon

**E**DITION, recently dubbed as 'The World's Hottest Hotel Brand', which introduced a new generation of luxury properties with one-of-a-kind hotel concepts, has reopened. Located in El Born, the city's historical and creative epicentre, the hotel stands tall over the Santa Caterina Marke, and is perfectly placed to take advantage of the city's renowned culture, food and drink scene, luxury retail district and beaches.



feature a fresh whitened oak herringbone parquet.

The Barcelona EDITION reopens with a refreshed take on its signature restaurant Bar Veraz, introducing a new terrace for al fresco dining together with a new locally inspired market inspired menu. Meanwhile, located on the 10th floor the Roof offers light dining options in the form of Asian street food plates, paired with an award winning cocktail menu; all served against a backdrop of unparalleled views of the Gothic quarter, the Basilica of Santa Maria del Mar and beyond.

Settled in between the public areas on the first floor and the Roof lies 100 guest rooms. Bringing modern luxury to a new era, each room features the conveniences travellers and pleasure seekers have come to expect and rely on, as well as indulgent amenities waiting to be discovered. Floor to ceiling windows give breath taking views of the city's skyline, and add to the feeling of insulated calm within the rooms. The walls of each guest room are clad in walnut panelling, evocative of the shutters that dominate the old town's narrow street facades and floors

Interconnecting rooms and suites provide options for families, while two stunning penthouses set the standard for luxury in Barcelona, each a home-from-home concept with their own private terraces equipped with laid-back lounge areas and dining furniture for private al fresco meals and relaxation under the Catalan sun.

## About EDITION Hotels

EDITION Hotels is an unexpected and refreshing collection of individualised, customised, one-of-a-kind hotels which redefine the codes of traditional luxury. EDITION manages 11 hotels around the world. EDITION is one of Marriott International's Luxury Brands.  
[www.editionhotels.com/barcelona/](http://www.editionhotels.com/barcelona/)

## About Marriott International

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

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

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

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

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

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

**The ideal combination for travelling in complete safety**

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

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

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

## L'ASSURANCE VOYAGE QUI S'ADAPTE A VOUS



L'assurance voyage qui procure une protection maximale pour un seul voyage ou pour tous vos séjours de l'année. Chez Europ Assistance vous bénéficiez d'une solution personnalisée, nous vous assistons 24h/24, 7 jours sur 7.

[www.europ-assistance.be](http://www.europ-assistance.be)

 **europ  
assistance**

# Dining



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[www.toucanbrasserie.com](http://www.toucanbrasserie.com) | [restaurantstoucan](https://www.facebook.com/restaurantstoucan)

## Bord Bia: Irish lamb and beef

The BBQ, a festive and sunny meal par excellence, symbolizes summer and the evenings that drag on around a table. To celebrate the arrival of sunny days, Bord Bia is happy to introduce you to Irish beef and lamb. Irish meat is known for its taste quality and consistency of quality. And for good reason, the breeders have selected rustic animals with so-called 'early' maturation. This means that Irish cattle are able to get fat on grass and build up throughout their lives the



famous intramuscular or marbling fat that gives them their unmistakable taste.

[www.facebook.com/BordBia](https://www.facebook.com/BordBia)

## e-Farmz - barbecue season

But what to eat? Finding happiness is very easy at e-Farmz, which offers organic and local products in abundance! Meat, cold meats, fresh products, dairy products, beautiful vegetables... Lots of fresh products to roast on the barbecue. Beware of the enticing smells that could escape from it, it could make you want to help yourself to a second plate .  
[www.efarmz.be](http://www.efarmz.be)



Photo © Alexandre Bitaut



Dining

**Papillon Cafe - Bar - Restaurant**

Located in the beating heart of the EU institutions in Brussels, Papillon Cafe - Bar - Restaurant is bringing people together over food and drink. This new Greek kid on the block is a refreshing addition to the neighbourhood. It specialises - naturally - in fresh mezze but what's really interesting about them is that they reinvent classic cocktails, giving them a distinctly Mediterranean tang. Did you know about 'Greek spritz'? It's based on Otto's Athens vermouth, mastiha liqueur and pink grapefruit soda. And they took the Brandy Alexander and funkyed it up



to a very Greek version with Metaxa brandy, lemon juice, cinnamon syrup and aromas of chocolate. Papillon has a friendly, family vibe and excellent service.  
[www.facebook.com/papillonbrussels/](http://www.facebook.com/papillonbrussels/)

