

Together magazine

SUMMER 2021 #115

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0032.479.10.42.94

annesophie@forbesproperties.be
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Forbes Properties is becoming an exception in the ever more effervescent luxury real estate industry.

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This immense network adds additional weight to the already well-developed personal network, both at Belgian and international level.

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Thanks to its network and its unique vision, Forbes Properties has **no borders or limits**, and can support its clients in all their real estate projects, no matter where they are.

The majority of these investments are made through the «**OFF-market**» market and require **personalized**, targeted and tailor-made monitoring offered by Forbes Properties. This is only possible with **a large network** of contacts in the targeted spheres both nationally and internationally.



ANNE-SOPHIE BINET - CEO FORBES PROPERTIES

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Editor's LETTER

*Together:
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Three cheers for summer, hip hip...

I think everyone will agree with me that summer can't come quickly enough. I haven't quite yet dug my plastic bucket 'n spade and flip flops out of the cupboard, not to mention the yellow dayglo Bermuda shorts. But here in Belgium things seem to be opening up in huge strides - you could even say that it's blossoming. When I go and join folks on the bustling terraces for a glass of wine (or two), I can't help feeling that this normal feels more abnormal than lockdown. It took some time to get where we are now but it sometimes feels like the Maserati Ghibli SQ4 which goes from 0-60 in 4.7 seconds (I checked it). Which, coincidentally, is exactly the same amount of time it takes to pour a decent-sized glass of Chardonnay.

Thanks for sticking with us through these very trying times and as our new cover star says: "Reinvent yourself, go through some new creations, have experiments with yourself and new styles." Now is as good a time as any to follow such wise advice. I may ditch the Bermuda shorts...

Enjoy the summer!

Paul Morris
Editor



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ON THE COVER



Lady Gaga talks love,
life and reinvention

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to prepare

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Pas sur streetview



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Together
magazine

PUBLISHER

David Mc Gowan

david@togethermedia.eu

KEY ACCOUNT DIRECTOR

Caroline Dierckx

caroline@togethermedia.eu

+32 479 47 47 77

ACCOUNT MANAGER

Isabelle Ferier

isabelle@togethermedia.eu

+32 476 85 08 34

SOCIAL MEDIA

ACCOUNT MANAGER

Floriane Henriquet

floriane@togethermedia.eu

EDITOR

Paul Morris

paul@togethermedia.eu

DESIGNER

Xavier Bostem

xavier.b@carafe.be

CONTRIBUTORS

Zita Gacser; Arnon Barnes

Champalimaud Design

Yannick Callens; Matthew Cossolotto

Dave Deruytter; Caroline Dierckx

James Drew; Catherine Feore

FUORE; Philippe Geluck

Floriane Henriquet; Paul Morris

European Food Banks; TASCHEN

Katarina Winslow

ART DIRECTOR

Nicholas Sirot

Together Media

Brusselsesteenweg, 187 – 1560 Hoeilaart

+32 (02) 644 90 92

info@togethermedia.eu - www.togethermag.eu

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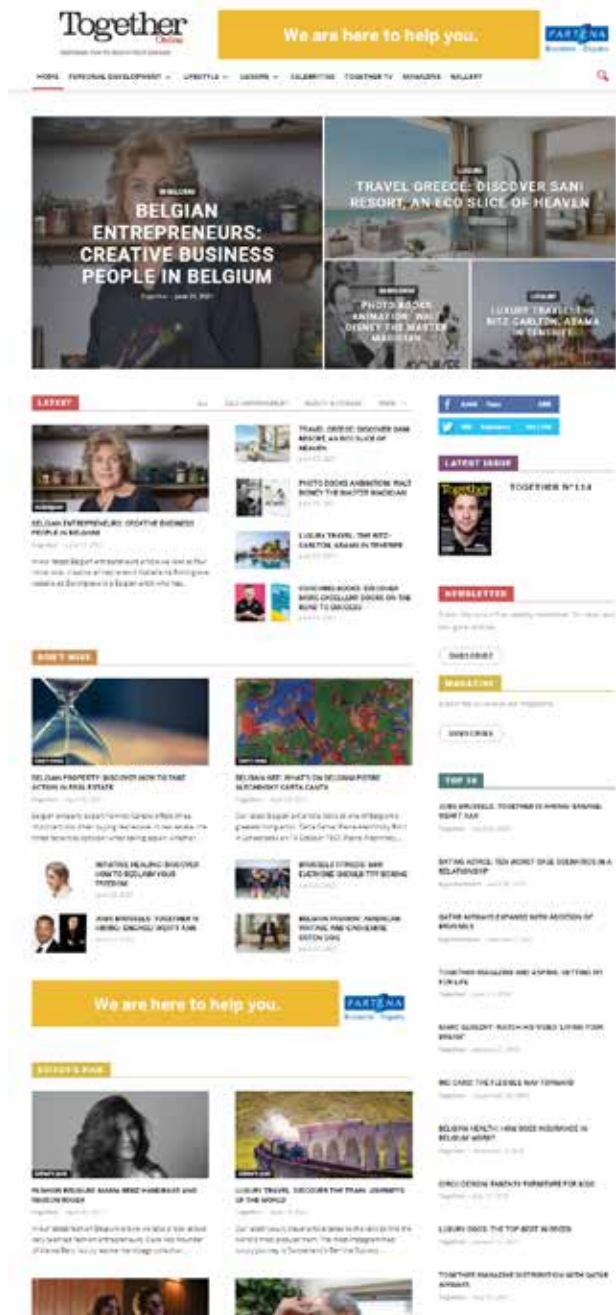


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Belgian entrepreneurs: Creative business people in Belgium

In our latest Belgian entrepreneurs article we look at four more local, creative entrepreneurs. Isabelle de Borchgrave is a Belgian artist who has sought, and indeed discovered new directions in contemporary creation through her painting, her installations and her myriad creations.

Travel Greece: Discover Sani Resort, an eco slice of heaven

Nestled amid a 1,000 acres eco-reserve on the Kassandra Peninsula, with breathtaking views over the Aegean and Mount Olympus, this enclave of five award-winning hotels is a Greek nirvana. Here, you can stroll along 7km of soft, sandy beaches or explore 110 hectares of protected wetlands.

Coaching books: Discover more excellent books on the road to success

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. 📖

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Starring in Belgium



Lili Grace

Sisters Dienne and Nelle Bogaerts, aka Lili Grace, present a stunning, melancholy debut, creating quirky melodies in which cello, oboe and their two angelic voices meet. The duo decided to turn their childhood trauma, their brother's traffic accident, into music. In nine tracks, they reveal their feelings about that drastic event. *Silhouette* is a beautiful album in which their childlike amazement and adult grief converge. **21 October.** Ancienne Belgique. Tickets: **€15**
www.abconcerts.be



The Pineapple Thief

Exciting times for fans of impressive prog-rock alias alt-rock... or why not just alt-prog-rock? Do you think "stolen fruit" when you think of The Pineapple Thief? You can. But those who prefer their tightly structured music prefer without simplistic samples or other goofy tricks have been enjoying these Brits for a while now. Gavin Harrison (from King Crimson and Porcupine Tree) has meanwhile become a part of the solid ranks. **27 October.** Ancienne Belgique. Tickets: **€29**
www.abconcerts.be



Tom McRae

With his eponymous debut album, Tom McRae immediately established himself as a major player in the folk scene. This record enabled him to tour France, notably through the Trans Musicales de Rennes and to be nominated twice for the Mercury Music Prize. The British singer has eight studio albums to his credit and a discography that will soon be enriched by new duo projects. The first of them was released in May 2021 and was made with Lowri Evans, his fellow traveller as the opening act for his upcoming tour. **4 October 2022.** Botanique, Rotonde. Tickets: **€27.50**
www.botanique.be

Dating

The world of private matchmaking

Society seems to have turned back to good old-fashioned methods of matchmakers, through a carefully hand-selected headhunting service.

Using both love coaching and a romantic methodology, reasoning and a lot of intuition, three qualified Berkeley International love hunters put their expertise at the service of high-end singletons. High-end in the meaning of having a good standard of life, joining the agency with the right values and for the right reasons: the quest for a lifetime partner.

It is a love search for entrepreneurs, senior officials, artists and accomplished professionals aged between 25 and 75.

One knows the typical headhunter recruiting for companies or the dating coach, but how about a new profession, combining these genres: the love headhunter or the private matchmaker. The objective? Finding one's client's soulmate while using headhunting techniques. Berkeley International confirms that it is the international reference in the domain, thanks to its international dimension, its private service and ethics, using both discretion and tailor-made matchmaking.

Moreover, it is the only Belgian company of its kind on the dating market with almost 10 years of service. Its national office is in Brussels, its global office in London.

970 members in Belgium, 18,000 across the globe actively outsource their quest for a



Marjorie Libourel - Photo Pixysof

lifetime partner to Berkeley International. As people of confidence, the team knows its members personally, taking into account their life standards, level of education and commitment. Thanks to the quality of connections, around 80% of our members find their loved one within one year.

With the pandemic, connections are more authentic than ever, making space for what is essential and for priorities. 'Slow dating' consists of

making romantic encounters while taking one's time and smoothly discovering the person. Less is more, if quality in contacts is pursued. This is where a Berkeley International private matchmaker stands out from the online dating world, coming across as exclusive and live. Everything happens offline.

"In an era where algorithms pervade all aspects of our lives, and contacts often are superficial, we are putting back a very human-centric approach to the core of dating. No computer system will ever understand these human complexities," states Marjorie Libourel, Matchmaker and Head of the international community in the Brussels region. "Private matchmaking limits considerably searching time and significantly increases the chances of finding a partner."

Berkeley International is happy to get to know anyone who gets in touch, to listen, inform and discuss a collaboration.
www.berkeley-international.be/en

Environment

European Food Banks Federation

Our charitable initiative page looks at a federation that helps food banks work

The first food bank, the St. Mary's Food Bank, was founded by John Van Hengel in Phoenix, Arizona (USA) in 1967. John Van Hengel grew up in Los Angeles and moved to Arizona in 1965 where he became a volunteer at a soup kitchen. The refectory had an annual budget of only \$8,000 and this induced John Van Hengel to seek out sources for free products. In the beginning, he recovered vegetables left in the fields and fruit remaining on the trees. However, he obtained more products than the soup kitchen where he worked. So, he delivered the remaining products to other relief organizations, making it possible for them to offer additional meals.

After a while, the need to give structure to this operation led to the creation of the first food bank. Van Hengel and his colleagues soon began to recover surplus food from many supermarkets, which sometimes sent their vans directly to the warehouse. The news about this new kind of bank went viral and following the example of the St. Mary's Food Bank more Food Banks were established worldwide.

EFBE's mission is to reduce hunger and malnutrition through the fight against food waste and the support and development of Food Banks in countries where they are most needed. Preventing food waste improves the



resilience of the food supply chain, helps our planet and contributes to food security. That is where Food Banks come in. Food donation is a beneficial solution to prevent food waste and reduce food insecurity: it is a business friendly, environmentally sensitive, and socially responsible alternative.

Food banking values

All its full members operate along the same values contained in the FEBA Charter: giving, sharing, fighting food waste and European solidarity.

- Giving: products received and distributed are free of charge, food bank operations depend primarily on volunteers and on the support of multiple private and public organizations and individuals.
- Sharing: products are shared fairly and without any discrimination between the receiving partner charity organizations and the people they support.
- Fighting food waste: by recovering nutritious surpluses from the food chain, Food Banks play a major role in reducing food wastage.

Calling for solidarity across Europe: Food Banks foster social cohesion between all the constituents of societies at local national and European levels as well as solidarity between themselves whatever the countries they are active in.

www.eurofoodbank.org/en



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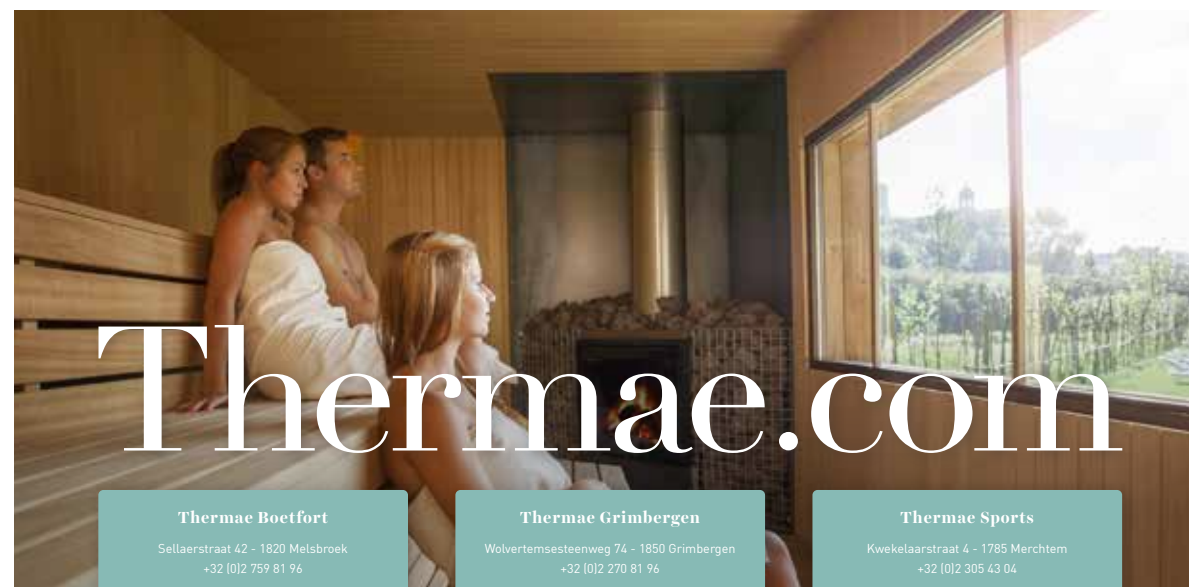
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Fitness

Ultimate health hack or another diet craze?

Fitness & Nutrition **Coach Zita Gacser** talks eating patterns



5:2, 4:3, 16:8... Believe it or not, these are not the latest Euro 2020 scores but eating patterns. You may have heard about IF (intermittent fasting), The Warrior Diet, or books such as *Eat Stop Eat* or *The Fast Diet*. All of these are different types of fasting, and if you want to learn more or are still on the fence about whether you should try fasting or not, this article is for you.

So what is fasting?

Fasting is essentially going for a longer period of time without consuming any food (and, in

certain practices, liquids). This is nothing new for Muslims who fast from dawn to dusk during Ramadan or Jews who go without eating and drinking for 25 hours during Yom Kippur and Tisha B'Av. Even Christians and Buddhists have their own traditions that involve some sort of fasting.

Religious practices aside, fasting has gained popularity in recent years due to numerous books, documentaries and studies claiming significant health benefits associated with this eating pattern, such as improved blood glucose and cholesterol levels, weight loss,

Fitness

reduced risk for heart disease and cancer, and increased longevity, among others. Does that sound too good to be true? It may very well be: in certain cases, evidence is only anecdotal, and when it comes to scientific research, many of the cited studies were conducted on rodents, not on humans.

What are the different types of fasting?

The most popular forms of fasting are time-restricted feedings such as 16:8 (also known as intermittent fasting or IF in short) and 20:4 (The Warrior Diet) where the first number indicates the hours of your ‘fasting window’ and the second number is your ‘feeding window’.

16:8 would therefore mean you go 16 hours without any food, and eat as many meals as you want in your 8-hour feeding window. For instance, you skip breakfast, have lunch at noon, have dinner at 8pm, then fast again until noon the next day. Water, coffee and other calorie-free liquids can however be consumed even in your fasting window.

Another form of fasting is intermittent energy restriction, which is essentially significantly lowering your food intake on certain days of the week. 5:2 is one of the most popular intermittent energy-restriction diets where you restrict your calorie intake 2 days a week to 500-600 calories and eat normally 5 days a week.

