

Together

AUTUMN 2022 #123

magazine

What's on?

Cinema
Shopping

Travel

AMSTERDAM
CALISTA
MONACO

PERSONAL DEVELOPMENT

Kundalini Yoga
The power of a promise
Rediscovering Community
Team building

FINANCE

Real estate
Tech bubble
Crypto collapse

Dining

LES LARMES DU TIGRE
LE MANGEOIRE

INTERVIEW

Timothée
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LONGINES



LONGINES SPIRIT ZULU TIME

Editor's LETTER

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



Timothée Chamalet: "An actor can only really fully trust another actor"

Brrrrrrrrrr!

The chill is finally settling in. Most of us are resisting the urge to turn on the heating and burn what we now appreciate as a precious resource. I've just put on an extra jumper as a small gesture to Ukraine - and my heating bill.

In these troubled times it's easy to feel overwhelmed with what's happening in the world. As COP27 closes in Sharm El Sheikh, we will find out if leaders can reach agreement to ensure the world's climate efforts stay on course. The conflict in Ukraine continues with horrific attacks on civilian infrastructure depriving Ukrainians of heat, electricity and water - it's hard to understand the barbarity of Russia's actions. One way you can help yourself to deal with this is to turn to Sarbani Sen's article setting out five exercises to help improve your concentration, health and breathing. It won't make the problems of the world go away, but they allow you to take a moment to refocus, regather and then push forward with your daily tasks.

And once you've done your exercises, join us on a trip to Amsterdam, Calista and Monaco. Meet the cover star and newest kid on the block Timothée Chalamet. Find somewhere to enjoy a relaxed dinner - and why not lunch - at Les Larmes du Tigre or Le Mangeoire. There are articles on finance, self-development, politics and some inspiring shopping ideas.

Enjoy!

Catherine Feore
Editor

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Moving forward
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PUBLISHER
David Mc Gowan
david@togethermedia.eu

ACCOUNT MANAGER
Thomas Deslée
thomas@togethermedia.eu
+32 492 36 12 22

EDITOR
Catherine Feore
catherine@togethermedia.eu

ONLINE EDITOR
Paul Morris
paul@togethermedia.eu

PROOFREADER
Jeff Holden

DESIGNER
Caroline Viaene

CONTRIBUTORS
Aspria;
Martin Banks;
Arnon Barnes;
Michael Beadling;
Mark Browne;
Yannick Callens;
Matthew Cossolotto;
Dave Deruytter;
James Drew;
Doug Gordon;
Paul Morris;
Liz Newmark;
Karen Northshield;
Atefeh Sadeghi;
Sarbani Sen;
Anja Van Der Borgh;

ART DIRECTOR
Nicholas Sirot

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

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Timothée Chamalet

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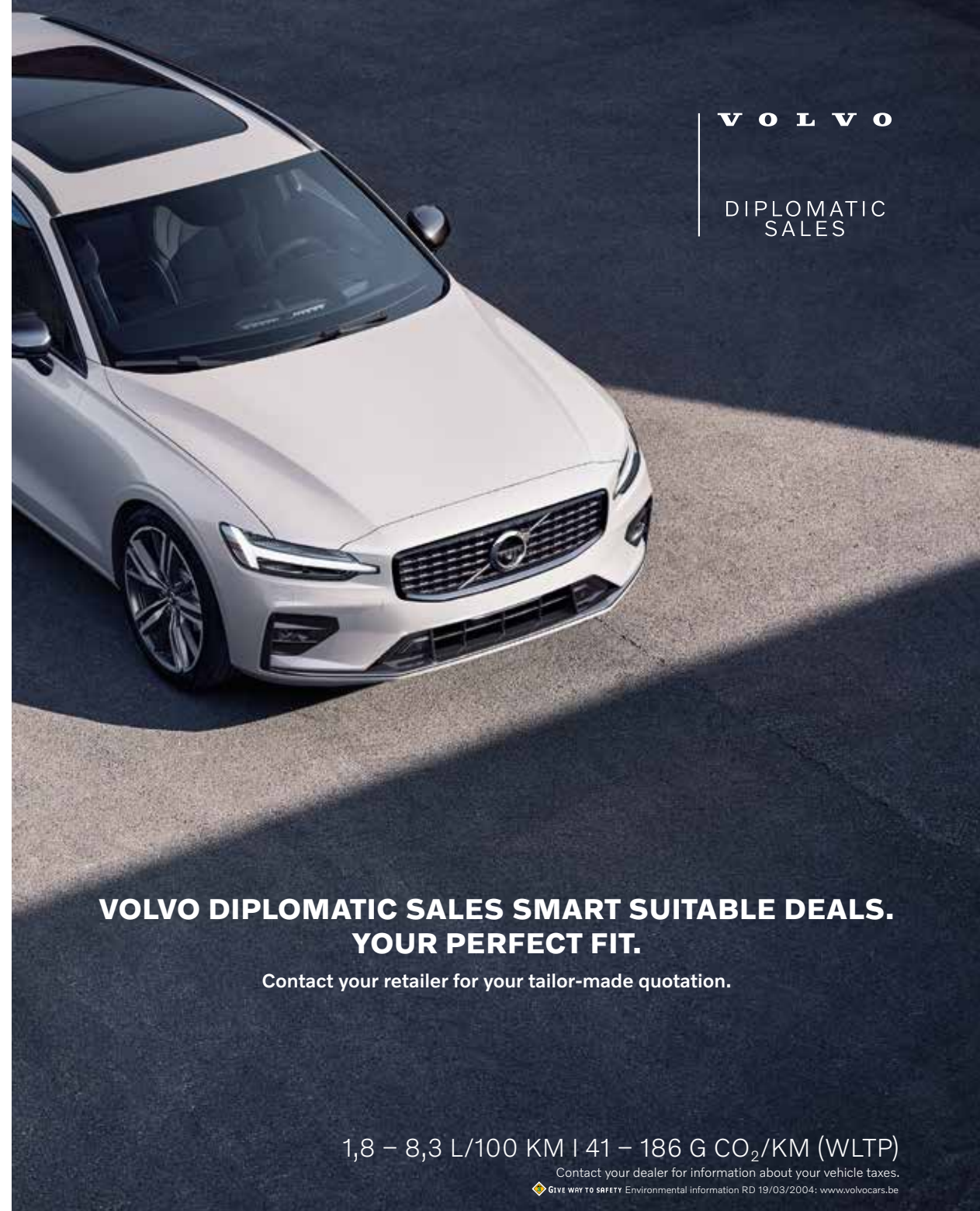