**La Bastoche**

Meanwhile, at the Cimetière d'Ixelles (the liveliest place in town:), an old kid has returned. La Bastoche is a Brussels institution, which fell on hard times. Now it's back, completely renovated and in the very capable hands of the Brussels-based event company Les Organisateurs, who were behind the Popular restaurant (Ixelles), the rooftop Perché and the Chez Ginette evenings. "A new establishment is under our wing. We have the immense honour of taking back the Bastoche. It is a dream challenge to bring this Brussels institution back to life," they say on Facebook. I asked them about



the penne à la carbonara - they reassured me that all the classic dishes that filled the menu are coming back, including the shrimp croquettes. How very Brussels...  
[www.lesorganisateurs.be/bastoche](http://www.lesorganisateurs.be/bastoche)

# Go local ...

## TASTE THE CULTURE

Film, concerts, theatre in the neighborhood



## SPEAK THE LANGUAGE

Dutch courses, workshops for children, practice opportunities



## MEET THE PEOPLE

Clubs and activities for children and adults



## DISCOVER THE REGION

Randkrant and RINGtv



**welkom.derand.be**

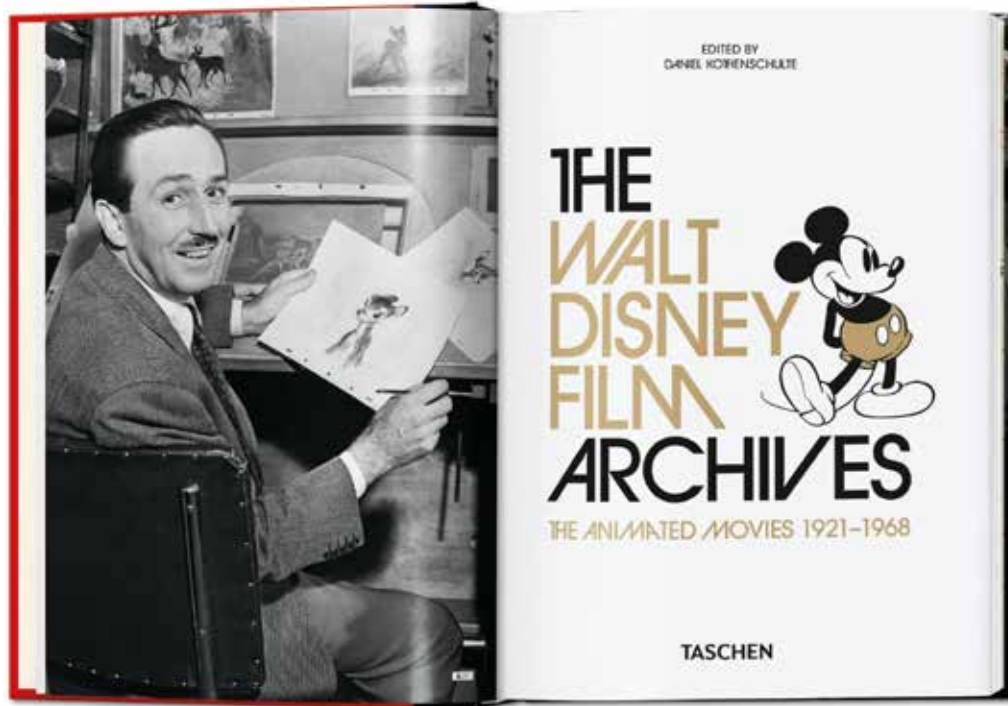
local information and events on  
[www.randkrant.be](http://www.randkrant.be) - [www.ringtv.be](http://www.ringtv.be)

Books

# The Master Magician

Our book pages go on a fantastic voyage through Walt Disney's animation works

ALL PHOTOS © 2020 Disney Enterprises, Inc.



One of the most creative minds of the 20th century, Walt Disney created a unique and unrivalled imaginative universe. Like scarcely any other classics of cinema, his astonishing collection of animated cartoons revolutionized storytelling on screen and enchant to this day across geographies and generations.