Those who prefer full-day (24-hour) fasts may opt for fasting every other day (also known as the 4:3 diet) or only 1-2 days a week. Skipping meals is also a form of fasting, albeit a less structured one. So, if you skipped breakfast this morning and are now wondering whether that counts as fasting... it does!

Pros and cons

Do you eat breakfast every morning not because you are hungry but because you were always told that it is the most important

meal of the day? Do you eat every 2-3 hours because you heard that will boost your metabolism? If so, fasting may be a game-changer for you, especially if fat loss is your primary goal: with fasting, you can significantly decrease your calorie intake – provided you do not compensate in your feeding window for the calories missed in your fasting window.

For those constantly struggling with anxiety around food (when to eat next, what and how much), skipping meals may very well be a viable solution. Fewer meals consumed also means fewer trips to the grocery store, potentially less money spent on food and fewer dishes to do – need I say more? Fasting can also teach you that hunger isn’t an emergency and you can go much longer without food than you would think.

In addition to improved hunger cues, men also report better mental clarity, more energy and increased productivity while fasting. Women, however, report binge-eating episodes, metabolic disruptions, amenorrhea (loss of menstrual cycle), mood changes and brain fog. Furthermore, both sexes might experience insomnia, insufficient recovery

from training, digestive issues, nutrient deficiencies, muscle mass loss, and irritability.

Fasting and fat loss

Sad news, but contrary to popular belief, fasting isn’t the green light for you to

bury your face in pizza and chocolate cake every evening to make up for the calories you missed out on during the day. If fat loss is your primary goal, remember that you still need to consume less energy than what you burn in a day – the timing of your meals isn’t as important as total calorie intake.

Regardless of the exact eating pattern you follow, you might still want to emphasize whole, nutritious foods in your diet, which is exactly why fasting seems to work like magic for certain people: when you swap out your



daily trips to fast-food town for consuming mostly healthy meals, weight loss and improved health markers are pretty much guaranteed.

Fasting and athletic performance

As mentioned above, fasting may result in the loss of lean body mass and impaired recovery and is therefore not ideal for sports performance. If you decide to try out fasting regardless, make sure you consume the right amounts of proteins to prevent muscle mass loss and enhance muscle repair and growth.

If you follow a time-restricted feeding, time your meals around your workout: break your fast by consuming mostly carbohydrates and proteins before your workout (either in the form of a protein shake or solid foods), and refuel after your session with a larger meal. However, if going into training fasted makes you moody and only results in less-than-optimal performance, you may want to fast after your workout or refrain from fasting altogether.

If you follow an intermittent energy restriction pattern, schedule your workouts to ‘normal’ eating days and take low-calorie days off from training.

To fast or not to fast?

Whether you should try fasting or not depends not only on your sex and health status but also on age, psychological and

environmental factors. Pregnant women, kids, people with diabetes or any other underlying health condition that requires frequent eating, anyone with a history of eating disorders, or under a lot of stress should refrain from fasting.

Make sure the cons do not outweigh the pros – just like any other diet, fasting works best when it complements your lifestyle, not further complicates it. If, however, skipping meals only makes you feel ‘hangry’ and miserable, it is a sure sign that fasting isn’t right for you. Similarly, if your job requires you to go from one business luncheon to another, fasting may not even be an option for you.

Bottom line

Fasting won’t magically improve your health markers and give you six-pack abs – benefits are observed when it is combined with other healthy habits such as optimal nutrition, regular exercise and quality sleep.

For fat loss, focus on achieving a calorie deficit. Whether you achieve it with fasting, reducing portion sizes, or improving the quality of your diet is up to you. Lastly, if you are unsure whether fasting is safe for you, consult with a healthcare professional. 📌

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Self-help

The Chakra Walk

Intuitive Healer **Katarina Winslow**
reflects on our seven chakras



Let us take one big step for humanity by moving up our energy centres, our chakras, one step at a time. While doing so, let us ponder the psychological components that threaten our health and well-being. Let us answer the questions that assure our survival as human beings. Let us explore the intended path of life and living. While going on this inner journey, let the magical energies inside of you guide each step you take.

Be open to answering the questions you have not yet asked and question the answers you have already made law. Be an adventurer in your inner landscape as you follow me on

this journey up the chakra ladder. While ascending, know that we all have these energetic centres in our bodies, vibrating with life.

The light energies inside ask us to be the masters of our own lives, to walk our own individual paths, and reclaim the right to be breathing life instead of fear. This will support us as we align with the universe inside of you, me and others. Maybe by going on this different kind of walkabout, this profound inner journey, we can elevate this world together and align with who we really are as human beings.



I believe the time is right for that, right now, this second. Not tomorrow, not if and not when because time is running out. Time is slipping away from the natural and the authentic, the truth about you and me and the universe. Let us take a big step for humanity by walking up the universal energy path inside ourselves. It might be that the course is blocked, damaged or hidden, but no matter where you are and what the road looks like inside you, the path is still there. There might be a gate to open, forgiveness to extend, a request for

redemption, or stretching out a hand to the healing of life itself.

Wherever you are, whoever you are, whatever you feel, do it anyway. Start with just one step at the base where the colour is red, step deep into the centre of you, to climb the rainbow inside you. Once both your feet are firmly anchored in the root system of your survival, the base chakra, ask yourself if your sense of security and survival is blocked by fear. Ground yourself and say out loud, “I am” (present).

“ BE AN ADVENTURER IN YOUR INNER LANDSCAPE ”

Once you feel comfortable pronouncing these two simple words without any fear attached, move on to the next step.

You are now ready to feel the orange fire inside you. Say “I feel” (embracing all that is warm and sensual). Scan your energies to see if you have made room for your creative juices to flow. If not, you have denied yourself pleasure through a blockage of guilt. Is it guilt of not being creative or not in touch with your sensuality? Find comfort in that we are all creative, and we are all sensual because we come from love and creation. What is creativity? It is not only about painting, singing or dancing. Creativity is everywhere and also in you. It can be how you water your plants, how you organize your agenda or how you look at the rainbow, and even how you touch the hand of your lover.

With this new insight, you are ready to climb the next rung of the ladder to reach the sun in you and say “I do” (shine). While being there, align with your own willpower to be fully you and let all the obstacles of shame melt away from your inner sun. Embrace your right to shine effortlessly, brightly and without any apologies. Simply meet the sun in you, perceive the yellow sunbeams in your solar plexus and say once again, “I do” (shine).

Now it is time to step onto the green grass of your heart chakra with naked feet and say out loud, “I love” (myself, life, and my neighbour). If this feels uncomfortable, there are tears that have not been cried or bitter grief lingering somewhere inside. So shed the old and let the healing tears of life flow to open your heart to a life where you are love, and you are loved by the essence of you. The one you were before all these experiences hurt or hardened your heart.

Once the grief is gone, move up and say “I speak” (the truth) Let the blue light of communication fill your voice so that you may

be true to your words. Make a conscious pact with yourself, “from now on, I only speak my mind”. Aim to not let your voice be blocked by lies. Instead, embrace the truth of your inner world so that only truth can be heard in all that you say. Don’t refrain from communicating who you are and what you think. It is when you find the authentic voice that you find your life, and life finds you.

Now you can aim for the indigo of the inner eye and say “I see” (who I am). This insight washes away all the illusions that kept you in the dark. Your perception about yourself and your future and the future of humanity has reached a heightened vantage point as you see the beauty in you and the beauty in life.. You know by now, with the help of your intuition, that you are a spiritual being having a human experience, as we all are.

“ THERE MIGHT BE A GATE TO OPEN ”

The quantum dimension of the soul is no longer a Greek algorithm but something real and tangible for your conscious self. As you embrace the truth, all souls live in a dimension

where time and space do not exist. Your soul is simply vibrating in and out of your body, as all souls are. That is why we talk about raising your vibration. This is not flaky spiritual stuff; it is just the simple reality of human life.

Now it is time to reach for the sky and embrace the divinity in you by saying “I understand” (the pure cosmic energy surrounding me as I am ready to detach from my earthly attachments). In this place, all becomes purple or white as you take the step to embark on your inner journey with the faith of someone who loves life.

The final destination is the ecstasy of being alive. It is the bright colour of a life worth living for the sake of the divinity of creation.

Amen, and so it is, and so are you.

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Self-help

The Seven Steps to Joy

Matthew Cossolotto asks you to
think differently about public speaking



In my new book *The Joy of Public Speaking*, I describe what I call The Seven Steps to Joy. I have compiled in this brief article a condensed version of these seven key ideas that can help you turn stage fright into stage delight and become a more confident, more authentic, and, yes, more joyful speaker.

The path to the joy of public speaking starts with a liberating mindset shift, an empowering act of what I like to call the gentle art of 'mental joyjitsu' - an obvious but I think apt play on words. *Jujitsu* is a Japanese martial art known as 'the gentle art,' or 'the gentle technique'. With jujitsu, you manipulate the opponent's force against him or her instead of confronting that force

head-on with your own.

The gentle art of mental joyjitsu is a lighthearted way to describe the process of gently redirecting the fear of public speaking by thinking of it differently. Each of these seven steps is intended to help you much

more positively about speaking to audiences. Let's consider these steps one at a time.

“UNLOCKS THE DOOR TO JOY”

Step 1: Always speak to an audience of one

Why should you do this? Because we all do this in our everyday lives, comfortably speaking to friends, family, colleagues, even strangers - one person at a time. Speaking to one person at a time is a comfort-zone

Self-help

concept that unlocks the door to joy. You should be the person you are - with your personality, free of any jitters or nervousness - when speaking comfortably with one person. You will be able to speak more authentically, more comfortably, more joyfully by speaking to an audience of one. Never give a first or second thought to the size of the audience. Size doesn't matter. It's always one person. Do this consistently, and you'll reap the benefits of practicing the gentle art of mental joyjitsu.

Step 2: There's no such thing as public speaking

This step flows naturally from Step 1. Step 1 and Step 2 together represent a powerful one-two punch against fear, trepidation and nervousness. If you adopt the guidance of these two steps, you'll realize that the fear and dread and angst associated with speaking to audiences are unnecessary. The fact is, we speak naturally and comfortably to other people all the time.

Shifting your mindset from 'public' speaking to simply speaking requires deftly using the gentle art of mental joyjitsu. Treating public speaking as nothing more than speaking is key to lowering the public speaking terror alert and giving joy a chance.

Step 3: Listen to the audience with your eyes

Try doing this next time you speak to an audience: just take in the audience with your eyes. And listen. Listen with your eyes. As Shakespeare put it more poetically in Sonnet XXIII: "To hear with eyes belongs to love's fine wit." This is a love sonnet, and there is something to be said for speakers 'falling in love' with an audience.

To listen with your eyes requires active, attentive connection with individual members of the audience. Make the effort to really notice individuals in the audience. Listening

with your eyes means that you are engaged in a silent relationship with the audience. All audience members will notice this - those you connect with individually and those you don't - and they'll feel a strong connection between you and them. Connection and joy are closely intertwined.

Step 4: Speak with a glowing heart

This step takes you even deeper into the two-way relationship you want to create with members of the audience. As you listen to audience members with your eyes, be sure to speak to individual members of the audience with 'a glowing heart'. Many of us know what a glowing heart feels like. Just think about how it feels when you're speaking with someone you love - a spouse, a romantic partner, your best friend, your parents or a child. Your heart glows naturally when there is true affection and connection involved.

It might help you to think of the 1982 movie, *E.T. the Extra-Terrestrial* and recall E.T.'s glowing heart. E.T.'s heart glows whenever he's connected empathically with his fellow extraterrestrials. When speaking to audiences, you should focus on creating an empathic connection with members of the audience. Visualizing a glowing heart inside your chest is the gentle art of mental joyjitsu in action.

Step 5: Don't be content with content.

First, I need to explain the play on words here, because it's not obvious just looking at this pair of heteronyms (that is, words that are spelled the same, mean different things and are pronounced differently). I'm using 'content' in the first instance as an adjective meaning satisfied, happy, or content. I'm using the word 'content' as a noun referring to the substance, message or subject matter of your speech.

To paraphrase this step: Don't be satisfied



with mere substance. Here's another way to think of it: Don't be content with only the information contained in your speech.

The mental joyjitsu involved requires you to go beyond the facts, information, data contained in your speech. Those are what I call left brain qualities. You should go beyond your content and tap into your right brain. The right brain is where the magic is. So you should venture into the right side of the brain once in a while. That's where you'll find imagination, connection, heart, intuition, enthusiasm, passion, emotion, and relationship. Joy and delight also reside in the right brain.

“ WHEN THAT HAPPENS, JOY FOLLOWS ”

Step 6: The audience supports you

This step is a powerful mindset shift that moves you from being self-conscious to support-conscious. The fear of speaking to audiences is rooted in a largely subconscious - and unfounded - fear that the audience is somehow against you, hostile in some way, or harshly judging you. The reality is the audience supports the speaker in virtually every speaking situation you're likely to

encounter.

Members of the audience are silently rooting for you. Most of all, the audience wants you to be comfortable being yourself. Use a little



mental joyjitsu here. You have nothing to lose but the chains of your self-imposed self-consciousness and fear.

Step 7: Make sure the real you shows up

The previous six steps culminate naturally in this final step. And this ultimately allows you to send the most important person you know to give your speech: the real you. You owe it to yourself and your audience to let the real you make an appearance.

How will you know whether the real you actually shows up? This requires a degree of self-awareness. You'll know that the real you is giving the presentation if you feel as comfortable as you do when talking with your


best friend. I call this 'the best friend test.' Create a mental image of the person you are when talking with your best friend. So make sure the real you shows up! When that happens, joy follows. These seven steps will help you make great strides forward on your journey to joy.

“ THE BEST FRIEND TEST ”

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.

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Commitment

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Barnes** offers tips to be one of the winners



A few weeks ago, I was interviewed and asked my opinion on what is, from my experience, the difference between the business owners that win and the ones that struggle, feel depressed, sad and not in their power.

There's no easy, clear-cut answer to this question, so I decided to split it up into 3 things. Firstly: The big 'C'... Yes! Commitment. I believe that the results in any area of our lives, whether it be business, relationships or health for example, are a direct reflection of our commitment in that

“ A CAN DO ATTITUDE ”

space. When commitment is high we tend to approach things with a 'can do' attitude. We will have a willingness to do 'whatever it takes' for us to get to our goals. On the flip side when commitment is low, our results will match that level of commitment and turn out insufficient.

So, when you find yourself not getting the results you desire, ask yourself first: "What truly is my level of commitment?" When your results are a reflection of your level of commitment, then what does it take from you to get better results? The answer, as simple as it might sound, is to increase your accountability in that space. In other words, you want to have a better, healthier business that makes more money, maybe even work less and have more fun? The answer: Hire a business coach. You want to improve your health and overall fitness, hire an expert health coach.

Why? Because it's proven that accountability equals results. And when you are truly committed 100% to reaching your goals, but not getting your desired results yet, then you should absolutely increase your accountability. It will only happen if you are 'all in' - fully committed.

The second thing I spoke about in the interview was – Hunger. If you have no hunger to step into your power, play a bigger game and get better results then, from my years of experience coaching business leaders, it will be like trying to pull a dead horse. You have to make your own, in some shape or form the energy and the mindset of

having the 'eye of the tiger'. Accepting that 'good enough' just isn't enough for you. That simply making just enough for 'paying the monthly bills' won't do it for you. And that settling for less than great sucks.

So many people get their hunger kicked out of them by parents that impose their ideas and programming onto their child, urging them to 'be careful' and 'play it safe', or perhaps a small thinking teacher that is constantly playing the 'you can't do that' tune or simply a dysfunctional team in the business. All these external influences can hurt our hunger for more success, happiness or simply living with more love and joy. When people give up, their hunger dies.