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The need to connect: Atefeh Sadeghi explores our need for community, we humans are after all social animals. You'll find plenty of advice on our site on self-care and well-being. However, as the evenings close in we need to make the time - and yes, sometimes the effort - to maintain social connections and see those links as an essential part of a healthy lifestyle.

Travel: Amsterdam - An "Old Master" Join Mark Browne as he takes a trip to Amsterdam, the city with everything from fascinating heritage to great shopping. See our 'What's on International' section to read about the upcoming Amsterdam Light Festival - another excuse to visit Amsterdam, which is after all, just a short train journey away.

Finance: Big Tech or Real Estate, both? This edition of Together has both. With higher inflation than the world has experienced for some time and unstable geopolitical conditions, investors are more confused than ever before on how to invest for their future. We're reminded that patience is a good friend of the investor.



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Starring in Belgium

We look at three hot tickets for December



Angèle

The Belgian popstress who warmed the cockles of our hearts with her hymne d'amour to Bruxelles will close her Nonante-Cinq Tour 2022 in style with a series of four consecutive concerts at Forest National, from 19 to 22 December 2022.

Angèle reflected on her rise to fame, her hopes, her fears and loneliness in the eponymous Netflix documentary at the end of 2021. Needless to say, the demand for tickets will be huge and most evenings are almost completely sold out.

www.forest-national.be



Tribute to Nina Simone

I'm lucky enough to have heard Nina Simone, sadly it was at the very end of her career and it was when her voice was past its best, but nevertheless full of soul. Simone said: 'Jazz is not just music, it's a way of living, a way of being, of thinking'. On 15 December, Natacha Wuyts will pay tribute to the iconic African-American singer, pianist and activist. She will be surrounded by a highly accomplished group of musicians: Mathieu De Wit (piano), Victor Foulon (bass), Jerome Baudart (drums). We're told goosebumps are guaranteed.

www.themusicvillage.com



Braindance_2022

On Saturday 17 December the entire AB Complex will become a nightclub in the heart of Brussels. Expect a night full of mind-blowing musical discoveries that will work on your dancing legs and your brain mass. Well, not sure about the latter. Think: all out, all night long, heavy hitters in the Grote Zaal and a playground for new and unknown electronica in the AB Club.

The line up includes: Fatima Yamaha who broke through with "What's a Girl To Do"; Shark, winner of the BBC Best Essential Mix of the Year Award; the Brussels-Ghent duo Aili; Asa Moto - who incidentally, you can also enjoy at the Brussels radio kiosk; I. JORDAN; and, Asha Yuné.

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'End the Cage Age' making farming more humane

Together Magazine meets 'Compassion in World Farming' which is flying the flag for an end to animal cruelty



Compassion in World Farming EU is based in Brussels and campaigns to strengthen legislation and enforcement on farm animal welfare, with a particular focus on Europe. Its advocacy work targets the European Parliament, the European Commission, the Council of the European Union and other key players in Brussels.

Compassion in World Farming EU is one part of the larger international NGO Compassion in World Farming.

Compassion in World Farming, which has several staff members in Belgium, was founded over 50 years ago by dairy farmer Peter Roberts who became horrified by the ongoing intensification of farming. Today, it

campaigns to end all factory farming practices. It has over one million supporters, as well as representation in eleven European countries, the US, China and South Africa.

The Face of Compassion

Olga Kikou is the Head of Compassion in World Farming EU, and over the last few years she has led the charge on a European Citizens' Initiative that is farm-focused, a mechanism that allows EU citizens to propose a policy to the EU Commission.

It aims to ban cages for farm animals in the 27-nation bloc, and is likely to be successful. If this is the case, it will get around 340 million animals out of cages, including for egg-laying hens, mother pigs, calves raised for

"THE CURRENT FOOD SYSTEM EXPLOITS ANIMALS MERCILESSLY"

veal, rabbits, ducks, geese, quail and other farmed animal.