This expansively illustrated publication on Disney animation gathers hundreds of images as well as essays by Disney experts, taking us to the beating heart of the studio's Golden Age of Animation. We trace Disney's complete animation journey from the silent film era, through his first full-length feature *Snow White and the Seven Dwarfs* (1937)

and *Fantasia* (1940), right up to his last masterpieces *Winnie the Pooh and the Honey Tree* (1966) and *The Jungle Book* (1967).

With extensive research conducted through the historical collections of the Walt Disney Company, as well as private collections, editor Daniel Kothenschulte curates some of the most precious concept paintings and storyboards to reveal just how these animation triumphs came to life. Masterful cel setups provide highly detailed illustrations of famous film scenes while rare pictures taken by Disney photographers bring a privileged insider's view to the studio's creative process.



Each of the major animated features that were made during Walt's lifetime, including *Pinocchio*, *Fantasia*, *Dumbo*, *Bambi*, *Cinderella*, *Peter Pan*, and *One Hundred and One Dalmatians*, is given its own focus chapter, without forgetting less-familiar gems such as the under-appreciated episodic musical films such as *Make Mine Music* and *Melody Time*. Realizing the Disney style was a collective project and, as much as the master himself, The Walt Disney Film Archives acknowledges the outstanding animators and designers who influenced the style of the studio.



and lecturer on film and art history, and a lover of animation since he first saw *The Jungle Book* at the age of three. *The Walt Disney Film Archives. The Animated Movies 1921-1968. 40th Anniversary Edition: €20*

[www.taschen.com](http://www.taschen.com)

## The editor and author

Daniel Kothenschulte is an author, curator,



What's on

# What's on Belgium

## Rooftop - Sofitel Brussels Europe

The 1040 is the modern brasserie of the Sofitel Brussels Europe located on Place Jourdan, in the heart of the European quarter. Since 13 May, the hotel has transformed its superb 7th floor "Rooftop" into a terrace for gourmets. Cosy, sunny, this oasis of peace with a breathtaking view of the surroundings is an exceptional place to enjoy the reopening of a part of the Horeca. It is also an opportunity to discover this 5\*\*\*\*\* hotel in the capital and to get a taste of the cuisine of Jean-Philippe Watteyne, the consultant chef of the restaurant "The 1040".



Whether you prefer afterwork, aperitif or tapas dinner, The Roof, by The 1040 offers several services and three all-inclusive formulas.  
[www.sofitel-brussels-europe.com](http://www.sofitel-brussels-europe.com)

## The Mons International Film Festival

The Mons International Film Festival (French: Festival international du film d'amour de Mons, FIFAM) is an annual film festival held in Mons, Belgium. The film voted by a jury as the best in the competition section receives the Grand Prize. Initially scheduled for March 5 to 12, the 36th Mons International Film Festival was then postponed. Thanks to the availability of our employees and the essential support of our partners, the 36th Mons Festival will take place from **July 9 to 16**. Because this festival will also be a film



festival, screenings will cost **€5** and passes (in limited series) **€30**.  
[www.festivaldemons.be](http://www.festivaldemons.be)

## Théâtre Royal des Galeries

Directeur : David Michels

## SAISON 2021-2022

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de Marie-Paule Kumps

**Oleanna**

de David Mamet

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des Galeries**

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et Monsieur  
Henri**

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**Accords  
parfaits**

de Louis-Michel Colla

**Un petit  
jeu sans  
conséquence**

de Jean Dell  
et Gérald Sibleyras

► [www.trg.be](http://www.trg.be) - 02 512 04 07



### The Boghossian Foundation: Trees for memories

The Boghossian Foundation presents the exhibition *Trees for memories* with works by 31 internationally renowned artists that take a very special stand for peace, one century after the end of the First World War. The exhibition will be presented at the European Parliament in Brussels in November 2021 before being shown at the United Nations in New York, in 2022. All works have in common that their starting point is a square block of oak (30 x 30 x 30cm). The wood originates from a section of the front in Alsace and still bears traces of the war. Injuries to the wood, the encapsulated remains of metal projectiles and black discolouration make the wooden elements both relics and witnesses of the war. Curated by Mattijs Visser. **4 June to 24 October.** Villa Empain. Tickets: Online presale: [www.villaempain.com](http://www.villaempain.com) [www.boghossianfoundation.be](http://www.boghossianfoundation.be)