Remember, we have all been hurt, let down or felt alone, but it's never a reason to quit on your dreams and goals.

And lastly, I spoke about a secret ingredient called – Pain. Pain is such a fantastic

“ HAVING THE 'EYE OF THE TIGER' ”


motivator. Most people, understandably, hide and run from pain. However, pain is often the secret weapon that drives average entrepreneurs to do great things. Pain, in my humble experience, can be

the jet fuel you need, if perceived from the right perspective. I tend to use people's pain in a strategic way when I coach my clients. Helping them step into their power, play a bigger game and have more fun in their business. The transformation from caterpillar to butterfly includes, to some degree, an element of pain. You see, everyone wants to succeed, make more money and live a happier healthier life, but very few are willing



to put in the work, staying hungry and plough through the pain.

So, next time you have pain, in business or even in life, ask yourself how you can use this pain as jet fuel to change your perspective so that you can change and improve your life. Awareness is where greatness starts.

Want to meet and work with Arnon Barnes live? Join one of his next upcoming offline or online events. For more information on the events or coaching, contact his office via info@arnonbarnes.com or check out his website www.arnonbarnes.com. To watch his interviews and podcast appearances subscribe to his YouTube Channel. 



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Jacob, BSB alumnus

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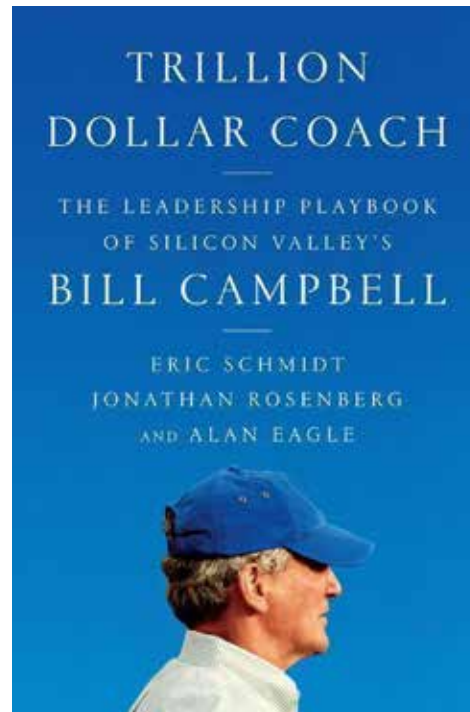
We recommend two more coaching books that will make you a better leader

The team behind *How Google Works* returns with management lessons from legendary coach and business executive, Bill Campbell, whose mentoring of some of our most successful modern entrepreneurs has helped create well over a trillion dollars in market value.

Bill Campbell played an instrumental role in the growth of several prominent companies, such as Google, Apple, and Intuit, fostering deep relationships with Silicon Valley visionaries, including Steve Jobs, Larry Page, and Eric Schmidt. In addition, this business genius mentored dozens of other important leaders on both coasts, from entrepreneurs to venture capitalists to educators to football players, leaving behind a legacy of growing companies, successful people, respect, friendship and love after his death in 2016.

Leaders at Google for over a decade, Eric Schmidt, Jonathan Rosenberg, and Alan Eagle experienced firsthand how the man fondly known as Coach Bill built trusting relationships, fostered personal growth - even in those at the pinnacle of their careers - inspired courage, and identified and resolved simmering tensions that inevitably arise in fast-moving environments. To honor their mentor and inspire and teach future generations, they have codified his wisdom in this essential guide.

Based on interviews with over eighty people who knew and loved Bill Campbell, *Trillion Dollar Coach* explains the Coach's principles and illustrates them with stories from the many great people and companies with which he worked. The result is a blueprint for forward-thinking business leaders and managers that will help them create higher



performing and faster moving cultures, teams, and companies.

Intuit presents the Bill Campbell Coach's Award to a select number of employees who excel in mentorship and growth, while promoting diversity and sense of community. In his honour, the National Football Foundation has issued the William V. Campbell Trophy since 1990 to the college football player with the best combination of academic, athletic, and community service achievements.

#1 *Wall Street Journal* Bestseller
New York Times Bestseller
USA Today Bestseller

Dana Perino: Everything Will Be Okay

Dana Marie Perino is an American political commentator and author who served as the 26th White House Press Secretary, serving under President George W. Bush from September 14, 2007, to January 20, 2009. She was the second female White House Press Secretary, after Dee Dee Myers, who served during the Clinton Administration. She grew up in Denver, Colorado. Two of her paternal great-grandparents were Italian immigrants.



Sikander Flickr2Commons

Find your inspiration in this motivational book from the bestselling author of *And the Good News Is...* *Lessons and Advice from the Bright Side*, beloved co-host of Fox News' *The Five and America's Newsroom*. *Everything Will Be Okay* is a no-nonsense how-to guide to life for young women looking to reframe their thinking, to believe in themselves, to take risks, to understand their power and to feel better overall through finding serenity and taking action.

Young women seek out advice from Dana Perino every day - at work, through friends, and on social media. The story of her own quarter-life crisis, *And the Good News Is...* *Lessons and Advice from the Bright Side*, brought countless readers to her inbox looking for guidance. Through her mentorship program, Minute Mentoring, Dana quickly realized that quarter-life crises

have begun following young women well into their thirties. Many of them are distressed but conceal it with a brave face. Unfortunately, too much of that can be - and is - exhausting.

To help address these challenges, *Everything Will Be Okay* covers such topics as:
How to manage your relationships (colleagues, family, love)...
How to be your best self on the job...
How to gauge if you're on the right career path...
How to transition from

junior staffer to boss lady...
How to solve the biggest problems you're facing...
How to move past perceived obstacles...

For everyone from the job-seeker fresh out of college to the ambitious career woman looking to make her next big jump up the ladder, *Everything Will Be Okay* has tips, advice, and reassurance for young women everywhere. ❶

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Amazing Belgians

We look at four more talented locals



David Carette: Demain, il fera jour

Faithful to its DNA and 10 years after the creation of his company Demain, il fera jour, David Carette launches a new cheeky collection. The story is worth the detour since, at the origin, Demain, il fera jour. was not meant to be worn. David Carette became the man at the helm of a 'clothing label', sort of by accident. An instinctive and distinctive object, his famous sweatshirt is first worn by friends and is not for sale. Buoyed by its success, his designs are a hit and demands pour in. A first large-scale production was launched, the Demain, il fera jour label was born.

www.demainilferajour.com



Tony Delcampe: La Cambre

Tony Delcampe, Professeur and Head of Fashion Department La Cambre Mode[s] since 1999. He is also Fashion Department Coordinator at ALBA, Académie Libanaise des Beaux-Arts. Delcampe explains: "The Stylisme and Fashion Design studio offers training which hinges on the two primary axes of its title. Stylisme meets a precise demand in a given context. It immerses itself in brand strategy development from every angle: product, communication, distribution, extensive research. Cultural, social, aesthetic and technical skills combined with analysis abilities, the accuracy of perception and of communication are the assets of a fashion designer positioned at the centre of the company."

www.lacambremodes.be



Roland Herlory: Vilebrequin

Roland Herlory started to work for Vilebrequin in September of 2012, after its acquisition by the American group G-III Apparel. He worked for Hermès for more than 20 years as director for the 'Special orders dept' and as Director of Latin Americas before arriving at Vilebrequin. He is also keen on contemporary art and ran a gallery for several years. Herlory says: "Vilebrequin has called the world's oceans home for almost fifty years now. Knowing we can make a difference on our own scale, we've created a new eco friendly label – 'Save The Oceans' – dedicated to sustainably made garments using recycled or recyclable materials. A first step towards change." Look for the label in Vilebrequin stores or visit www.vilebrequin.com/eu/en/



Daniel Camus

Body Training Studio
Daniel Camus is a professional football player and Belgian businessman. This Brussels-based manager runs a large number of companies active in the field of events, investment, real estate and management. In 2014 he returned to his first love and successfully launched a project related to sport and wellbeing called Body Training Studio, number one Belgian in the field of EMS (electro myo stimulation). Today, BTS has more than a dozen establishments on the territory and the first franchises were introduced in January 2018 in Belgium and internationally. www.bodytrainingstudio.be 📍

Atoutcoeurs agency

Together spoke to
Sabine Pasquier about
a high-end marriage
agency that gives time
for reflection

Sabine Pasquier



'Life is better for two'

Life is far from being a long calm river and when you find yourself alone, it is sometimes difficult to imagine how to envisage a new beginning, who to turn to? Ephemeral encounters are within everyone's reach, but when you hope for a lasting, serious relationship, it is not always easy.

What are the specifics of the Atoutcoeurs agency?

Sabine Pasquier: This is a high-end, selective agency. We favour the quality of meetings, listening, respect for expectations and offer great availability. We respect privacy and work in complete confidentiality. We are aimed at anyone between 25 and 85 who has a real motivation to stabilize their affections. The first interview is non-binding. We give time for reflection. Those who trust us are always elegant, with a savoir-vivre which is also the signature of our agency.

What can a marriage agency bring?

Sabine Pasquier: The concept of our matchmaking agency is far from that of virtual meetings and always favours human contact. In 10 years, we have acquired great experience in the search for the ideal partner, in short... happiness.

Each person is different and deserves to be taken care of by taking the time to listen to their story, their wishes. The objective is to establish together, in a perfect dialogue, the profile of the one who suits him or her best and who also shares this desire to find long-term happiness, to change their life or to make it more beautiful with mutual respect.

We are partners in your sentimental success. We are attentive to the real motivation of the people with whom we have dialogue with regards to the search for a soul mate. Our priority is also to support the client after each meeting. It is a route that we suggest should be built on together. A marriage agency cannot be improvised. Atoutcoeurs is a reliable agency, which has acquired its letters of recommendation and the confidence of those who have contacted us.

Claire Mottart is the founder of the Atoutcoeurs Agency in Belgium, Luxembourg and France. "I wanted to get involved in this project: making people happy and finding them personal fulfilment are great goals."

Sabine Pasquier - Agence Matrimoniale et de Rencontres de Haut Standing Atoutcoeurs
Tel: 0479 03 34 98 - sabine@atoutcoeurs.be
www.atoutcoeurs.be 📍



The European School of Bruxelles-Argenteuil

A response to the absence of a European School for the general public in Brussels



It is on the historical grounds of the Château d'Argenteuil, located 15 kilometres from Brussels, that EEBA is located. EEBA is an international school offering education from nursery to secondary according to the multilingual curriculum of the European Schools. As the first accredited school in Belgium since 2016 and the fourteenth in Europe, this growing school shows how well the European school model is adapted to the growing need for multilingualism in Brussels and corresponds

to families whose parents often come from different countries. European schools facilitate integration, openness and respect for other cultures among other things, through language learning by native teachers.

A European School open to all

The opening of EEBA has made it possible to open a fifth European school in Brussels in response to the current overcrowding in the current four schools. In addition, it meets the objective of the European Parliament to open

the European Baccalaureate to students other than those of the European Schools.

Unlike the four European Schools already established in Brussels, EEBA offers the particularity of welcoming all students regardless of whether their parents are employed or not by the European institutions. In doing so, it offers a solution to a form of discrimination in the European capital between pupils with a foreign mother tongue, which has long been pointed out as a problem by parents' associations. The European School of Bruxelles-Argenteuil has made Belgium a pioneer in terms of European education by becoming the fourteenth accredited European School in Europe and by opening up the system. There are today 20 accredited European Schools in Europe.

A real demand

The rapid growth of the European School of Bruxelles-Argenteuil, which has more than 300 pupils after just five years of opening to the public, demonstrates the existence of a real and consistent demand from families within this segment of the school sector. Many families who have been attracted to the European capital through their work have by joining EEBA got the opportunity to integrate into the Belgian landscape while still meeting the requirements of an international career in the various member countries of the Union. This campus is a daily living demonstration of the values of multiculturalism and multilingualism which are the foundation of the European Union.

Significant economic benefits and growth in terms of employment

The success of the European School of Bruxelles-Argenteuil largely demonstrates the relevance of the accredited European Schools model in the Brussels-Capital region. In addition to the significant economic benefits of this growth in terms of employment (the school currently employs around fifty full-time employees), numerous partnerships with the municipality, as well as

with sports and cultural centers, have made an important contribution to local growth, through house rentals by families, visits to restaurants, various shops and medical centers.

The regional economy benefits from the families that the school brings to the region, many of whom choose to settle down near the school they have previously chosen for their children.

The European Baccalaureate, the International Baccalaureate and the CESS

Facing promising growth, EEBA has decided to expand its offer in terms of educational programs delivered to the school's students, so that they can choose the program that suits them best.

Thus, EEBA is offering access to the following programs to its students as from September:


- the European program
- the International program
- the Belgian program

Fee reduction and study grants

EEBA has kept its commitment to grant reductions in tuition fees, total or partial, in order to allow students whose families are not able to pay a tuition fee, to benefit from its educational system.

You should know that a student costs any school, subsidized or not, around 12,000 to 16,000 euros. The choice of the school, a non-profit association, is to maintain a pricing policy adapted to costs.

Great ambitions

EEBA doesn't stop there. Other projects are in development. A day-care facility (crèche) should be created on the school site in the future. The school is also committed to becoming a green school. Thanks to its permaculture project which began this year, 150 fruit trees have already been planted. www.europeanschool.be 

Unpredictable markets

Dave Deruytter keeps an eye out for the next 'Black Swan'



A 'Black Swan' is an unpredictable event that is beyond what is normally expected of a situation and has potentially severe consequences.

'The sky's the limit' seems to be the credo in the financial markets these days. Stock markets keep on increasing week by week. Since the bottom of the crash in April 2020, most financial market indices have increased by 25% or more. Agreed, there was a scare in October last year. But that was very short-lived. The main factors are the hope and anticipation for a strong economic rebound on the one hand, and the realization

and further prospects of fast digitalisation of vast parts of the economy on the other. Furthermore, effective vaccines have been found, approved and produced in no time. People have adapted almost instantly to home working, digital meetings and cashless payments.

Private real-estate markets are going strong too. Interest rates have stayed low and good furlough measures have made sure workers kept most, if not all, of their income when they were out of business during the pandemic.

Still, where are the risks building up?

The commercial real estate market is much more at risk than the private real estate market. With many people wanting to keep on working from home, even after Covid-19, there may be much less need for office space in the service sector in the future. Often there are talks of 50% structural home working when we are back to a new normal. That could lead to 50% less need for office space, resulting in enormous pressure on this market. Of course some of that commercial real estate can be transformed into apartments. But that will take time and money. Furthermore, cities seem to be less favourable environments when it comes to pandemics, given the higher chance for close encounters.

Is the commercial real estate market a candidate for Black Swan?

Office real estate is often held by insurance companies and pension funds. When their office real estate valuations make important losses, they might have to sell some of their financial investments to compensate. Some of them are not allowed to invest large portions in risk assets, such as shares. The fixed income and term account investments are already hit by the low interest rates of today. That scenario may lead to a downturn in the financial markets or even some insurance companies or pension funds getting into real trouble.

Another observation concerns the supply chain disruptions in the aftermath of Covid-19. Supply chains were very international before the pandemic and essentially still are so today. Because of the pandemic those international links have been jeopardized on many fronts. Most notorious is the shortage of microchips, set to last well into 2022. The cause was also an effect of the US-China trade tensions and production problems in Taiwan. Still, microchip shortages may hinder the expected boom in anything

to do with the fast digital acceleration in business we are seeing, and it is expected to further speed up.

Are supply chain disruptions another candidate for Black Swan?

China is building up microchip capacity fast, but it takes more than a year to build new micro chip plants. When seeing the speed at which the Chinese can build hospitals, maybe these supply issues should wane slowly but surely. Still, trade and political tensions may play a role too.