Olga was one of the seven citizens who launched the initiative. From September 2018 to September 2019, Compassion in World Farming and 170 other organisations across Europe collected 1.4 million signatures, calling on the EU to end the use of cages in animal farming. The European Parliament has passed a resolution in support of this call and the European Commission has already committed to putting an end to this cruel practice.

Because of Olga's activism, she was recently selected to be among the top 50 activists, scientists and thinkers who are striving to make the world a better place, as compiled by VOX magazine.

Systemic Change

Compassion in World Farming fights for an overhaul of our food systems, for farming systems that are safer, fairer, and greener. It says that the current food system exploits animals "mercilessly", often keeping them in intensive confinement and treating them "merely as commodities." It contributes to about a quarter of all greenhouse gas emissions that cause climate change and is one of the main causes of biodiversity loss. It threatens our health and the health and

livelihoods of farm workers and local residents.

The NGO campaigns for an end to factory farming worldwide, exposing "cruelties through award-winning investigations and rigorous research."

It campaigns in the EU for an end to the use of caged systems, which it says are inherently cruel, as well as for reducing the production of animal products and promoting plant-rich diets. It is also calling for higher fish-welfare standards, an end to long-distance transport of live animals and to their export outside the EU, and a binding UN Agreement to replace factory farming with a regenerative food system.

"THE USE OF CAGED SYSTEMS IS INHERENTLY CRUEL"

End The Cage Age

Each year over 300 million farm animals in the EU are kept in cages for all or much of their lives. There is a great deal of scientific evidence that animals suffer in such confinement as they are prevented from performing natural behaviours — and in some cases from even turning around, flapping their wings or lying stretched out.

Such treatment, says Compassion in World Farming, is not only "inhumane but also unnecessary, as cage-free systems are both viable and already in use."



It also campaigns in support of the European Citizens' Initiative to "End the Cage Age", which was signed by 1.4 million citizens and promoted by over 170 organisations.

It calls on the EU to phase out the cruel use of cages in EU animal farming and is expecting the European Commission to propose to revise EU laws and ban cages in animal farming, as part of a package expected in the second half of 2023.

Less meat more plants

Animal agriculture is a major cause of climate change and biodiversity loss, so action is needed to reduce its environmental footprint. Over-consumption of animal products is linked to numerous diseases, including obesity, heart disease and some kinds of cancer.

To sustain this excessive consumption, huge numbers of animals are farmed. Due to land restrictions or market pressures, they are most-often kept in crowded, stressful conditions. Such conditions are a perfect breeding ground for diseases, which could also trigger the next pandemic.

In its "Farm to Fork" strategy the EU Commission recognises that our 'food consumption patterns are unsustainable', and that the EU average 'consumption of whole-grain cereals, fruit and vegetables, legumes and nuts is insufficient'.

Compassion in World Farming thus calls on the EU to "put words into action and adopt laws and policies to reduce the production of animal products and encourage greater use of plant-based foods, which would also help us lead healthier lives."

"FISH ARE SENTIENT ANIMALS CAPABLE OF SUFFERING"

Stop live transport

Each year, millions of farm animals around the world are transported hundreds or even thousands of miles for slaughter or further fattening.

Compassion in World Farming campaigns to reduce the maximum journey time within the EU and for proper enforcement of EU journey time legislation by national authorities.

It also calls for an end to live animal exports from the EU to non-EU countries, which can often involve long and gruelling journeys in harsh weather conditions to destinations with few if any protections for animals.

Rethink fish

Fish are sentient animals capable of suffering. They can feel pain, fear and stress. Yet at the moment their welfare is barely protected.

"ANIMAL EXPORTS CAN OFTEN INVOLVE LONG AND GRUELLING JOURNEYS"

Fish farms — underwater factory farms — severely restrict the natural behaviours of fish because they are typically overcrowded. In overcrowded conditions fish are more susceptible to disease and suffer more stress, aggression and physical injuries.

In addition to annual EU catches of between 58 and 91 billion wild fish, it is estimated that over half a billion fish are slaughtered on EU fish farms every year.

Compassion in World Farming campaigns to improve the living conditions in aquaculture and end the most cruel slaughter methods in the EU. ❶



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PERSONAL DEVELOPMENT

Learn how to activate your superpowers

Flexible working at Aspria

Together discovers how Aspria's co-working spaces perfectly complement their wellness programmes



Enjoying the Aspria bubble

As an inevitable consequence of the pandemic, remote working is more popular than ever with professionals across most industries. As for physical activity, it is already widely known to be linked to numerous benefits for health, productivity and stress management. By offering its members flexible co-working spaces, meeting rooms and an events programme fostering networking set within a wellbeing space, Aspria connects two concepts that provide added value to members' lifestyles.

Isaac González Garcia comes to work several days a week at Aspria Royal La Rasante to enjoy a quiet environment where he can

combine a few hours of concentration and calm with his cycling class and lunch at the club's restaurant. This new freedom gives him a better balance in his life.

**“ A FEW HOURS OF
CONCENTRATION AND
CALM ”**

Together: Why did you come to enjoy Aspria's working environment?

Isaac González García: After the successive Covid-related lockdowns, I started going to the office again – I work for the European institutions. After the first lockdown, I would go once a week. Now I do so twice a week. At home, I do not have my own quiet space to work, and there are the children too, which I think is the case for many people. It is great here, because the four cabins are soundproofed, three of them are individual and the last one allows two people to meet. There is also a work area with two more open workstations. For a larger meeting, rooms are also available.