### BOZAR: Culture at Work Africa

"We must imagine novel forms; we must reinvent a richer and more open humanity." This is how Senegalese economist Felwine Sarr described a possible reinvention of Africa. The continent's emerging leaders and activists will undoubtedly play a key role. An online exhibition, *Culture at Work Africa* pays tribute to them by presenting a series of recent groundbreaking initiatives

that highlight the importance of intercultural dialogue and cultural diversity in the development of inclusive and peaceful societies within the continent's complex urban spaces and politically sensitive crossroads. The Multimedia Digital Showcase and Graphic Wall Map includes 33 projects that were conducted in 15 African countries. [www.bozar.be/en](http://www.bozar.be/en)



## WHEN MEMORIES START TO FADE IN FLANDERS FIELDS MUSEUM KEEPS IT ALL IN FOCUS

Only the scars in the landscape remain. The last echoes of war seem to have quietly died away. When memories start to fade, it is vital, more than ever, to keep it all in focus. **This is what In Flanders Fields Museum sets out to do, year after fading year.**

### UPDATED EXPERIENCE.

Discover **fresh exhibits** and installations, new movies and objects, and even more profound **personal stories**. Choose the new **audio guide** with more in-depth insights for grown-ups or the child-friendly version.



Reserve your tickets on  
[inlandersfields.be](http://inlandersfields.be)



What's on

# La Monnaie: The Six Brandenburg Concertos

During her 1980 stay in New York, when Anne Teresa De Keersmaeker was rehearsing her celebrated *Violin Phase* to the music of Steve Reich, the only other recording playing in the studio was Bach's Brandenburg Concertos. In those six concerti grossi, Bach deploys the instruments of the baroque orchestra in different, often audacious constellations. Thirty-five years later, the choreographer brings to them the largest forces she has ever worked with: sixteen dancers from



different Rosas generations, along with the complete B'Rock baroque ensemble under Amandine Beyer. In her unique *The Six Brandenburg Concertos*, Bach's polyphonic mastery is made flesh in a synthesis of all her choreographic brilliance. **1 October - 6 October.** La Monnaie: Start ticket sales 22 June  
[www.lamonnaie.be](http://www.lamonnaie.be)

# 100 x Congo: A century of Congolese art in Antwerp

Exactly one hundred years ago the Congolese collection of the city of Antwerp came into being, in all-out colonial times. 100 X Congo features one hundred highlights. What stories are hidden behind the objects? How did they end up here? What did they mean to Congolese peoples? And where lies the future of the collection? Here you will find how early contacts between Europe and Africa went. How Antwerp masters depicted Africans.



Photo © www.mas.be

Why Congolese men and women were staged at the world fairs. During colonization the missionary work had its impact on Congolese culture. And how did Congolese people perceive the white man (mundele)? **Until 12 September.** MAS, Antwerp.  
[www.mas.be](http://www.mas.be)

# THÉÂTRE LE PUBLIC UN MALIN PLAISIR



## DÉCOUVREZ LES 19 SPECTACLES DE LA SAISON 2021-2022

**ARLEQUIN, VALET DE DEUX MAÎTRES** DE CARLO GOLDONI **COUP DE GRÂCE** DE PIETRO PIZZUTI **ÇA N'ARRIVE PAS QU'ÀUX AUTRES** DE NICOLAS MARTINEZ ET BENOÎT MORET **INTRA MUROS** D'ALEXIS MICHALIK **NOURRIR L'HUMANITÉ - ACTE 2** UNE CRÉATION COLLECTIVE DE LA COMPAGNIE ADOC **VIRGINIE HOCQ OU PRESQUE** DE VIRGINIE HOCQ **LES BEAUX** DE LÉONORE CONFINO **VISITE À MISTER GREEN** DE JEFF BARON **RUMEUR** DE THIERRY JANSSEN **LOVE LETTERS** D'ALBERT RAMSDELL GURNEY **LA PLUS PRÉCIEUSE DES MARCHANDISES** DE JEAN-CLAUDE GRUMBERG **LES FAUX BRITISH** DE H. LEWIS, J. SAYER ET H. SHIELDS **LE MONDE D'HIER** DE STEFAN ZWEIG **A GERMAN LIFE** DE CHRISTOPHER HAMPTON **LA VIE COMME ELLE VIENT** D'ALEX LORETTE **MON ANGE** DE HENRY NAYLOR **CLAIR DE FEMME** DE ROMAIN GARY **LE BON DOCTEUR GASPARRI** DE GIUSEPPE SANTOLIVUO **BELLA FIGURA** DE YASMINA REZA