Is the worst of the Covid-19 crisis really behind us? In the west things are moving very fast in the right direction, but even there 'herd immunity' is no certainty. Hopes are high that the pandemic should be fully under control by the end of 2021. But in the other regions, the pandemic related issues may linger on until the end of 2022. The world economy is very much interlinked. The virus is mutating all the time. Can it stage a powerful comeback?

Although this may be a candidate for Black Swan, the speed of very effective vaccine development in the past year leads to the expectation that a possible flare-up of the Covid-19 crisis should be quickly contained again.

As interest rates are low, the TINA principle is still around in the financial markets: There Is No Alternative. That is a dangerous situation as investors may lose control of their true risk appetite and over-invest or invest in too risky assets. Central Banks have already warned about the very high levels of the financial markets. Bubbles may explode. At least it is always wise not to be too greedy for too long. One should dare to take a profit on a fast rising asset and sit by the sidelines for things to return to lower levels. Bitcoin and other cryptocurrencies may be an example of that.

“ A DOWNTURN IN THE FINANCIAL MARKETS ”



Although the TINA principle could be a good candidate for Black Swan, it is in fact a bit too predictable or too normal to count as a real Black Swan, where typically the vast majority of the market is taken by surprise and in speed. Exuberance can go on for a long time, but the more exuberant the markets get, the nearer the crash. Plus a sharp downturn can come from one of the real potential Black Swans mentioned above.

“FAST DIGITAL ACCELERATION”

All in all, if there is something in the financial markets there is no alternative for, it is for sure to invest according to your own risk

profile and time horizon. That is the only real remedy against disasters in financial investments. Of course, playing the liquidity cycle (watching the level of interest rates and economic activity) may add to your benefit, but only if you read it right. No one has a

crystal ball: you may sell too early or too late. Still, greedy tears for selling too early are no match for crash tears for selling too late. The latter do not dry easily. If you have not bought yet, it may be becoming rather late to buy, at least in the west or in certain highly priced (Price/Earnings) economic sectors or companies. ❶



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PERSONAL
DEVELOPMENT

Real estate

When nothing can stop you

Our property expert **Yannick Callens** talks foundations



€5, €10, €20 and €50 are amounts that you use every day, I'm sure. But amounts such as €10,000, €100,000 and €1,000,000 are usually used much less.

And if you had lived since your childhood with these figures, what would change your life? We all have a blueprint for money. You will even feel tension or stop at certain levels without even wanting to. There are people

who will get used to earning €100,000 and be happy and other people who will make millions without satisfaction. And I can tell you that it all relates to the beliefs and values that each of us has.

“RELATES TO THE BELIEFS AND VALUES”

In my coaching with students, we prepare together the basis, the foundations to be able to move forward and anticipate this. One of the questions that I ask my students is this:

PERSONAL DEVELOPMENT

Real estate

what are your five most important current values and what are the five values that you want to highlight in the weeks and months to come? Imagine that you want to make a lot of money, but it has been whispered in your ear that money is bad since you were a child. What do you think will happen?

You will subconsciously engage in self-sabotage on a small scale and in some cases on a very large scale. I'm sure you've heard these stories of lottery winners who end up losing all the millions they won - very easily.

Why do I put 'very easily' at the end of this sentence? Imagine you've always been told that to make money you have to work hard, and then you make several millions in an instant without doing much. You will violate the values that were instilled in you since you were a child. I say, pay attention to this. You might say to yourself, but why is he telling me about this? I don't see the link with real estate?

If you want to create a heritage in real estate, you will have to work on the basics and your fundamentals to get there. Otherwise, you will have to start over each time from zero without knowing why. Once you are prepared, it will be easier and you will go further. Know your goal, the direction you want and also, very importantly, where you are today.

I could compare this to your GPS. You choose a destination, but if your GPS does

not know where to start, it will make you go around in circles. Prepare for it, anticipate it - this is the best way to do it. Take into account your feelings, your desires, your why and, also very important, for whom are you doing it? This will give you a stronger emotional reason than just your why. Nothing can stop you, you are unstoppable.

When I see the results that my students have in their real estate deals, I also see that often those who succeed are those who have a very strong why and also a 'for whom'. Are you ultimately doing it for yourself? Or are you doing it for someone else? Ask yourself this question, the answer might surprise you. I wish you many real estate deals and remember the best is yet to come.

Continue to educate yourself in real estate and those who accept change the fastest are the ones who will make the most deals in real estate as in other areas of life.

Do not hesitate to send an email to info@immo-champion.com. We are delighted to be able to

help the readers of Together Magazine with their real estate.

*Yannick Callens, CEO & Founder Brussels Property Invest
www.brusselsinvest.be
y.callens@brusselsinvest.be
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“ARE YOU DOING IT FOR SOMEONE ELSE?”

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Canal Wharf is launching its 2nd and final phase: two buildings, Wharf C and Wharf D, each with its own character...from the functional and well thought-out 2-bedroom flat to the super spacious 3-bedroom flat overlooking the Brussels canal, opposite Tour & Taxis.

"Make a safe investment, choose real estate!"

European politics: Just do it!

Catherine Feore muses on The Future of Europe



If you've wandered down rue de la Loi, you can't miss the giant 'The Future is Europe' mural; apart from all else, it is a bright point on what is a fairly dreary four-lane motorway that is largely populated with glass-fronted European Commission offices.

“ JUMP OFF A CLIFF? ”

Funded not by the European Union, but by an entrepreneur and executed by a local artist NovaDead, it was a defiant and optimistic assertion, one that was very welcome in 2017, coming after the Brexit vote and the election of Donald Trump. Like most advertising slogans, if you stop to think about what it means it

seems a little overblown and asks as many questions as it answers. A bit like Nike's tagline 'Just do it'. Just do what exactly? Place your hand in a bucket of boiling water? Jump off a cliff?

Is there a new impetus for change?

‘Conference on The Future of Europe is open for business!’

Launched in April, the Conference on the Future of Europe opened with a new multilingual digital platform. If there were ever two words to make my heart sink, it would be 'digital' and 'platform'. CoFoE, as it is known, has the aim to engage, to be grassroots driven, to inspire a new generation - all worthy, but we are told that no treaty change will emerge from it, member states have already ruled this out. Never has a future been so under-promised, so maybe with a bar set this low it could only over deliver.

The CoFoE had its inaugural plenary on 19 June, but what will this seemingly amorphous blob be? The plenary will be composed of the European Parliament, Council and Commission, the Committee of the Regions, the Economic and Social Committee, social partners (business and unions), civil society and citizens. They will have discussions around themes and then there will be recommendations. That's pretty much it, in a nutshell.

I apologize for not being more enthusiastic about CoFoE - and I write this as a die-hard believer in the European project - but is this anything more than a distraction? I am not immune to the EU's flaws and occasionally heave a deep sigh when I feel that it has failed to live up to its potential or responsibilities. Overall, my own view is that the EU is a force for good, but it is also the sum of its parts and sometimes has to grapple with irreconcilable positions. Most citizens would acknowledge that

corporate tax reform, for example, is in need of profound reform and needs a European - if not global - approach, and yet any single member state can still block reforms. We find that some EU action has to take a rather tortured route to be compatible with the current treaties, and it often requires cajoling and concentrated persuasion. But the EU is a union of consent, and as Churchill once said “to jaw-jaw is better than to war-war”.

“ THE EU IS A FORCE FOR GOOD ”

Many of those involved in the conference - the Parliament, Committee of the Regions and Economic and Social Committee were put in place to strengthen Europe's connection with the European citizen and civil society. Had they been successful we wouldn't need a CoFoE. There have been so many attempts to somehow acquire more engagement and with it support for the European project: the European Citizens' Initiative, the Spitzenkandidat process, attempts to get support for trans-national party lists in European elections, inter-parliamentary weeks to strengthen co-operation between national parliaments and the European Parliament, the heads of government presenting their visions for the Future of Europe...

President of the European Peoples' Party in the European Parliament Manfred Weber said

“ BETTER THAN TO WAR-WAR ”

at a recent Bruegel debate on the conference that he sees it as a listening project, and he would like to see it continue beyond next spring and the French presidential elections. He also says that what Europe needs - and what it is currently lacking - is leadership, giving the example of Kohl and Mitterand, who made great strides forward in the 90s.

Europe has been framed by its past. It was a bit of a running joke when Neil Kinnock was a commissioner that he would begin every speech he ever delivered in Brussels with the



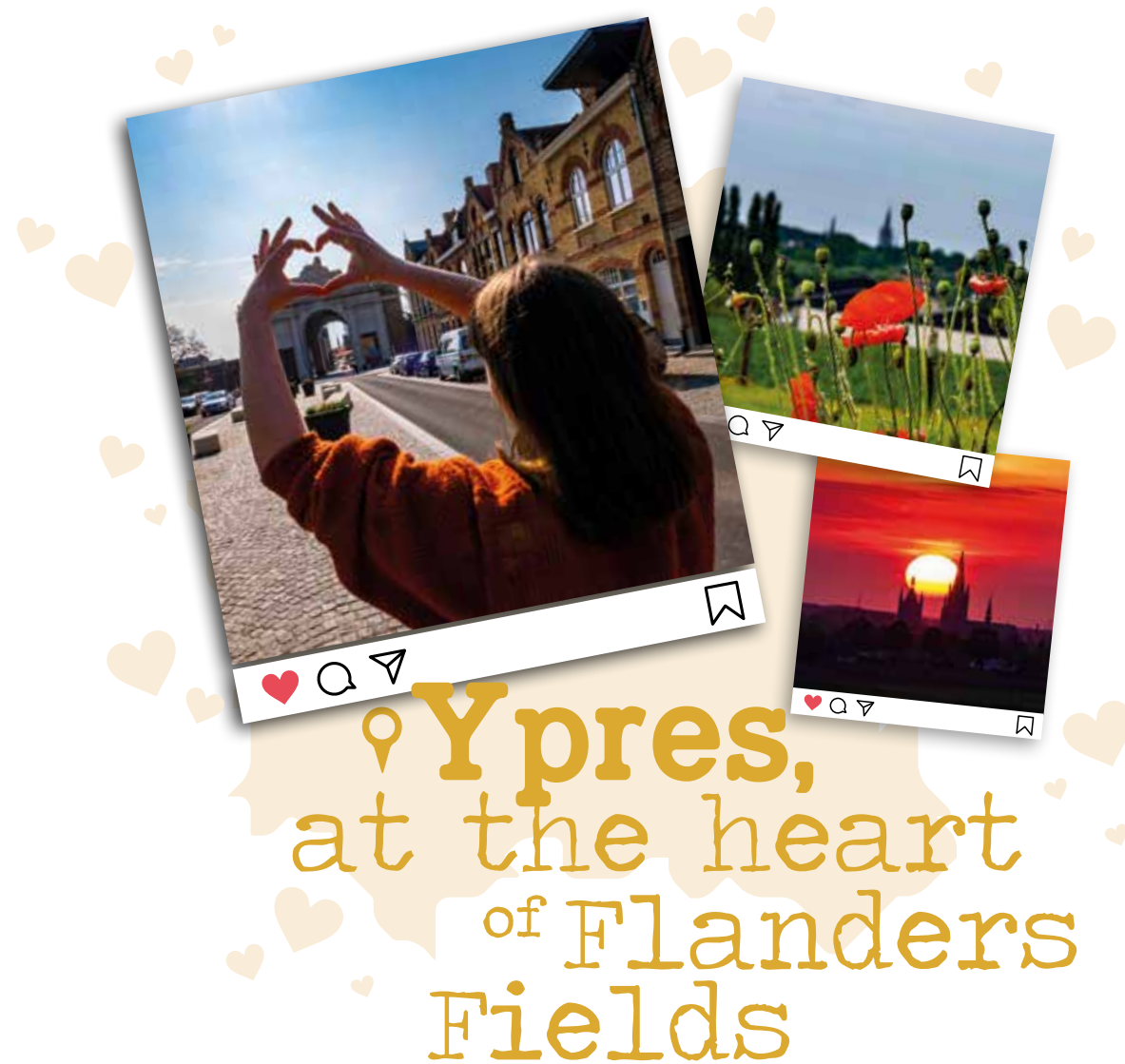
words: "Who would have thought in 1945..." He was of course right, the European Union and nearly eighty years of peace is no trifle; while the Nobel Prize committee may have been premature in awarding a peace prize to a newly elected President of the United States, the awarding of the Nobel to the EU in 2012 for advancing the causes of peace, reconciliation, democracy and human rights

in Europe was long overdue.

It is no accident that those ardent Europeans Kohl and Mitterand that Weber cites experienced the Second World War and the horrors it brought, but while not forgetting the lessons from its past, Europe needs to build a future that is relevant for a new generation.

The financial crisis and the decade that followed threw Europe into one of the most difficult decades it has experienced since its inception. It has been a decade that has been particularly hard on Europe's young. The EU has put forward a programme to tackle major challenges such as the European New Green Deal, the emphasis on the digital age and NextGenerationEU, which puts significant resources behind its objectives.

Listening to the public on their expectations for Europe's future is very important, but delivering results will probably be more vital to Europe's future - these objectives are not exclusive to each other, but rather than pondering on 'The future is Europe', we should 'Just do It!' ①



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LIFE OF LUXURY

Festival that encourages the greater numbers to cross the line and encounter the new facets of today's design industry by

Be collective ontwerp © Thibaud Scarceriaux

LIFESTYLE

Luxury

Luxurious living: 77/79 Peak Road, Hong Kong

77/79 Peak Road is a private residential development set in a lush setting



New York City-based interior and hospitality design studio, Champalimaud Design, was called upon to design one of the exclusive villas in the luxury residential development 77/79 Peak Road. The award-winning design studio has drawn on the serenity of the surrounding area to execute a sumptuous yet laid back design scheme that eliminates the

boundaries between exterior landscape and interior architecture.

77/79 Peak Road is a private residential development envisioned by The Wharf (Holdings) Limited and Wheelock Properties set high above Hong Kong, entirely enveloped in nature. Arguably Hong Kong's most exclusive residential neighbourhood,



77/79 Peak Road is a collection of eight exquisite homes that epitomize luxurious living. The development lies atop a privileged sanctuary that is entirely enveloped in nature, hidden from thoroughfare and veiled by towering trees, offering a sense of seclusion that is highly sought after within the prestigious area.

Champalimaud Design's concept for one of the impressive villas was influenced by the development's surroundings of lush forest greenery, leading them to create a calming oasis with an atmosphere of timeless modernity and an evident connection to the outdoors. The sophisticated interiors evoke a sense of peaceful tranquility, a relaxing retreat from the hustle and bustle of the city, with Champalimaud Design achieving this

“OFFERING A SENSE OF SECLUSION”

through finishes of the highest calibre, tactile materials and carefully selected furniture and artwork.

The studio drew on their rich expertise to create an interior concept that suits a lifestyle of luxury and comfort, with functionality in mind. The villa embodies a refined elegance through the niche and unique palette of materials and colours. The interior architectural language is modern and the communal spaces boast white pearl marble flooring, master bathrooms feature statuary marble walls with bianco dolomite flooring sourced from Italy and secondary bathrooms have bottinico and palissandro nuvolato marble, also sourced from Italy. The connection to nature felt throughout the property further instils a feeling of repose. The walls are a





lightly stained walnut and the library is a combination of Makore wood from Africa and Walnut.

The affluent and exclusive nature of the property is showcased through bespoke pieces that exhibit the finest craftsmanship and unique materials. Champalimaud Design introduced signature pieces and curated

artwork to create an individual look that is flawlessly suited to the development's exceptionally unique exterior and interior design. Each living room features decorative screens in a bespoke walnut and champagne bronze, providing a sense of privacy from other spaces in the home.