What are the benefits of working remotely at Aspria in terms of wellbeing and stress management?

I normally work out three times a week. When I work remotely from here, as soon as I have a free slot, I can go and work out, take a shower and then get back to the grind. In the city you can be lazy and then there's always something to do... Here, there is no excuse! Aspria Works combines a number of advantages: getting out of the house, exercising, relaxing in the sauna and even having a drink on the terrace. It is not a place to work eight hours a day, five days a week, but it is the perfect complement to the office and home. A real breath of fresh air!

Has working in these co-working spaces increased your productivity?

It's not so much a question of productivity as flexibility. Co-working has clearly come to stay. Open spaces are becoming more and more common, but they are still noisy and tiring. Going to work twice a week obviously allows you to meet up with colleagues and share ideas and projects, but it's another matter to concentrate. Remote working saves time because you do not have to travel to the office in town. But then you become isolated and lose a lot of social contacts. At Aspria, I'm in a little bubble, I can concen-

“ A REAL BREATH OF FRESH AIR! ”

trate on the substance of the files in progress while having the opportunity to chat with other members, see my wife who takes a class here and even to meet new professional partners. Even before I start my day, between two slots, or after my day, I can work out. I can organise my day as I like and in the end I enjoy total flexibility.

Does your new way of working allow you to achieve a better work-life balance?

At home, we tend to work longer hours: we stop later, if at all! I used to try to set limits for myself, but there was no longer any separation between private and professional life. At Aspria, I find a better balance. My little trick to stop working on time is to sign up for a group class such as cycling at 6pm. It is impossible to do that from home! Here I am calm and concentrated, without having to force my children to leave me their room or to stay quiet in the living room. I have my own space where I am not disturbed, which calms me down. I have finally found a way to reconcile my personal wellbeing with that of my family.

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Top tips to stay healthy in mind and body

Yoga teacher, therapist and astrologer **Sarbani Sen** explain how Kundalini Yoga can help boost your physical and mental stamina

I was watching a programme on Cristiano Ronaldo's performances the other day with my son (he's Brazilian and loves technical videos).

The programme sought to assess Ronaldo's technical and mental performances. I observed that this man was at the peak of his physical abilities. What is his secret I thought?

Of course, there are the technical performances linked to his daily training, his dedication, and all these years of doing so have afforded him great expertise - but he also has an outstanding body awareness. Even during drills in the dark, he was still able to perform on the ball. How do you achieve such a level of skill and agility?

How is Ronaldo's experience a lesson for us

all? What can we learn from it? The answer is: Discipline, dedication and passion, and, of course, technique.

In this article I want to share some really easy ways to improve these things and to start each day with fresh energy. What can we do differently? What are the baby steps we can take to improve our health, our skills and our concentration in our day to day lives?

“ TRY TO BE CONSISTENT ”

Here are 5 exercises from Kundalini Yoga that will greatly enhance your level of engagement and concentration in anything you decide to do.

They cover sports, workout, study, writing reports, entering a meeting and starting a “deep” conversation. They will engage your whole body and raise your mental and physical agility.

1. To optimise focus and alignment - calm the mind and irrigate the entire nervous system. Sit on a chair, keep your back straight (do not put it against the backrest) stick your tongue on the palate, behind the teeth. Inhale powerfully through your nose, expand your chest and exhale through the back of your throat. The chin is slightly tucked in so as to have the cervical well aligned with the rest of the column. On the exhale, pull the navel inwards. The navel area is considered the centre of willpower because it is also the intersection of the 72,000 meridians that irrigate the body. Repeat for 2-3 minutes.

2. To improve body agility.

In order to improve agility it is highly recommended to stimulate and awaken the extremities of the body. At the level of the feet - making the toes livelier and more agile, allows greater fluidity on the ground, a capacity for rebounding, speed of mobility much used in capoeira and in animal flow.

How to do it:

Wiggle the toes in the shoe, or without the shoe. Move your toes independently of each other. Then up and down, then turn the ankle one way and then the other. Straighten the tip of the foot flexion and inflexion.

Gripping with the toes: Place a kitchen towel on the ground and try to pick it up with your toes. Repeat this 15 times, on one side then the other.

At the level of the hands: extend the fingers to the maximum by stretching the fingers with all your strength.

Open and close your hands with force, as if you wanted to strengthen your fingers. Do this for 2-3 minutes without stopping. Arms stretched forward. If you want to add a dimension of energy boost, pronounce the

sound “HAR” (which is also a mantra), quickly opening and closing your fingers.

3. To improve psychomotricity and neural velocity (anticipation capacity) bring the right knee under the left elbow and vice versa. Do this for 3-5 minutes with maximum speed. This will work the cardiovascular system and make the synaptic connections between the 2 cerebral hemispheres more fluid (this is also a Brain Gym exercise).