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What's on

# What's on international

## Higher powers: Of people, gods and elements of nature

The joint spring exhibition of the Ikonsthisto-  
risches Museum  
Vienna, the Welt-  
museum Wien  
and the Theater-  
museum tells of  
man's desire to  
get in touch with  
higher powers  
in different art  
forms, cultures and periods. Around 100  
objects were selected to explore this highly  
relevant topic and to create a space for sur-



The Feast of Venus Peter Paul Rubens ©KHM-Museumsverband

prising encoun-  
ters, individual  
associations and  
emotions. The  
initial impetus  
for the exhibi-  
tion was people  
leaving a collec-  
tion of different  
votive offerings  
at the foot of the  
Plague Column  
in central Vienna.  
In these unusual  
and frightening  
times many  
people seemed

to feel a need to appeal to a higher power.

**Until 15 August.** 3 museums.

[www.hoeheremaechte.at](http://www.hoeheremaechte.at)

## Alice: Cu- riouser and Curiouser

The V&A's land-  
mark exhibition  
will celebrate  
one of the most  
iconic, imagina-  
tive and inspiring  
stories of all  
time. Offering  
an immersive  
and fantastical  
journey down  
the rabbit hole,  
the V&A invites  
visitors to delve  
into the origins, adaptations and reinven-  
tions of *Alice in Wonderland* over 158 years,  
charting the book's evolution from manus-  
cript to a global phenomenon beloved by all



Photo © Down the Rabbit Hole Kristjana S. Williams

ages. Through  
over 300 objects  
spanning film,  
performance,  
fashion, art,  
music and  
photography – the museum  
will fully explore  
the cultural  
impact of *Alice in Wonderland* and  
its ongoing inspi-  
ration for leading  
creatives. Virtual  
Reality will take  
children and

adults on a journey through the enchanting  
and extraordinary world of Wonderland,  
through Alice's eyes.

[www.vam.ac.uk](http://www.vam.ac.uk)

# HOUSE OF EUROPEAN HISTORY EUROPE NOW HEADLINES OF OUR TIME



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# Cinema

Brussels' leading film critic **James Drew** takes a look at some of the series on Amazon Prime



## Amazon Original - The Expanse

The disappearance of rich-girl-turned-political-activist Julie Mao links the lives of Ceres detective Joe Miller (Thomas Jane), accidental ship captain James Holden (Steven Strait) and U.N. politician Chrisjen Avasarala (Shohreh Aghdashloo). Amidst political tension between Earth, Mars and the Belt, they unravel the single greatest conspiracy of all time.  
45 mins.

## Amazon Original - Borat's American Lockdown

Live the real-life drama of Sacha Baron Cohen, aka Borat Sagdivev, where he spends five days at the peak of the Covid-19 pandemic with two conspiracy theorists. Look, let's face it, you know what you are going to get and, quite frankly, a lot of Borat's stuff is the funniest we have all seen in a generation.  
37 mins.

## Amazon Original - Solos

By the sound of it, one of the most challenging series for some time, pondering what it means to be human, arguing that we are connected to others through shared experiences, even in our most isolated moments, with an absolutely huge cast, including Morgan Freeman, Helen Mirren, Constance Wu and Anthony Mackie.  
32 mins.

## Amazon Original - The Last Hour

Described as Amazon Prime Video's first-ever supernatural crime-thriller in India, *The Last Hour* follows a newly transferred Mumbai cop named Arup and a shaman, Dev. While investigating a mysterious rape and murder case, Arup teams up with Dev as he can communicate with souls of dead people to see what happened in their last hour. As the investigation progresses, Arup and Dev uncover several secrets that will change their lives forever.  
36 mins.

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22.11  
2021



**DIANNE REEVES**  
KONINGIN ELISABETHZAAL, ANTWERP

29.03  
2022



**BARBARA PRAVI**  
LA MADELEINE, BRUSSELS

07.09  
2022



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DE ROMA, ANTWERP

**PENTATONIX**

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**MALUMA**

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SPORTPALEIS, ANTWERP

**HANS ZIMMER**

23.02.2022  
SPORTPALEIS  
ANTWERP

**ELTON JOHN**

16 & 17.10.2021  
SPORTPALEIS  
ANTWERP

TICKETS: [WWW.GREENHOUSETALENT.BE](http://WWW.GREENHOUSETALENT.BE)

**GREEN  
HOUSE  
TALENT**

# That's the last time I invite those Polloks round



LE CHAT by Philippe Geluck



There are things that you really want to do...  
and those we can do for you!