The distinctive natural environment and poetic scenery of 77/79 Peak Road differentiates the project as one with a unique and niche nature that is not found in many residential developments. Champalimaud Design have drawn on this aspect to create a design scheme that will provide owners with a serene and exclusive retreat to suit a lifestyle of sophistication and luxury.

About Champalimaud Design

Based in New York City, Champalimaud Design is an award winning multi-

disciplinary design firm with a commitment to creating unparalleled spaces with their clients and collaborators. Run by four partners, including the company's founder, Alexandra Champalimaud, the studio celebrates design excellence and the traditions of craftsmanship.

www.champalimauddesign.com

Furore Edition Five

Photo © Copyright beelden 'The Limited': © Raveel-MDM /SABAM, Brussel 2021

Slow fashion that is performing a balancing act between reality and abstraction



For FURORE Edition Five, fashion and art are once again intimately entwined. This time, designer Elke Baert found inspiration in the oeuvre of Belgian painter Roger Raveel (1921-1960), whose birth centenary is currently being celebrated with comprehensive retrospectives at both BOZAR and the Roger Raveel Museum.

Like Magritte – who inspired The Limited Editions Two, Three and Four – Raveel looks at the landscape through a window. Whereas

Magritte's layers have double meanings, Raveel focuses on everyday objects and activities. Even though he detaches such elements from reality through the use of austere lines, vivid colours and abstract surfaces, they remain recognisable.

Furore designer Elke Baert also finds inspiration for her silhouettes and prints in the forms found in art, architecture and nature, as well as the subtle fluctuations of light and shadows. She transforms the play of



lines that is created on paper into fabric and timelessly modern collections that radiate a feminine, unassailable power.

Furore x Raveel

Garden with Cart to Transport the Sky (1971) is a consummate example of Roger Raveel's recognisable style, which he maintained until the end of his life in Machelen-aan-de-Leie, home of the Roger Raveel Museum. The cart is a recurring theme in his work and even leaves the page at a certain moment in his career, acquiring real wheels for use in performances.

The mirror on the cart reflects the sky and carries the latter along, as it were. Not only Raveel, but also Magritte and the French

artist Yves Klein were inspired by the sky. Gazing up at the clear blue heavens during a stay on the French Riviera, the latter said: "The blue sky is my first artwork".

For Edition Five's 'The Limited' collection, Elke Baert translates the renowned painting *Garden with Cart to Transport the Sky* into a lozenge pattern and abstracts the cart yet further. The tiny white squares that link the individual panes allude to the white plane, a central device in Raveel's work that was inspired by a sheet on a washing line. Or to quote Raveel himself: "The white hole in reality, a mental space".

The cart's wheels are deconstructed to form intriguing linear arcs in blue and mandarin.

Reducing things to their visual essence through a play of lines: a trait that is shared by both Roger Raveel and Elke Baert.

It is not for nothing that the Furore logo consists of a circle (for circularity) underscored with an explicit dash (like the start of a frame). Within the current context, the logo is a (un)knowing nod to the interplay of lines and the empathic nature of Raveel's cart. A balancing act between reality and abstraction, a play of light and shade, whether or not in a recognisable Flemish landscape.

The dominant shade in the colour palette, mandarin, alludes to Raveel's preference for vivid hues but, with its positive character, is

also a homage to life. The FURORE Edition Five campaign images sublimely reinforce this image thanks in no small part to the experienced eye of the photographer, Klaartje Lambrechts, and the location, MUZE'UM L, Light and Longitude in Roeselare.

A sustainable collection

Parallel to Raveel's characteristic white square, both the circle and the colour white are central to Furore. White radiates peace, tranquillity and balance. From that quiet but unalloyed power, a colour palette emerges that can also be detected in the landscape and/or nature: from pastel shades – much in evidence in previous collections – to peripheral flashes of more intense hues.



In 'The Collection' Edition Five, Elke Baert explores the more pronounced shades of mandarin, brown and blue, which not only appear in Raveel's oeuvre but also form a seamless link with the brand's first collection. From the bright green in the painter's work, she traces a line back to the emerald green and pumpkin yellow that enlivened Edition One.

Building on previous editions – as a designer, but also as a consumer – is vitally important at Furore. The slow fashion brand aims to inspire women to give a new twist to

their existing wardrobe. When you invest in timeless pieces and combine them with each other, you create your own style in a sustainable way. The rich colour palette of Edition Five is balanced by shades of ecru, white and grey.

Just as Roger Raveel created volume and dynamism in paint, Furore creates layers by working with two different fabrics in a single garment. In other models, such as the Piado sweater, beautiful colour nuances are achieved by combining different shades of yarn.






The distinctive Furore diamond, that radiates a perpetual sense of austerity and calm, is now combined with light blue squares as a nod to the cart with the mirror that transports the sky. This is also the point at which reality and imagination converge.

Indispensable

In addition to the more outspoken items, several new models have also been added to 'The Official' or 'Never Out of Stock' collection. This range consists of essential garments that are always repeated: because why not cherish a garment with the perfect cut, in the perfect fabric, forever?

www.furore.fashion

www.rogerraveelmuseum.be 

HAUTE COUTURE STAIRCASES



www.vdv-design.be

VDV
Design

Shopping

Shopping

Ice-Watch: A star is (re) born

Ice-Watch brings its star watch from the 2000s back to life by offering it the flexibility of silicone. Now fluid as water and light as air, it ticks happily into summer under a new name: the ICE generation. The ICE generation palette pours a cocktail of frank, tangy, fruity, flashy or pastel tones. For glam hours, the ICE generation radiates in black or white, with clear or gold touches. From sun-kissed dials to plain or iridescent rainbow dials, from waterproof cases and bracelets (10 ATM) for swimming lovers. Bye-bye, the ambient gloom! www.ice-watch.com



Kim Jacob Jewellery

Kim Jacob's minimalist and timeless jewelry shines through the designer's campaign. Placed under the sign of good humor, the new collection from Belgian designer Kim Jacob combines precious metals and unique stones. A perfect collection to sparkle all summer long. www.kimjacobjewelry.com



Lore Van Keer

Lore Van Keer launches Most Precious, a set of luxurious, statement rings that exude personality. By contrasting the color and emotional character of the stone with the more abstract, mathematical qualities of the diamonds and the architectural overall design of the piece, a balance is found in which each element feels essential. The personal relationship with the ring is fundamental. www.lorevankeer.com



Brume de Longueville

Brume de Longueville Lucky Elephant choker plated with 3 microns of 18 carat gold, an agate elephant in black tones, semi precious pearls (howlite and agate) and small charms gilded with fine gold. Each stone is made of particular reflections and designs which make the jewel unique. Legend has it that if the elephant has its trunk raised, it brings good luck. Handmade in Belgium: €100
E-shop: www.brumedelongueville.be



Aze Jewels Iron Big Wave Brown

This leather bracelet is characterized by its sturdy braided pattern/wave. Made from high-quality leather and a brushed steel lock. Also available in black. This bracelet has a timeless design, making it easy to combine with whatever look you choose: €59.90
www.azejewels.com

Balmain

This line is inspired by the world of Parisian fashion and is characterized by its octagonal case. Directly inspired by the world of Parisian fashion and using the geometric patterns of the famous Puzzle coat made by Balmain Paris for its 1969/1970 collection, which is graphic and feminine. This year sees natural stone on the dials for a look that is both modern and original: €550
www.balmain.com/be



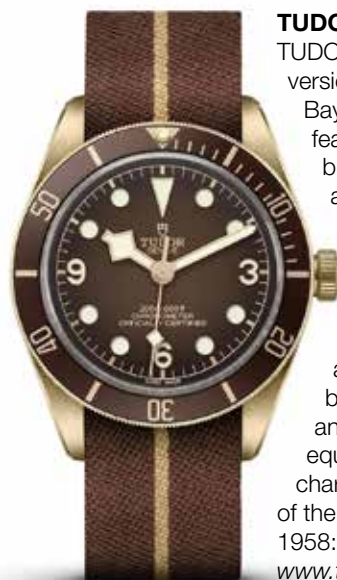
dinh van

Le Cube Diamant large bracelet in white gold and diamonds. The iconic Le Cube Diamant bracelet comes back in size XXL. Available in the three colours of gold, two diamonds complete its distinctive and sophisticated shape. This new version can be stacked with the paved versions to create a precious and luminous combination: **€8,400**
www.dinhvan.com



BVLGARI MAGNIFICA

An expression of beauty and craftsmanship, the new High Jewelry collection, Magnifica, showcases the Roman jeweller's strenuous commitment to magnificence. Bvlgari Heritage Collection necklace in platinum set with rays of brilliant-cut and octagonal-cut diamonds. An unbelievable set of five magnificent oval cushion-cut Paraiba tourmalines totaling an astonishing 473.82 carats are the beating heart of the wondrous Queen of Africa High Jewellery necklace.
www.bulgari.com



TUDOR

TUDOR presents a bronze version of its famous Black Bay Fifty-Eight model, featuring for the first time a bronze bracelet fitted with a new clasp with rapid adjustment system. The characteristic elements of the new model are a 39 mm bronze case, an aesthetic nod to the bronzes on old ships and other deep-sea diving equipment, but also the characteristic proportions of the famous 'Big Crown' in 1958: **€4,270**
www.tudorwatch.com/en



Laurence Vandenberg

The young Belgian jewellery designer Laurence Vandenberg launched her first collection with a strong vision: to design original jewellery that can be worn every day by women from all walks of life, jewellery that reflects their personal style and makes them feel confident. Laurence succeeds in designing refined, dynamic jewels that speak to a wide target audience. She has a profound fascination with diamonds, sapphires, tourmalines and opals.
laurencevandenberg.com

TISSOT BELLISSIMA

For women in search of singularity, those who want to make an impression day and night, Tissot has created Bellissima. A refined, discreet and elegant watch, designed to make ladies shine on all occasions of life. The house continues to assert its vocation as a mixed brand by increasing the number of timepieces intended for women: **€395**
www.tissotwatches.com



Charlotte Beaude

Charlotte Beaude, the young designer from Brussels, offers you quality accessories to dress you up in summer. These foulards are of modernist inspiration, made in Italian silk and cashmere with great know-how in a French workshop. They can be worn in many different ways; as a summer dress, top, veil or as a decorative accent on the neck or wrist. You can create many different looks, and these scarves exude confident chic. It is high time for an introduction. **€54**
www.charlotte-beaude.com

Beauty

Summer of beauty

Caroline Dierckx offers summer tips. This summer don't hesitate any longer - tan your pretty faces. But as always use high protection with brands that achieve an excellent level of quality of care and in addition take care of the environment. Makeup and summer scents for your beauty treatments!



Lancaster
Limited Edition
Golden Tan
Maximizer After
Sun Lotion.
75ml: **€12.95**

Supertanning
Moisturizing
Milk Spray,
Collistar: €32



Intense Protect SPF50+,
Thermal Water from **Avène**.
For sensitive skin. For babies,
children and adults. Ultra water-
resistant fluid. 150ml: **€21.50**



Nivea Sun
Mineral Face
SPF50+. No
perfume, extra
water resistant.
50ml: **€14.49**

Shiseido POP
PowderGel
EyeShadow: **€29**



ESCADA
Summer Festival
EDT. 100ml: **€79**



DIOR ADDICT
Lip Glow:
€39.39



Philippe PLEIN – No Limit\$
Plein Super Fre\$h EDT.
90ml: €89. Ici Paris XL



Nannic
Silky
Smooth
Exfoliant.
Eco-friendly
200ml:
€61.60

NEO COLOGNE,
Alcohol Free
Dark Matcha.
Planet Parfum.
100ml: €78.90



KLORANE
Smoothing &
Soothing Eye
Patches. 7 x 2
patches: €22

Brussels Design September

BDS updates us on their annual
design extravaganza



Just like every year and with an ever-growing curiosity, the Brussels Design September promotes the interaction between roughly a hundred Belgian and international artists and creators with amateurs and connoisseurs in the field of design.

BDS is a fundamentally multifaceted festival that encourages the greater numbers to cross the line and encounter the new facets of today's design industry by coming in contact with the artists and craftsmen

and women in their action, such as Arts and Crafts, Jewellery-making, Ceramics, Tapestry Fablabs, Upcycling etc. Above all, the public can choose to see exhibitions, open workshops, happenings, conferences, hands-on workshops, name it, we do it. We will miss no opportunity to encourage exchange and enrichment of knowledge or sensitivity.

This edition will focus on design solutions for our new ways of living and working. In keeping with the multidisciplinary spirit of the





event, the various movements, influences, references and professions involved in today's design will be harmoniously highlighted.

Brussels city of design

Once again, we want to reinforce the image of Brussels as an attractive and dynamic capital: we will highlight the innovation of our young designers through various events related to design, in order to enhance the commercial attractiveness of the city.

These past few years, Brussels has incontestably become a city of design, thanks to the talent and the ingeniousness of our designers. Design from Brussels has started to gain quite a reputation and we want to contribute to this in our own way by organising this event.

Design September always wanted to connect

with the city and represent its various exaltations and diversities. The importance and influence of the event are shaped more and more as design in its most various forms takes an increasingly important place in the daily life of Brussels: urban furniture, installations, lights...

Our designers' innovations find their place in the urban landscape. This has contributed in a positive way to the city's reputation and to its economic and tourist activity. The city of Brussels needs events that put creativity and innovation at the forefront. Design September, alongside the Brussels-Capital Region, the City of Brussels and many institutional and private partners, is proud to contribute to it.

Highlights and news from Design September 2021

This 15th edition of the BDS is a much-appreciated opportunity to experience interaction and exchange. Therefore, by organizing themed visits centred on today's situation and on the evolution of our global 'modus vivendi', the accent of this year's edition will be put on dialogue.

“SOLUTIONS FOR OUR NEW WAYS OF LIVING AND WORKING”

The 2021 BDS's figurehead will be ecology, by offering the possibility to take part in Eco-Design and Industrial Design-oriented activities, and we will zoom in on the eco-awareness of vintage and second-hand acquisitions. We shall also shine a light on Interior Design as co-working and co-living are emerging as a new way of living in today's world. One of our many

goals will be to invite the larger numbers to be acquainted to Design Thinking, which is based on sharing ideas and collaboration, so as to remind us all of the importance of the human dimension and of how our evolution is based on our interaction with our peers.