4. To increase body awareness.

Sitting with bent knees on the heels (we call it the celibate pose in Kundalini), cross your hands, pointing the index fingers upwards, arms extended above the head, the elbows firmly glued to the ears. Inhale through the nose, filling the rib cage, exhale through the nose, strongly tucking the navel towards the spine. Focus only on exhaling, inhaling will happen naturally. Visually, it gives the impression that you are powerfully in and out of the navel. Continue for 5 minutes. At the end of the 5 minutes inhale and keep

“ I ALWAYS TELL MY KIDS: WE ARE SUPER HEROES ”



PERSONAL DEVELOPMENT

Self help

the air in the rib cage. Stay in apnea for a few moments, compressing the navel and retracting the pelvic floor, sex and anus (we call it the Mula bhand, the root lock, in Kundalini), arms still stretched above the head, arms close ears.

5. To boost endurance and flexibility: squat on tiptoes, knees open outward, point fingers on floor between legs, straighten legs looking down, then return to squat looking up the top. This position is called the "frog" and is reminiscent of this hyper-active and agile batrachian. Repeat this for 27 times. Then relax.

Try this series of exercises for 11 days to start with. It should take 10-15 minutes every day. Do it morning or evening as you wish, but try to be consistent. You might do it with a

**“YOU WILL FEEL
REJUVENATED”**



specific target in head, or just try it out and see what happens.

Kundalini yoga is part of the tantric school of life. It helps us have a better experience of reality. Step out of automated piloting in our day to day. You will feel rejuvenated and your whole system will greatly benefit from it (it is immunity boosting, but also sexual desire and performance boosting as a cool side effect). If you like this kind of approach to life, you might as well look for a Kundalini class. You will learn so much more on how to bring your life experience to the next level. Enjoy more and increase all your faculties.

As I always tell my kids: we are super heroes but we don't know how to activate our super powers. Kundalini is definitely a school for super hero life. I love teaching Kundalini, because I've seen such amazing results on myself, but also on my students. I give one to one tailored sessions to your needs and also one online for 21 and 40 day programmes that help you dive deeper into the practice.

The programmes usually takes 30 minutes and we gather every morning to workout together - everything is online of course. This is part of the Transpersonal Therapy school (where we attend to the whole person, spirituality included) and it is also a medical branch of yoga, with clinical measurable results on health.

**“WE DON'T KNOW
HOW TO ACTIVATE
OUR SUPER POWERS”**

Top tip: Make sure to go and check out some cool routines on the Savitri Life Academy Youtube channel and book a free 30 minute session on www.savitri-yoga.com



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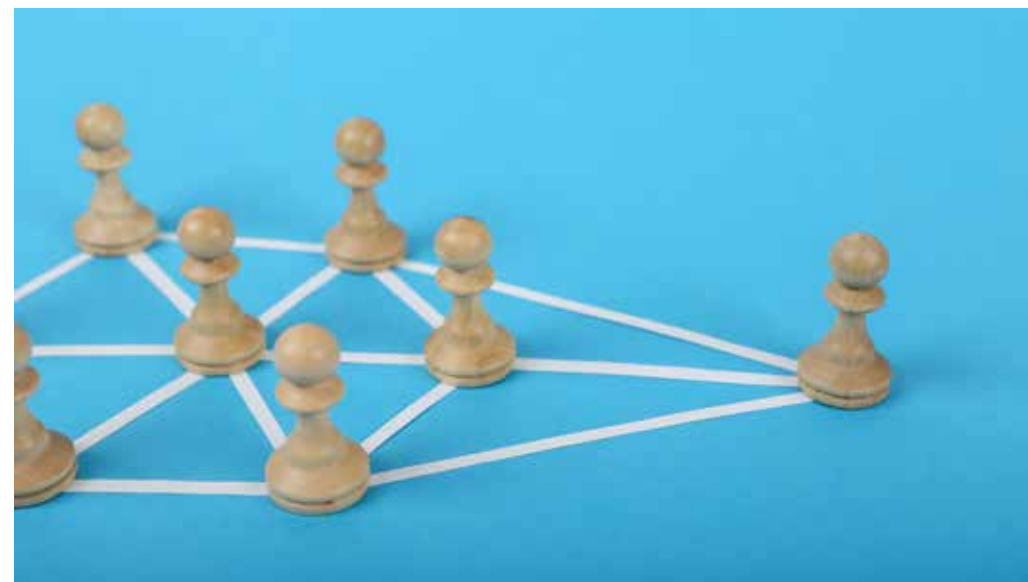
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The entrepreneur business model that you can use to create passive income as a full-time business or as a side hustle

Together Magazine meets the man behind a new lifestyle coaching book that explains how to tap your entrepreneurial spirit



Are you concerned about the state of the economy? Or worried about your job? Would you like to earn a little extra income on the side or even create a business model to help you become financially free?

We all have experiences in life or business that we can add value to other people in some way or form. I, for example, had a near death experience and various stress related issues, so that gave me a chance to learn how to still be successful while managing my stress levels and healing my body.

“ THIS MIGHT LEAD TO GREAT OPPORTUNITIES ”

I also had success in sport playing hockey at national league level and success in sales and leadership, which was picked up on in the national newspapers. Plus, through having been on stages all over the world and having a radio show gives me knowledge in terms of communication and presentation skills that can help other people in their jobs and their businesses as well.

I am sure you have something to share, something that you know that through your own perspective might add value to people

Self help

in some way or form. It could be to do with relationships, parenting, business, sport, art, music. I helped for example one person who designed jewellery for people to put a video together to show people how she made the jewellery so that people could do it themselves. So she then made money from selling her jewellery and also money from how she did it.