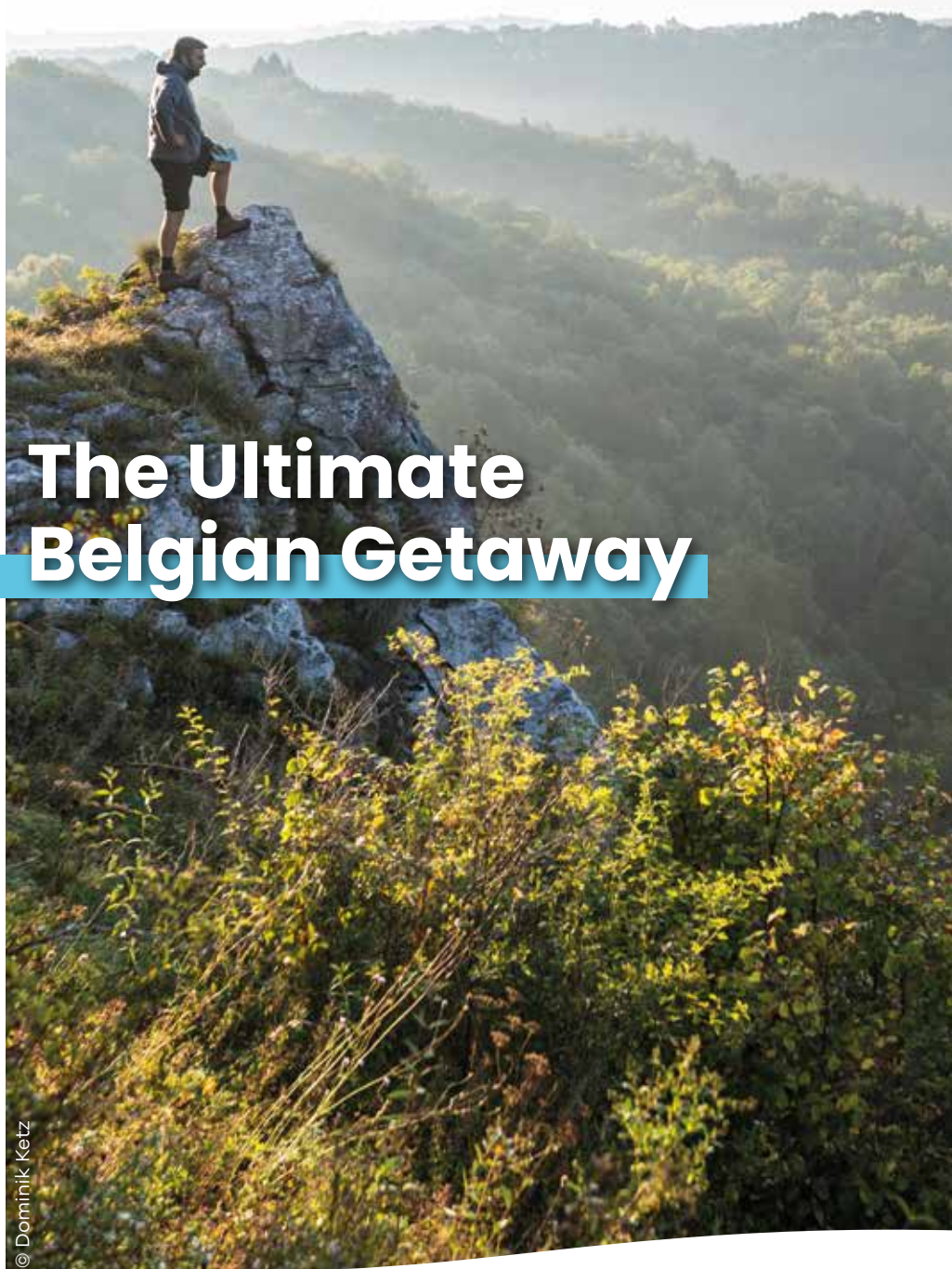
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- Our company's mission is to be recognized as one of the best companies in Belgium's service voucher system
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