7 - 30 September. Various venues, Brussels.

www.designseptember.be 

Everyone deserves
their own butler



The Butler,
our new swivel Armchair

Shopping decor

Shopping Decor



Garden Trading: Trewithian Table And Bench Set Teak

Relaxed dining at its best, the Trewithian Table and Bench Set is made from sleek slatted teak contrasted with an aluminium band. Designed to seat four, it's perfect for smaller contemporary living styled on patios, decking and in urban courtyards: **€1,105**
www.gardentrading.co.uk

Orien Garden Lounge Set, Cream & Black Cult Furniture

Add an exotic feel to your every day with our Scandinavian inspired Orien garden lounge set, defined by its eye-catching weave design. Featuring; a stunning circular-shaped woven seat crafted from a cream and black robe fabric and four sturdy slim, angled black metal legs - creating that ultimate outdoor comfort experience for those who love to spend their days in the sun or within a conservatory. Complete with a side table. The Orien makes a perfect addition to your garden when paired with our vibrant scatter cushions or outdoor accessories, injecting an exciting holiday vibe into your outdoor aesthetic with a 60s twist: **€348**
www.cultfurniture.com



Go Modern Furniture: Tribù Garden T-Table

Updated for 2021, the T-Table garden coffee table from luxury garden furniture brand Tribù is designed by Marc Merckx and made in Belgium. The table top, available in round, oval or square sizes, comes in three luxurious finishes: firstly, three shades of hand-glazed, 400-year old lava stone from Vesuvius, which mirrors the sky and is reminiscent of rippling water. For a contrasting look, choose smooth, solid, sustainably harvested teak. Lastly, there are



five subtle, natural shades of ceramic. The stainless-steel frame is powder-coated in three colours: **€1,630**
www.gomodern.co.uk

Manutti Torsa Garden Dining Table

Made in Belgium, by luxury garden furniture brand Manutti, the Torsa round garden table has a stunning ceramic table top, which is available in a variety of finishes. The base is solid teak base, which is responsibly sourced, perfect for outdoor use and 100% recyclable. The table top can be selected in a range of hard-wearing 12mm thick ceramic finishes in a variety of colours. For the table base, which has useful adjustable feet, choose from



teak or brushed nero teak. There is also an optional protective cover: **€5,537**
www.manutti.com/en



**VincentSheppard Leo 2
Seater Garden Sofa Lagoon**

100% weatherproof powder coated aluminium structure and polyester rope lounge chair with seat cushions and back cushions upholstered in a choice of the world famous Sunbrella fabrics. Bring the modern and audacious Leo outdoor sofa into your outdoor living space. A luxury garden furniture piece by Vincent Sheppard features a knitted polyester rope interwoven around a strong powder coated aluminium frame. The cleverly woven exterior is UV protected and the colour will not fade with time. Cushions: Upholstered in a choice of Sunbrella fabric: **€2,640**
www.vivalagoon.com



**Ornate Green Metal Garden
BenchMelody Maison**

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*Blessed with inviting pine-fringed beaches
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© Sani Resort

LIFE OF
LEISURE

Interview

All we hear is Lady Gaga

Pop icon, actress, fashionista and performance
artist - there's no-one quite like her



In the aftermath of the actress, model and singer returning to the limelight last year with her sixth studio album *Chromatica*, it's been one of the best periods in Lady Gaga's already impressive career. Both personally and professionally she has progressed, excelled and taken an already creative powder keg forward into an explosive 2021.

The supreme iconoclastic entertainer has long been a pop icon who fused music with a self-styled brand of performance art. There were never any limits or taboos to her outrageous outfits and inspired stage appearances.

That's not to say amidst the albums, star turns in the likes of *Star is Born* and *American Horror Story*, the 35-year-

Interview

old Gaga didn't undergo a period of deep personal reflection that saw her open up about the "horrific things" she experienced while working her way up in the music business. Her revelations of sexual abuse made her appearance at the Oscars in 2016 all the more poignant when she delivered the most dramatic moment of perhaps any awards show. Little did she foresee the storm that was to follow in a movie world she was only just stepping foot into.

Lady Gaga, whose real name is Stefani Joanne Angelina Germanotta, is currently working on preparations for a set of live dates, while still enjoying the time to be able to work relatively undisturbed that these latter days of semi-lockdown still provide. Over the course of her career, she has earned a colossal 29 Grammy nominations and collected 11 trophies, the last win coming for the *Star is Born* soundtrack and track *I'll Never Fall in Love Again*.

She lives in Los Angeles and is currently in a relationship with investor and CEO Michael Polansky.

Together: Your last album provided a triumphant return to love – was that intentional?

Lady Gaga: Love is always a determining emotion in anything I do. We can be nothing without love – it is the truth.

But love can also be deceiving?

Love can be such an overpowering emotion that it can prevent us from seeing that your relationship is not real. It's a struggle to get past the illusions and see what is real. I believe that relationships are very real and very important and we need to focus on that.

Do you think that finding out what's real is becoming harder and harder in today's world?

You have to look at things very hard and not be taken in by false appearances and images and things people do to present a version of themselves which may not be real.

Biden inauguration



Joanne World Tour, photo Marcel de Groot



A Star Is Born



Interview

Do your songs say or reveal more about yourself than ever?

In all my songs I try to be honest and open. But much of the inspiration these days comes in me wanting each song to say something autobiographical about myself. Each song has a personal connection.

You've used your albums in the past to pay tribute to various people...

I guess you're referring to my late aunt Joanne who passed away a few years ago. It was interesting with her – I grew so much more aware of how losing my Aunt Joanne affected my family. It affected my father deeply and it's been one of the most defining experiences that has made us stronger as a family.

Recognizing how much sadness her premature death caused my family has been my way of discovering how that has shaped us and made us who we are. Even though she's someone who is part of my past, she's helped me become a more authentic woman as I head into the future. And there are obviously other people before and since. All these people fall into the mix and are there to be praised because they have left such a lasting impression on our lives. They must all be remembered.

Do you feel the responsibility of fame?

I do these days, certainly. I wouldn't say I ever didn't, per se, but when you see how much people worship your every word, it does make it all the more important to make sure what you say has some point to do.

In fact, what I say mostly is for people to follow their own voice and not listen to mine... or anyone else's for that matter.

You are more relaxed these days in both your persona and your choices, would you agree?

Yes I think that's true. Fame can actually be a very lonely place and that was something I found very confusing in the past. It's not something anyone can prepare you for but it's very real. You are surrounded by the press



**“ I TRY TO
BE HONEST
AND OPEN ”**

Interview

and paparazzi yet still feel desperately alone. I've accepted this is my life, and when you do that you actually find yourself welcoming in people and opportunities rather than hiding away and refusing them. That's ultimately what happened with *A Star is Born* and it has been a constant progression through my music over the past decade or so. Branching out into acting was a big step and I'm glad I've done that.

Tell us about your makeup brand - with so much competition out there, what sets Haus Laboratories apart from the rest?

We're not just about the selling of makeup. We want to spread our message to everyone around the world that people need to fall in love with who they are. It's about seeing that reflection that they see looking back at them and really adoring it, because it's who they are.

The idea for makeup is just as I have always used it in my life and career and that's to reinvent yourself, go through some new creations, have experiments with yourself and new styles. For me, makeup was a huge part in the transformations that I have undergone throughout my entire life and it's something that I want other people who may be feeling like I did, to know that they can be someone else, too. It truly can be something that can change your life, because it worked for me.

How do you feel about the beauty industry at the moment?

Firstly, I think that there are some rules both unwritten and misconstrued that young girls feel they have to follow and that's something which, with Haus Laboratories, I want to try and help blow completely out of the water.

Everything seems to be the same with a focus on lips being big, on perfection, on contour. But sometimes, people do need reminding – and not just following those traditional guidelines, that you can still feel beautiful in other ways. You can find the best way for your creative artistry to come out and spread its wings.

The Monster Ball, Poker Face revamped John Robert Charlton



Sydney, Australia, photo Eva Rinaldi



Sin City 2

**“ PEOPLE NEED
TO FALL IN
LOVE WITH WHO
THEY ARE ”**

Colour was mine and that came straight from the heart and also where Lady Gaga came from. It was always in there, but I didn't know at first how to get that out. It didn't happen overnight, and it did take a lot of time for me to get me the way I wanted myself to be.

But that doesn't mean you have to do things the same way I did, or other famous people and the way they are. It's about being you, unique and inventing your own you and the whole point is exactly that. It's not about following the crowd, looking like your favourite celebrity or even looking like the girls who you are friends with.

What it is about is looking the way that you want, feeling the way that you feel and being the person that you want to be. The whole point about it as well is not getting things right first time, because no-one ever gets it perfect when they first try it. Have fun and enjoy creating that new you.

So what comes next?

I think with things beginning to become a bit more normal, it's a time for all of us to look around us and show compassion and forgiveness. There has been so much heartache and upset and, with freedoms being restored, it would be great if we could all reach out and share in the wonder of what life gives us. That's my next biggest project – it's everyone's, surely. ❶



**“ REINVENT
YOURSELF ”**

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

Travel Greece: Discover Sani Resort, an eco slice of heaven

Our latest travel Europe article looks at the perfect beachfront hideaway for an idyllic escape



Nestled amid a 1,000 acres eco-reserve on the Kassandra Peninsula, with breathtaking views over the Aegean and Mount Olympus, this enclave of five award-winning hotels is a Greek nirvana. Here, you can stroll along 7km of soft, sandy beaches, explore 110 hectares of protected wetlands or follow 20km of lush forest trails by bike or on foot. Sani's secluded setting and expansive space offers a safe sanctuary for families, encouraging everyone to reconnect with the great outdoors – and each other. If there's a budding athlete or

explorer in the family, waste no time in signing up for the Rafa Nadal Tennis Centre, Chelsea Football Academy or Bear Grylls Survival Academy.

If the slow life beckons, head to one of five Anne Semonin Spas for a thorough pampering or simply find a beach lounge and dream the hours away. The beach is also a heavenly spot for some restorative yoga – perfect after a long day of travelling or exploring the Sani estate. When the sun goes down, stroll over to Sani Marina to dine at

one of more than 40 restaurants and bars, serving everything from traditional Greek dishes to Michelin-starred cuisine.

Beachfront paradise

Blessed with inviting pine-fringed beaches and transparent, turquoise waters Sani Resort's heavenly stretch is a luxury property comprised of bungalows, suites and ample rooms or family suites- to accommodate even the largest brood on the beachfront with private gardens, terraces or private pools facing the Aegean Sea and a calm colour palette. Away from the buzz, this elegant, spacious resort is sure to delight both families and couples, with exceptional restaurants, infinity pools, adults only areas, five spas and a private Marina to stroll around for some dining or boutique shopping.

The kids' clubs and teens' club keep little ones entertained, while you can find your private beach spot with thatched parasols for snoozing under. Awarded as World's Leading family and Beach Resort this out-of-this-world resort leaves nothing to chance with special luxury touches such as he childcare on the beach and baby consulting services for a truly relaxing but equally fascinating stay.

Explore the Great Outdoors

Stretched within a protected eco-reserve among pine forests, an exotic coastline and the protected Sani Wetlands, Sani Resort scratches an adventurous itch. For those looking to also spend time in nature a wide range of activities and world-class sports as well as eco-activities will satisfy every taste. You can start your day with an intense course at the Rafa Nadal Tennis Centre, the only existing course in Europe, developed in collaboration with the Rafa

Nadal Academy by Movistar. Its top notch facilities and programmes make it a true tennis paradise for the aficionados.

Test your skills on the high ropes of the Sani Adventure Park or try out some watersports or biking in the forest before heading over to the absolute adventure at the new Bear Grylls Survival Academy launched this season. Teens can have their own special night session at the BGSA while you are seeking the sunset with yoga on the beach of Bousoulas. Awarded as World's Leading Luxury Green Resort, Sani Resort also offers a range of eco-activities for adults and kids who want to explore more the unique surroundings of Sani.



A gastronomy destination

With 40 restaurants and bars within the resort offering from Italian and Greek cuisine to Japanese and Spanish, you can get a taste of everything. The new El Puerto restaurant is the latest addition to the list of Michelin star dining across the resort with

chef David Ibarboure (one Michelin star) offering a Mediterranean menu for an authentic taste of Spain, while chef Mauro Colagreco's (three Michelin stars) menu for Water restaurant has been carefully created for a third year in a row to satisfy the most discerning palates with a Mediterranean and French focus.

All restaurants offer vegetarian, vegan, gluten-free and well being menus for both adults and little guests, who will be equally satisfied while exploring new flavours with the specially designed baby and kids menus by world-renowned kids food expert Annabel Karmel. It's no surprise that Sani Rest was awarded the World's Leading Luxury Green Resort.

www.sani-resort.com 



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LITTLEGUEST.COM

**LIFE OF
LEISURE**

Travel

Val d'Arly... in summer

Floriane Henriquet headed high into the mountains to breathe the fresh air... and much more

Photo © floriane henriquet



The Val d'Arly in summer

A territory that is alive all year round, the Val d'Arly is made up of several village resorts steeped in authenticity. Discover an intact and authentic heritage, admire the calm of the great outdoors, breathe the fresh air, take a look at the chamois, taste the flavours of the land...

This summer, with family or friends, come and discover the simple joy of a holiday in Val d'Arly. It is a wonderful land of discovery, where mountain culture is omnipresent. Enjoy a walk through these charming alpine villages, representative of the soul of Val d'Arly, where nature and man harmoniously coexist and discover its rich heritage.

In the heart of Savoie Mont-Blanc, between the Aravis, Beaufortain and Mont-Blanc massif, nestled in the heart of the Alps, the four preserved village resorts of Val d'Arly

welcome you for rich moments and unforgettable times with their inhabitants. At the crossroads of Val d'Arly, former medieval town Flumet has the real heart of a lively and thrilling village, where the mountain people and visitors mingle with

pleasure. With its neighbour, the village of St Nicolas la Chapel, they will delight culture lovers: baroque churches, local specialties and breathtaking panoramas, all under the protective eye of the majestic Mont-Blanc. www.flumet-montblanc.com

**“ BREATHE
THE FRESH
AIR ”**



At La Giettaz, a typical village nestled in the heart of the Aravis, time stands still to offer visitors an exceptional view of the Beaufortain massif, Aravis and Mont-Blanc. A truly secret setting, the starting point of a multitude of walks between pastures, streams and wooden chalets warmed by the sun. The village of La Giettaz is a place apart where the soul of the mountain is combined with sweetness. www.la-giettaz.com

Notre Dame de Bellecombe invites you to relax. Stroll through this charming village of yesteryear in the rich heritage of Val d'Arly.

Far from the tumult of cities, immerse yourself in the summer holidays of your childhood: walks in the forest, or a nap in the pastures. This summer, Notre Dame de Bellecombe invites you to dream. The locals welcome you with open arms and are delighted to share their culture with you. www.notredamedebellecombe.com



“ BETWEEN PASTURES, STREAMS AND WOODEN CHALETs ”



In the Crest-Voland/Cohennoz authentic mountain villages, the atmosphere is soft and warm, a real invitation to happiness in the heart of the Savoy. www.crestvoland-cohennoz.com

Local know-how. Discover the generosity and sincerity of the inhabitants and share their life: learn about preserved nature through fields and forests, in protected and little-known areas and let yourself be guided by the richness of preserved traditions and feel Savoy in its purest form. Discover many local producers of cheeses and cold meats. Find furnished accommodation, hotels, guest rooms, tourist residences, shelters, campsites and chalets for groups on the website. www.valdaryl-montblanc.com



The Route des Grandes Alpes is the most beautiful of mountain roads for motorists, motorcyclists and cyclists. From Thonon-les-Bains to Menton, there are 684 kilometres of mountain roads, punctuated by 16 passes that are among the highest in the French Alps, which invite you to travel through the territories of exceptional natural and cultural heritage. Crossing the Val d'Arly offers views of Mont Blanc, gorges, villages and forests. The Col des Saisies allows you to enter Beaufortain, where the Mont Blanc stands out around a bend in the road. Between ski resorts and traditional villages, this offers a summary of what the Route des Grandes Alpes is. www.route-grandes-alpes.com

The mountain road that winds from Col des Aravis to Ugine is the starting point for various hikes and mountain biking trails. Come and discover superb panoramas with Mont-Blanc as a backdrop and let yourself be seduced by these mountain pastures. Old Annecy is rich in monuments that you will discover while strolling in the old town. Lake Annecy offers beaches, swimming, boats and pedal boats.



We have concocted a typical weekend for you that we tested for you:
Friday: By plane, it is possible to arrive from Lyon or Geneva airport, then use a shuttle for an hour's drive to Val d'Arly. In the afternoon, go for a hike to La Giettaz in the middle of the mountains with a view of Mont-Blanc,

from the Chalet du Curé, to the chèvrerie of Floriane, the young cheesemaker. Have an aperitif and eat at Plan Rebord at an altitude of 1,564m - the view is splendid and the restaurants adorable. www.restaurant-terres-rouges.fr/plan-rebord



Stay at the Hotel Caprice des neiges, sleep facing the slopes, enjoy its delicious breakfast and its swimming pool with a breathtaking view of the mountains. This charming, typical Savoyard hotel is very friendly, the staff are attentive and very pleasant. If you are passing through the region, do not hesitate to try their restaurant too.