Why not really think outside of the box and never fear that you are giving away any secrets, share your knowledge with the intention of helping and supporting others. You may just become a recognised expert in your field. Below are the steps to create an online business to help you make some extra income...

STEP 1

Take your knowledge that you know would add value to people and create a powerpoint presentation course on it, so that people can learn from your experiences, model your success and do the same thing for themselves. This could even be tips on alternative healing methods you may have used to cure an ailment or tips on how you grew a multi-million dollar business. Make the course last between three to four hours with precise and easy to follow content. It is always good to use practical examples from your own experiences that the audience can relate to. Once you are ready to deliver the course hire a videographer for the day and go to a hotel meeting room or nice setting and deliver it videoing yourself in the process. You can even take the transcript of what you say and put it into a book or booklet for an extra source of income.

You can use the Otter app to do an initial transcript and then send to an editor to produce a book quickly and efficiently. Once the course has been edited by yourself or the videographer then put the course onto



a platform so that it can be bought by the public.

The subject matter of the course is always better if it is slightly unique or in a niche because there are so many general personal development and learning courses out there. You can use platforms like Kajabi, Udemy, teachable just to name a few, to host the course. Charge something reasonably affordable, then advertise using Facebook adverts and Google ads.

“ IT IS WIN-WIN
ALL ROUND ”

With the book I would also encourage you to have an audiobook as it gives another channel of passive income. You can read it yourself or you can get someone to read it for you for a reasonable price. Just remember it may cost to get some of the above done, but if it all works and adds value you could get one speaking gig paying you five figures and you get all your money back in one go.

STEP 2

Start up a podcast or radio show so that you can interview inspiring people or experts in their field, learn from them and make friends with them. This might lead to great opportunities in terms of speaking engagements and other collaborations. When you are seeking to get these guests on your show;

use LinkedIn as a way of messaging them. I find that a lot of celebrities have social media assistants for most platforms but less so for LinkedIn as there are corporate business opportunities there and these corporations like to deal with the real people.

STEP 3

Set up a Facebook or LinkedIn group that is subscription based where you get people in and then charge them for your advice. You could put a subscription of say \$5 a month, the price of a coffee, then advertise the group as mentioned above. Then add value in the group through video coverage of your podcast guests, webinars every week of yourself and maybe answering 3 ques-

“ THERE’S NOTHING
MORE SATISFYING
THAN WORKING
WITH PEOPLE WHO
NEED HELP ”



tions a week from different people within the group through a live video. Total time a week maybe two hours.

STEP 4

Set up an online mastermind or networking group to do with your speciality area. Charge a much higher yearly subscription for the mastermind. You can then bring in your podcast guests as speakers to add value and then you can do question and answer sessions afterwards. This would add value to the speaker as well as your mastermind group. The speaker is delighted as you are providing an audience for them as well so it is a really good collaboration tactic. The audience will love to interact with successful people so it is WIN-WIN all round. Make sure you record and transcribe the mastermind and then you can use the content for other purposes.

STEP 5

Do live seminars, webinars or summits online where you can charge people for your knowledge based around what you have



“ ALL OF THIS SOUNDS SIMPLE, WHICH IT IS ”

already put together in all of the above. Remember there is so much information out there; workshop exercises to give people experiences, games and practises during their time with you will make them enjoy the event so much more.

STEP 6

Seek out conference, summit organisers and even senior company executives where they bring paid speakers in to add value to their events.

STEP 7

High level one to one coaching, consulting or healing. Remember this can be time consuming as you are giving up your time for one person when you could be using your skillset to help many more people in that same hour. Having said that there is nothing more satisfying than working closely with people who need help and seeing their lives change in a positive way. Life isn't about money, it is about adding value and touching lives. Based on this I would always try and keep 1-1 clients as well, especially if

you have a skillset like healing, it is your gift given to you so use it with love.

All of this sounds simple, which it is. However, the real differentiator will be you, your delivery skills, your communication skills, your presentation skills, your marketing skills and your sales skills.

That is where Doug Gordon can come in. Doug is a four time award-winning coach, speaker, trainer and author. He has a new book coming out called, “Charge yourself up for Success – Energizing your life, work and relationships” that has testimonials from New York Times bestsellers, TV celebrities and famous speakers (two from the Secret film and book). Doug helps people create success in all areas of their lives so that they can be happier, healthier and wealthier. He is also a master at helping people craft presentations to be paid to speak.

Check out his TED talk and his website at www.training.dougDgordon.com ❶

Promise power in psychology, stories and film

Matthew Cossolotto reveals the power of promises and how this is seen everywhere in everything from psychological studies, stories that educate and inspire, even the news



In my forthcoming book – *Embrace Your Promise Power: Change Your Life, Transform the World* – I extol the power of making promises. It is a potent transformational power we all possess but we do not consciously embrace that power as a personal empowerment tool that can help us change our lives and transform the world.

And yet, I've noticed over the years that self-help authors and success coaches have largely neglected this potent force for personal empowerment and self-improvement. *Embrace Your Promise Power* brings it to the fore by

extolling and embracing an old-fashioned value: We must take responsibility for our lives, and this begins with doing what we promise to do.

By embracing your promise power, you can empower yourself by turning important goals into heartfelt promises. In sharp

“ A PROMISE IS LIKE A GOAL ON STEROIDS ”

contrast to the primarily intellectual process of goal setting, making a promise *comes from the heart*, which fires up our determination to follow through. A promise is like a goal on steroids!

**From the mouths of babes:
Promises matter**

Research in the field of child development has found that children as young as six have strong ideas about promises. For example, psychologists at Fisher College in Boston did a study with 40 children between the ages of 6 and 10. The children were told stories about people who broke promises, and were then asked to judge them for this behaviour.

With the intention of determining whether the children would judge certain types of transgressions more harshly than others, the researchers presented stories with a variety of scenarios: There was Sam, for instance, a boy who promised not to take things that did not belong to him but went ahead and

**“ CHILDREN
AS YOUNG AS SIX
HAVE STRONG IDEAS
ABOUT PROMISES ”**

**“ THE VERY ACT OF
MAKING A PROMISE
MATTERS ”**

stole a quarter from his classmate's desk. And there was Susan, who promised to be more active during recess, but decided to read a book instead.

The researchers were surprised by their findings: The children, regardless of the nature of any particular promise, harshly judged whoever made that promise and broke it. The take-away: The very act of making a promise matters. And people do not appreciate it when promises are broken.

The children in this study were on to something that philosophers and ethicists have been discussing for eons. "Few moral judgments are more intuitively obvious and more widely shared than that promises ought to be kept," notes the online *Stanford Encyclopedia of Philosophy*.

**Promises in stories that entertain,
educate, and inspire**

Children learn about the power of promises from many influences such as parents, friends, teachers, religious and community leaders, and society at large. They (and that includes all of us) also learn about promises from books, television shows, movies, fairytales, and other forms of storytelling that appeal to active imaginations.

In Grimm's fairytale *The Frog Prince*, for instance, a wise king sets his young princess daughter straight about a promise she made to a slimy frog. The story begins with the princess promising a frog she happens upon in the forest that she will bring him home to the castle that evening if he will fetch her favourite toy – a golden ball – from a stream she accidentally dropped it in. But when the frog retrieves the shimmering ball, she grabs it and runs off, leaving the dismayed frog behind, crestfallen that the princess had broken her promise.

The next day, the frog shows up at the castle, loudly croaking that he's looking for the princess. When she sees him, she runs to the king and laments that a "disgusting frog" she made a promise to is bothering her. Her father promptly sets her straight: "That which you have promised must you perform," he tells her. "Go and let him in." She dutifully does so, and over the course of their evening together the frog magically transforms into a handsome prince, freed by the princess from a curse that turned him into a frog.

Moral of the story: Keep your promises. This is an intrinsic value in its own right. But as an added fairytale bonus, you might just get a princely reward in the process. So you just

**“ KEEPING A PROMISE
MAKES GOOD THINGS
HAPPEN ”**

never know what positive good can happen to you when you keep your promises! I refer to this as a karmic halo effect. Keeping a promise makes good things happen.

Promise Power is not just for kids

The use of promises as a plot device is not limited to fairy tales and other children's stories. In fact, a promise is used to drive the action and drama and supply a character with motivation in many stories, for children and adults. I refer to this frequent use of promises in stories as the "Promise Motif."

The Promise Motif often goes unnoticed but is nearly ubiquitous in novels, movies and stories of all kinds. I challenge you to start watching movies and read stories very carefully. In many instances, you will detect there is a promise – sometimes implicit but more often explicit – that sets the action in motion and provides a potent source of motivation for one or more of the main characters. Authors and screenwriters seem to understand that the two magic words "I promise" have a special emotional pull on their audiences. A promise in a story touches the heart.

Promises in the movies

A solemn promise propelled the action of the 2012 box-office hit *The Hunger Games*. In the story, the character Katniss Everdeen volunteers to take the place of her younger sister, Prim, in an annual competition that pits a small group of "tributes" against one another in a survivalist fight to the

death. Prim asks Katniss to promise that she will try her best to win the competition, Katniss agrees, and the movie's audience is hooked, eager to see if Katniss will fulfil her promise in the face of incredible odds.

**“ A PROMISE IN A STORY
TOUCHES THE HEART ”**





Two promises drive the action in the Academy Award-winning animated feature *Up*. Carl Fredricksen, a 78-year-old retired balloon salesman, and his wife, Ellie, had promised each other that someday they would share the adventure of traveling to Paradise Falls in a remote area of South America and building a house there. When Ellie becomes ill and suddenly dies, Carl decides to keep his promise by using thousands of helium balloons to transport their house to Paradise Falls. He inadvertently takes along a young stowaway, a Wilderness Explorer named Russell, and the two become friends.

“PROMISES ARE FREQUENTLY USED AS A PLOT DEVICE TO DRIVE THE ACTION”

Along the way, they encounter a colourful bird named Kevin who is frantically looking for her lost chicks, and Carl promises Russell that he will help. But Carl's promise to Ellie and his promise to Russell come into conflict, and he is faced with the choice of saving either his house or Kevin. In the end, Carl manages to keep both promises, but not without a great deal of mental strain as he grapples with a kind of “Sophie's Choice” regarding which of these two heartfelt promises to keep.