Saturday and Sunday – The Tour du Val d'Arly by VTAE. An opportunity to explore the most beautiful landscapes of the territory, with Mont-Blanc as a backdrop. For a weekend, the *Together Magazine* team enjoyed this colourful trip, and we strongly recommend that you do so! Go on a VTAE, electric bicycles, with a guide who will allow you to enjoy an experience that is rich in emotions. You will discover the heritage we told you about by crossing the most beautiful panoramas of the region, with gourmet breaks with tasting of local products and a festive and friendly base village-camp. Push your limits with the intermediate level of a gourmet walk, or relax with your family with a discovery walk. We suggest that you start on Saturday, with the intermediate ride and take advantage of Sunday morning to do the electric mountain bike discovery ride.



e-bike Tour3@Office de Tourisme du Val d'Arly

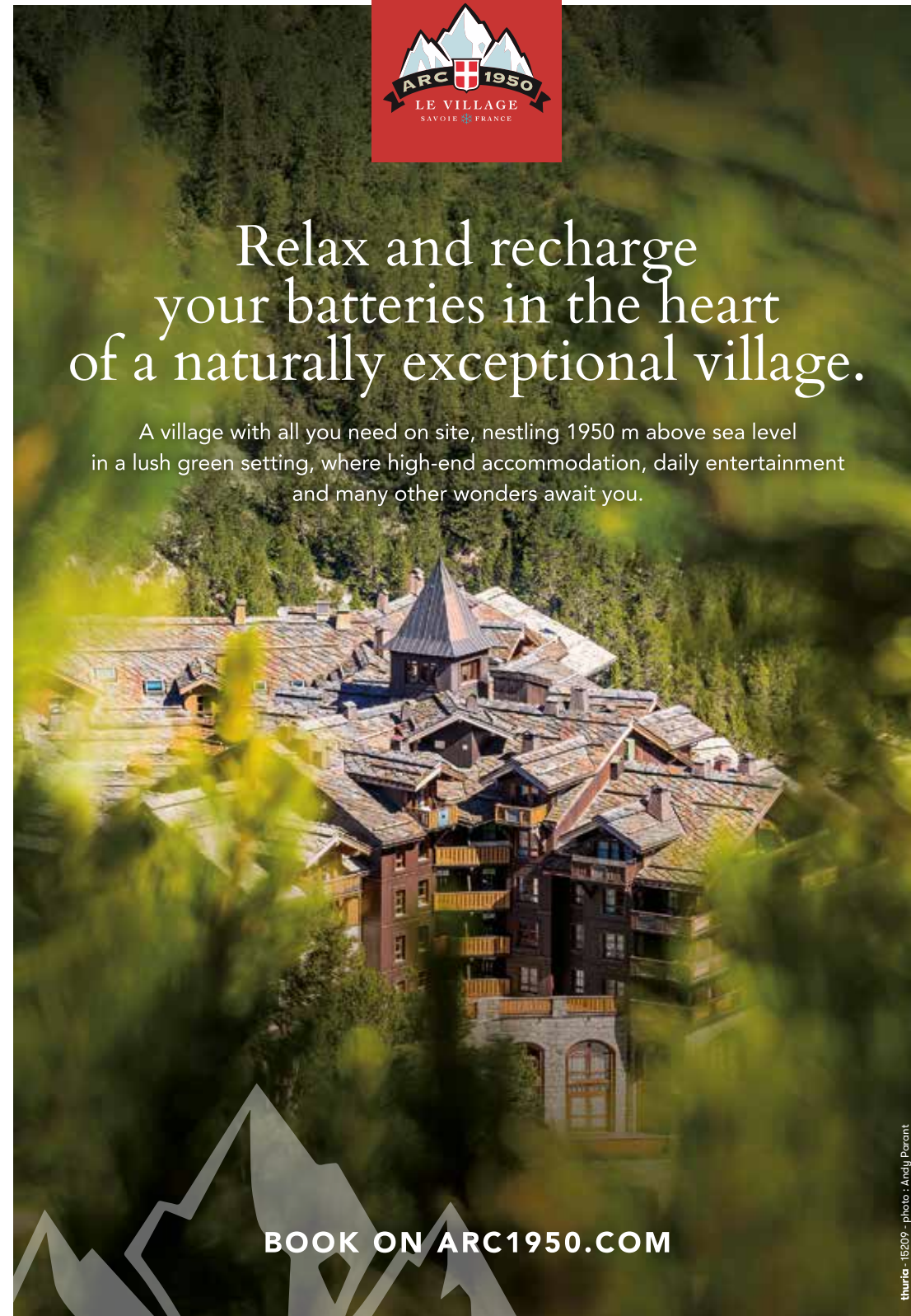


Dinner at the Ferme Victorine, an excellent restaurant according to Gault et Millau. Chef Denis Vinet knows how to offer everyone a moment of happiness with his dishes that simmer with finesse and lightness. An atypical, unmissable restaurant, open throughout the year. *a-ferme-de-victorine.com* 



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Namur: Where lifestyle and leisure meet

We head south to Wallonia's outstanding capital



One of the most cultural, exciting cities in the environs of Brussels, there are many things to do and see in Namur.

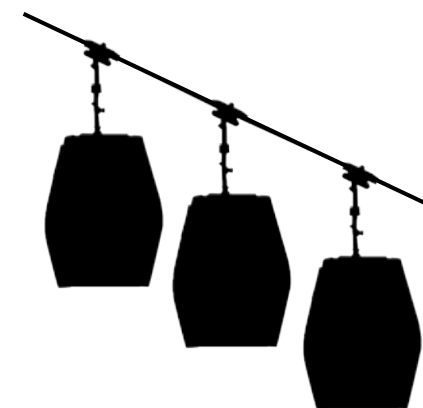
The Citadel of Namur is a fortress in the Walloon capital city of Namur, at the confluence of the Sambre and Meuse rivers. It is originally from the Roman era, but has been rebuilt several times. Its current form was designed by Menno van Coehoorn, and improved upon by Vauban after the siege of 1692. It has been classified as a Wallonia Major Heritage site. Its highest point sits at 190m.

To explore Namur, you must take your time. Its rich heritage, the charm of its little

streets, its terraces and its restaurants are there to be savoured. From the heights of the Citadelle to the banks of the Sambre, the capital of Wallonia offers a wealth of sights and experiences. Namur's impressive Citadelle was renamed 'The ant-hill of Europe' by Napoleon. Walking in Namur is a stroll through alleyways full of charm, taking time to stop in front of a shop or in a small restaurant. Why not finish the day at the cinema or at the Théâtre Royal de Namur?

And when it comes to culture, you can't do much better than a visit to Vieux Namur, and the museum of Félicien Rops, 'a Belgian through and through'. One of this artist's most famous works, *La Mort Qui*

“ ON N'A PAS DE MONTAGNES *mais*
ON A LE
TÉLÉPHÉRIQUE ”



Prenez le temps, voyez Namur autrement !

Travel

Dance (Dancing Death, 1878) was inspired by the Gothic Romantic works of Charles Baudelaire, with whom he had an intimate relationship.

According to the French poet, there were no artists at the time in this country, apart from Rops. The painter also ended up creating the illustration for *Les Epaves*, the section of Baudelaire's masterpiece *Les Fleurs Du Mal* that had been banned in his home country. Over a hundred years after the artist's death, the museum that bears his name goes well beyond the confines of his native country.

Namur is situated at the confluence between these two rivers, which makes it very pleasant to visit the city by water. There is a guided tour that shows landmarks such as the Wallonian Parliament and the Élysette (seat of the Wallonian government). The building was built in 1877. Later on, in the early 90s, it was given the nickname 'Élysette', at the time when the President of the Walloon Government had good relations with the Élysée.

Notice also 'L'Enjambée', the new pedestrian-cycle footbridge. Food and drink? Technically not in Namur but about half an hour's drive away, you will find the beautiful Maredsous Abbey, famous not only for its spectacular building and its school of arts but also for its cheese production. The monks from Maredsous have been producing cheese since 1953, maturing it for 22 days in the cellars of the abbey, where the temperature is a constant of 12 degrees. The cheese at Maredsous is made out of cow's milk, and every two days, each piece of cheese is washed in brine by hand, starting from the oldest to the youngest, so that the

typical macrobiotic flora transfers from one to another and creates the orange crust and its aroma.

For socializing and entertainment, the attractive Quai Novèle terrace and bar is open until 29 August, from Thursday to Sunday.

If good exercise is more your line, Namur is surrounded by lush greenery and numerous signposted walking circuits exist, from the

city centre or in the neighbouring villages. Electric bicycles are available from the 'L'Empreinte belge' store.

What about food and drink? Namur visitors will have a chance to get acquainted with the traditions of Walloon cuisine, which is distinguished by a variety of interesting and hearty dishes. At restaurants representing regional

cuisine, you can try wonderful meat dishes and traditional fried potatoes, all the dishes are usually served in large portions. The pride of regional cuisine is dairy and meat products of premium quality. In the vicinity of Namur, numerous farms produce butter and cheeses, as well as dozens of types of sausages and ham.

There are two craft breweries: La Brasserie de Namur www.houpppe.be and the Brasserie du Clocher www.brasserieeduclocher.be.

And, to enjoy fine drinks, there are two Namur wine estates: Domaine du Chenoy and Domaine du Ry D'Argent.

Namur, enjoy.
www.visitnamur.eu ⓘ



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La Boutique de Wallonie

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Espace Wallonie

In the heart of Brussels, open the doors to the Espace Wallonie, the perfect place to prepare your summer stays and excursions. Tours, walks and bike rides, gourmet or unusual tours, city guides, maps of motorhome areas and more. Take advantage of our brochures - they are available free of charge and have everything on hand to make your getaways a success.

To taste Wallonia, don't miss our boutique La Boutique de Wallonie. You will find many seasonal products there: spices for grills and for salads, oils, vinegars and flavoured vinaigrettes, products based on Wépion strawberries, aperitif drinks (base for Spritz, flavoured gins, pastis, etc.). A Walloon summer on your plates. But that's not all, you will also find various souvenirs and several guides and maps for exploring Wallonia on foot or by bike.

Visit us from Tuesday to Saturday at Espace Wallonie, Rue du Marché aux Herbes n° 25-27, 1000 Brussels. Find all the information on VISITWallonia.be/WalloniaBoutique and more about our products on

facebook.com/BoutiqueDeWallonie



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

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

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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

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assistance**

Wine and travel

We look at a wine region that is known as 'The Garden of France'

The picturesque Loire Valley region is not only known for its wines, but for the abundance of treasures and flavours waiting to be discovered in this special corner of France. Located along France's longest river, the Loire Valley is overflowing with historic castles and abbeys, delicious fruits and vegetables, and gastronomical specialties that attract visitors from around the world throughout the year.

Now part of the UNESCO World Heritage list, this is the cradle of the French language, where residents speak the purest form of French. Renaissance writer Rabelais was born here, and it was here that Joan of Arc led French troops to victory in the Hundred Years' War. Indeed, the history of the Loire Valley is intrinsically tied to the history of France.

This natural beauty is also France's most diverse wine region, home to a broad array of soils, climates and geographical influences that produce benchmark wines in every style and attract the attention of top sommeliers and wine writers. With 57,400 hectares of vines planted across 51 AOP and 6 PGI regions, the Loire Valley is France's top producer for white wines, second for rosés, and third for AOP wines as a whole.

But while more wine lovers may have discovered this gem in recent years, the Loire Valley's wine history stretches over 2,000 years, to the Romans that first planted vineyards in the area now known as Pays



The Loire, view from the Château de Montsoreau-Museum of Contemporary Art - Philippe49730

Nantais. Winegrowing really took off in the 4th century, initially in the Sancerre and Anjou regions, followed by Touraine. By 582, Gregory of Tours was already writing of Loire Valley wines, and by the 11th century, Loire wines were being exported to England. The Augustine and Benedictine monks, followed by the nobility and kings of France, helped the Loire Valley vineyards to develop and prosper.

Melon de Bourgogne takes centre stage in the Pays Nantais, while Chenin Blanc, Cabernet Franc, and Gamay are all prominent in Anjou, Saumur and Touraine. Sauvignon Blanc and Pinot Noir thrive in the vineyards of the Centre-Loire and Touraine, and Grolleau, Pineau d'Aunis, Cabernet Sauvignon, Côt and others are also found throughout. This range of grape varieties, buoyed by the Loire Valley's diversity of terroir, contributes to the spectrum of Loire wines: white, red, rosé, sparkling and sweet. www.loirevalleywine.com 📍

Chez Léon: Back to the Future ...

A Belgian institution has just added even more 'belgitude'

It is with more enthusiasm than ever that the Vanlancker family and its impressive team are pleased to welcome you once again to the most Belgian restaurant in Belgium... The essential Léon is much more than the institution which delights tourists eager to discover real Belgian cuisine. It has also and above all been for 128 years an excellent restaurant run by the people of Brussels for the people of Brussels!

The pandemic's period of forced lethargy gave the opportunity to carry out some nice development work intended to further strengthen the Belgitude of the place. Customers can now discover a whole series of tributes to the black-yellow-red flag, through a veritable 'museological' journey. Between a fresco in a nod to Magritte - This is not a mussel - and an astonishing sculpture in the shape of a mussel made like a saxophone in homage to Adolphe Sax, it is a veritable collection of allusions to the belgitude that the visitor can find, as with the famous rocket emblematic of *We Walked on The Moon* in reference to Hergé.

There is a very entertaining Atomium, each ball of which is a Gaston Lagaffe head, to remind us of Franquin, and a magnificent scenography which climbs towards the ceiling, carrying both comics and memories. There is an original lithograph by Folon and a unique drawing of The Cat by Philippe Geluck.

The house can indeed count on a series of assets that we call the 'four Aces of Léon':



Wise Additions, Friendly Atmosphere, Tasty Plates, Smiling Welcome - since 1893! This conviviality is evident since children up to 12 years accompanied by a member of their family eat for free and there is the all-you-can-eat mussels formula on Sunday evening. And finally, this important turning point in the history of Léon also marks the 'passing of the torch' between the 5th and the 6th generation from Rudy to Kevin Vanlancker at the head of this institution for many years to come. www.chezleon.be



Vertige

I'll be honest – when I was told I would be eating at a restaurant specializing in plant-based meals, I was not very excited. I'm probably old-school, but this conjures images of stews packed with quinoa or rice and the only thing to excite the palate would be (not enough) chilli. Rarely happy to be proven wrong, I was entirely mistaken in the best way possible.

Kevin Perlot, the man behind the idea, has a gift for packing in only one essential ingredient into his dishes – flavour. 'Plant-based' in this case means there is a heavy emphasis on vegetables and fruits in all their guises, but don't be too surprised if some fish, or occasionally meat finds its way into a dish. Using suppliers geographically close to the restaurant means that produce is as local as it can be, that the carbon footprint of the food is minimal, and it champions our farmers. With all the ethics in place and green credentials checked – is the food any good?

It absolutely is. It may seem a trivial matter,

but our lunch was the correct ratio of portion size and quality. Yes, you get cooking of a remarkably high level, but you also get enough to eat. The set lunch is €28 and I guarantee you won't feel the need to hit the snacks later in the day. Beginning, where else, with the amuse-bouche, there were three delicately crafted items to ease us into the meal. The stand-out for me was the egg – served in the shell, the soft, silky yolk was topped with a very light and fluffy tarragon mouse, complete with small tarragon leaves and a few croutons for some welcome texture. If this doesn't appear before you at some point during the meal, I suggest you keep going back until it does.

We had a couple more courses – one vegan, one with a lovely slippery pollack and a surprisingly acidic sauce based on lettuce. The vegan one stood out because it just tasted so good. Satin-smooth mash with young cauliflower stems, nasturtium and wild herb oil paired with a fermented radish jus. Hell, I can barely do it justice. Get down there for lunch and see for yourself.
www.vertigebxl.be



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From Tuesday to Saturday: 12:00 p.m. - 11:00 p.m.
Sunday: 12:00 p.m. - 7:00 p.m.

Tavern opening hours:
Every day from 3:00 p.m. - 6:00 p.m.
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www.toucanbrasserie.com | [restauranttoucan](https://www.facebook.com/restauranttoucan)

Pasta Mia

Boasting a very large window with light flooding in from Avenue Louise (La Cambre end), Pasta Mia is a breath of fresh air. The decor is very modern, with fun texts scrawled on the walls. You can choose from four types of pasta: Fusilli, Rigatoni, Tortellini and Penne. Simply choose from the sauces and toppings lists - we plumped for the excellent tomato-basil sauce in the fusilli with aubergine, then added cream and cheese to the rigatoni, and parmesan on both of course. The service is very friendly - it is clear that they are proud of their work and



rightly so. Pasta Mia is ideal for lunchtime takeaway in the bustling neighbourhood and for that Friday night movie on the sofa. Feet up and eat up...
www.takeaway.com

Great Market

Great Market offers you the best of the Mediterranean in a modern supermarket where quality and taste meet. A veritable one-stop shop for all that the Med can offer. It's a caterer, butcher, patisserie and baker - all rolled into one. It's lit with the vibrant colours of fresh vegetables, olives and cheeses, herbs and spices - a multitude of oriental flavours. Enjoy the thyme, cheese pancakes, meat and cheese sambouseks, delicious lahmajins and Syrian pancakes. All prepared in front of you and they can be tasted on site. A nice touch: a traditional coffee grinder which offers you



an international choice of tasty coffees. Or watch your fresh Syrian pizzas baked by the chef before your very eyes.
www.greatmarket.be

Books

Depeche Mode by Anton Corbijn

This month, TASCHEN looks at a book illustrating the band that lit up the 1980s



**“TURNED THEM
INTO MOODY
MEGASTARS”**



Since the 1980s, Dutch master Anton Corbijn's timeless and brooding aesthetic has cemented Depeche Mode's reputation as effortlessly cool. With over 500 images from Corbijn's personal archives, some never seen before, as well as Corbijn's handwritten captions, and an in-depth interview with the artist, this is the eagerly anticipated, wallet friendly successor to our 2020 limited edition. Created with the full collaboration of the band, DM by AC

visually amplifies Anton Corbijn's stunning impact on the world's biggest cult band and celebrates one of the most creative and enduring collaborations in rock history.

"He thought they were pop lightweights – then turned them into moody megastars. [Corbijn] recalls his adventures with the band, from desert trips to drug-induced near-death experiences." *The Guardian*

"Anton was able to give the DM sound, that we were beginning to create, a visual identity." *Dave Gahan*

"We were big fans of Anton's art before we worked with him and after the amazing results we saw from the first photo sessions and videos, we had no reason to doubt his ideas." *Martin Gore*

"We finally nabbed him in '86 and that led to the video for 'A Question of Time' in LA. The rest is history." *Andrew Fletcher*

Hardcover, 512 pages: **€100**
Multilingual Edition:
English, French, German
www.taschen.com

What's on

What's on Belgium

The ART NOUVEAU PASS: Brussels' gems, open to all

In addition to the numerous initiatives aimed at promoting Art Nouveau in Brussels, non-profit Brussels Museums and urban.brussels, in collaboration with visit.brussels, launched ART NOUVEAU PASS at the beginning of June. Brussels was the global capital of Art Nouveau at the end of the 19th century and boasts a remarkable heritage from that period. Every year, scores of visitors flock to the capital to marvel at its architectural gems. The pass will make it easier for visitors to explore this extraordinary heritage. The pass will open the doors to emblematic Art Nouveau sites:



Autrique House, Cauchie House, the Horta Museum, Solvay House, the MIM – Musical Instruments Museum, the Belgian Comic Strip Center and the Wolfers Jewellery Store recreated at the Art & History Museum.
www.brusselmuseums.be
www.visit.brussels.be

Photo: Tai Lamos © dancer: Michelle Peters

CHAISE. STOEL. CHAIR Defining Design

This exhibition retraces the world of design from the end of the 19th century to the present day through this object - the chair - in constant redefinition, reaffirmation and hybridisation. By utility, experimentation, irony, claim or by simple envy, the chair appears as one of the 'unavoidables' of the path of many designers. While our collective imagination associates it with a seat, a backrest and four legs, the chair actually meets our specific needs and is constantly adapting to the practices and evolution of technology and different ways of sitting. Using a variety of



materials and textures, the concept then takes various forms: chaise longue, office chair, wheelchair, seat, bench, stool, pouffe or folding chair. **Until 29 August.** Design Museum Brussels.
www.designmuseum.brussels

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**

**L'étudiante
et Monsieur
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de Ivan Calbérac

**Accords
parfaits**

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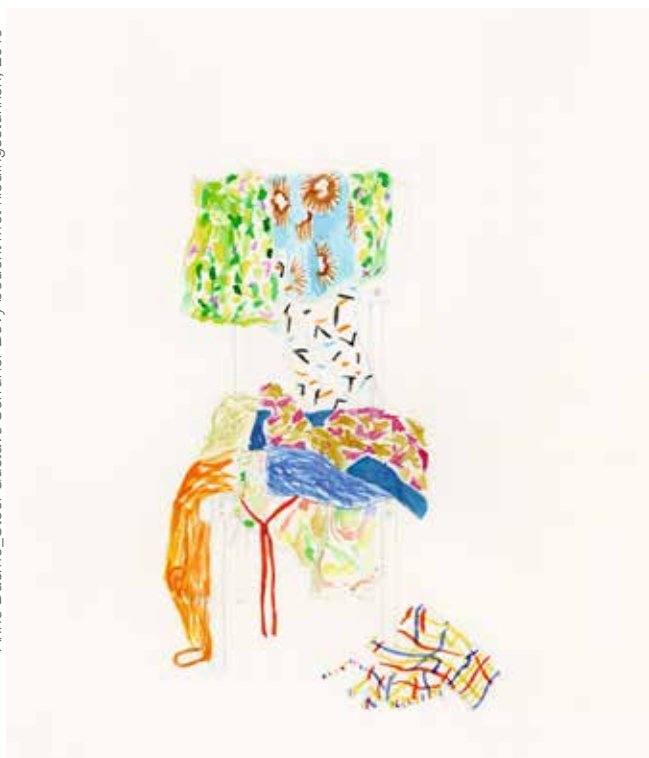
What's on

Jacques Moeschal on top of construction Signal Groot Bijgaarden, 1963



Jacques Moeschal: Architecture Sculptures
Bozar, together with curator Angelique Campens and Architecture Curating Practice, takes a deep dive into the archives of architect and sculptor Jacques Moeschal (1913-2004). As a student, he quickly became fascinated by the sculptural possibilities of concrete. In the wake of Belgium's post-war democratisation, he is known for his monumental sculptures, part of the network of motorways. The exhibition zooms in on the relationship between art and architecture, through blueprints, film excerpts, models, and interventions by contemporary artists. **17 August-19 September.** BOZAR. Tickets: €8 www.bozar.be

Anne Daems: Stool Gustave Serrurier Bovy bedekt met kledingsstukken, 2019



Anne Daems: Tuinkamer (Garden room)
Anne Daems, born in 1966, creates photographs, drawings, videos and installations as a way of navigating through our complex world. She focuses on the everyday details of life and pulls them into the light, where they are meticulously analysed. Daems dissects reality into fragile fragments full of meaning and beauty. There are no grand gestures in her work, there is no spectacle – nothing is important, and yet everything has meaning. In 1999 she won the Prijs Jonge Belgische Schilderkunst, the precursor of the Belgian Art Prize. She lives and works in Brussels. **17 August-31 October.** BOZAR. Tickets: €4 www.bozar.be

arenas

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Véronique Sanson



25/
07

Marc Lavoine



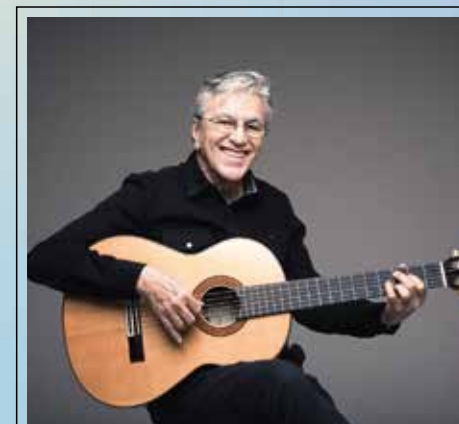
29/
07

Ibrahim Maalouf



30/
08

Caetano Veloso



And many more ! Info & Tickets : arenas.be

What's on

The Brussels Renaissance Festival unveils its programme

The Brussels Renaissance Festival (formerly the Carolus V Festival) returns for an edition that's bursting with festivities, with a rich and varied programme that celebrates Brussels at the time of the Renaissance. This year, the festival is spread over three weeks of events dedicated to European heritage and history during the Renaissance. At the time, Brussels was one of the greatest powers in Europe and played a central role, with Charles V - the most influential sovereign of the 16th century

The Sablon, a Brussels hotspot in the days of Charles V



- choosing the capital as his main place of residence. This year, the big Ommegang parade will not be taking place but there will be lots of high-quality activities. **19 June -11 July.** Various venues. www.brf.brussels

Le Logis Floréal ©visit.brussels, Alina Cravotta

Cité Jardin Logis and Floréal

Thanks to the strict standards imposed by the cooperative company responsible for their construction, the garden city estates of Logis and Floréal have lost nothing of their original appearance. The houses, made from brick or cinder blocks, were fitted with brightly-coloured shutters and window frames and surrounded by small, elegant gardens, the idea being to offer a healthy domestic environment as well as community facilities in the post-war period. Several green spaces enhance the streets of



this neighbourhood, which are named after flowers or birds. www.visit.brussels/en

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What's on

What's On International: London

Image courtesy of Disney The Lion King



Back to the Future the Musical

Fasten your seatbelts and enjoy the ride in the musical adventure *Back to the Future the Musical*. Take a thrilling trip back in time

2021 - 13 February 2022. Adelphi Theatre:
£44.63 - £122.39
www.visitlondon.com

with Marty McFly in a musical based on the 1985 blockbuster film. Playing in the West End, the heart-warming and hilarious tale features fantastic new songs alongside movie favourites including *The Power of Love* and *Johnny B. Goode*. Teenager Marty McFly finds himself face to face with his young parents when an experiment by his eccentric friend Doc Brown goes awry... **20 August**

Olly Dobson (Marty McFly) and Roger Bart (Doc Brown). Image courtesy of Amanda Malpass PR



The Lion King Lyceum Theatre

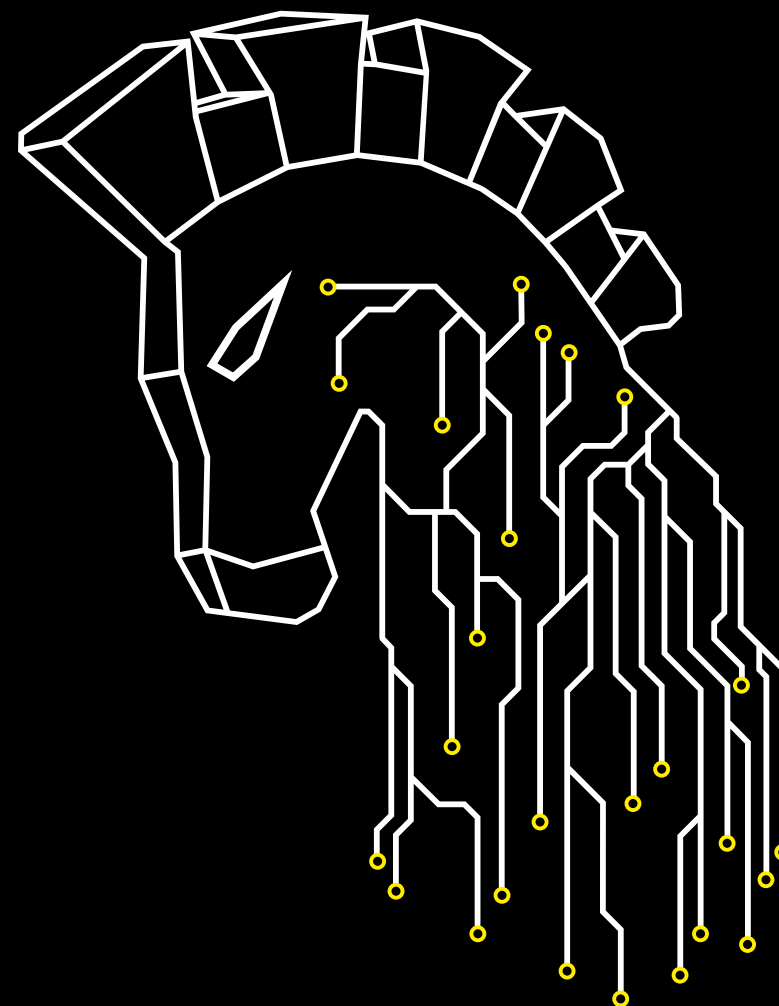
Enjoy songs such as *Circle Of Life*. Follow Simba's adventures in The Lion King musical.

April 2022. Lyceum Theatre: **From £35.00**
www.visitlondon.com

The Lion King tells the story of Simba, a fearless young lion cub, on his journey to become the King of the Pridelands. See the characters from the award-winning Disney film on stage with an incredible cast of actors and puppets, including full-size zebras and giraffes. Featuring songs from the movie by Elton John and Tim Rice, the show also includes new music. **29 July 2021 - 03**

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Cinema

Brussels' leading film critic **James Drew** takes a look at some of the latest theatrical - yes- releases



L' Entente

Margaux (Emmanuelle Béart), after the death of her husband, must learn to rebuild herself in her fifties. The film is a portrait of strength from Ludovic Bergery, in his first film as director. The tragedy of mourning is treated here, not as the end of a cycle, but as a starting point for a new life. Béart portrays a destroyed woman, without a landmark who must emotionally rebuild herself - her body, her age, her uncertainties. She has the intrinsic fear of rejection and must above all reconnect with the feeling of love.
100 mins.

In the Mood for Love

One of the most beautiful films made in China, ever, *In the Mood for Love* is benefiting from a 4K restoration and re-release. Wong Kar-wai (*As Tears Go By*, 1987) brings a haunting, touching and utterly sweet tale of a man (played by Tony Leung) and a woman (Maggie Cheung) whose spouses have an affair together and who slowly develop feelings for each other. Frequently (and deservedly) listed as one of the greatest films of all time and one of the major works of Asian cinema, this is simply unmissable.
98 mins.

The Mauritanian

The Mauritanian is based on the true story of Mohamedou Ould Slahi, a Mauritanian man who was held for fourteen years (from 2002 to 2016) without charge in the Guantanamo Bay detention camp, a United States military prison. The film is directed by Kevin Macdonald based on a screenplay written by M.B. Traven, Rory Haines and Sohrab Noshirvani, adapted from Slahi's 2015 memoir *Guantánamo Diary* – essentially, the film tells of a prisoner who, after being subjected to horrific torture, confesses to crimes of terrorism. A defence attorney (Jodie Foster) who makes it her personal mission to defend everyone, including accused terrorists, and to uphold the constitution, makes it her mission to defend this man.
129 mins.

Old

Former twist-master M. Night Shyamalan returns with this (potentially) disturbing psychological horror. A family on a tropical vacation discovers that the secluded beach they are relaxing on for a few hours is somehow causing them to age rapidly, reducing their entire lives into a single day.
Running time TBC

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¹ 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.

² Nobile V. et al. (2021)



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