“NOTICE HOW FREQUENTLY A PROMISE IS MENTIONED”

We all find ourselves engrossed in stories - whether in books, movies, plays, operas, TV sitcoms, you name it - that feature heartfelt promises at the center of the action. Promises are frequently used as a plot device to drive the action and provide motivation to lead characters along with dramatic tension. We all want to find out whether the character keeps his or her promise. We care about the outcome because the idea of a character keeping - or breaking - a promise grabs our attention and our emotions.

I encourage readers to pay attention to the stories that surround you - in the form of books, movies, and even the news media - and notice how frequently a promise is mentioned. You'll be amazed at how many promise stories we encounter in our daily lives. The ubiquity of stories about promises made and promises kept offers a hint about the unique power of making a promise. It's a power we all possess. If we tap into this amazing power, it has the potential to change our lives and transform the world, one promise and one person at a time.

About the author

A former NATO speechwriter, Matthew Cossolotto is the author of *The Joy of Public Speaking* (now available on Amazon.com) and the forthcoming *Embrace Your Promise Power* with a foreword by Jack Canfield, co-creator of the *Chicken Soup for the Soul* series.

Matthew provides coaching and conducts public speaking workshops and other Personal Empowerment Programs (PEP Talks) in Brussels and beyond.
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It's the taking part that matters

Atefeh Sadeghi looks at the benefits – mental, as well as physical – to be had from community activity

The concept of community, is one that is about 150 years old, has long existed, then somewhat perished through the rise of individualism. But, now, it is coming back to life again in multiple ways.

A social mandate on pursuing a lifetime personal happiness has taken over any other focus in life and very much true to its concept, one's happiness, as an indicator of well-being, is a truly essential element for being able to do anything else in life.

The younger generation has taken this concept to its core and has been living it ever since, it has received widespread attention since the beginning of the third millennium. For a decade now however, individuals have started feeling something strange that they could not really

figure out. Despite all their attention on well-being, self-care and happiness, something was still missing and it could not really be identified, analysed and understood unless one referred to a professional for it.

And it took quite a long time before we heard the term 'community' again more regularly in our daily personal and professional lives. But what is it? How does it function and why do we need it?

“ IT IS LIFE TRANSFORMING ”

How to keep your individual care, self-care while also keeping your bound in a community? Keeping well goes hand in hand with social connections. It can be your long life friends, friends of friends, your work community, or colleagues with whom you occasionally go for drink or a bite.

It can be your neighbours and your neighbourhood monthly meeting. Literally anything of any form of togetherness is a sure pathway to wellbeing.

Just like it used to be 150 years ago, a community helps you keep in tune and balance. It helps you share responsibilities but also share happiness. It provides support, when challenges are taking a toll on you, through lifting some of weight by whatever means available to them, perhaps even just a hug or maybe cooking for you.

What a community offers you is connecting you to others who have different energy levels for different activities and engagements. This difference creates an exchange like no other.

Imagine an activity you would enjoy doing but are not necessarily good at or that you

don't find the energy to do it alone. Making a bond with another person or persons that are more actively pursuing the activity you want to enjoy will create a force in you and pull you along to boost your energy and eventually, you will become as active as they are and this will be a tremendous change in your positive energy levels.

Social connections create that interaction between more active and less active individuals in different areas and activities of life.

For example, take working out and doing sports. If you are someone who lacks the energy or maybe even the motivation for doing sports, but you know it is good and essential for your health and you do want to take it on, joining a sports club will bring you to connection with those who are more sportive and who take it as a serious ritual in their lives. In the beginning, being in such an environment can make you feel unfit for it but it is only a matter of time until you feel

the energy of others impacting you and pulling you in.

You will soon be motivated to be more actively engaged in the club and not only busy working out on the equipment but also connecting to others and finding commonalities which can improve your energy level.

It can thus make you feel happier and more positive. The other side of this example is when you do not take any active decision on making social connections. Such an inactivity will only lead to even less social connections, lower energy levels and thus risks your wellbeing. With the dark season arriving to Belgium, it would be wise if you pay attention to this particular point of wellbeing: social connections as an essential means for a healthy lifestyle.

There are different activities that you can engage with that are

socially inclusive and fun. Speaking about sports as a first example here, you can also be the lead within your group of friends or colleagues to initiate social gatherings like group games or joining sports clubs together. If not, you always have the option to join a club on your own and enjoy connecting to others. While they can be energy boosts for you, in sports, you can surly be an energy boost for them in something else.

And that is the magic of social bonds with a diverse group of people that you can find particularly in the cosmopolitan city of Brussels. Such social connections make you feel more responsible. Be it with your already known friends or newly made acquaintances, you would soon feel a commitment and responsibility which will generate and turn up your motivation. In the case of sports, it is easy to fall dormant when you are alone but if you have decided and joined a group for that, the members of the group will inevitably function as carriers of motiva-

“ WHAT IS IMPORTANT IS THE OPENNESS TO ACCEPT CHANGE ”

PERSONAL DEVELOPMENT

Self help

tion to you. It is like a cyclone that happens within a group.

A certain negative feeling which, in fact, is positive: "I don't wanna go to the gym today but I don't wanna let my friends alone" and there you go!

Your friend or your gym group might have also got themselves to the gym with the same feeling and thinking and then there you are all, supporting, energising and helping each other for a healthier life. Throughout life, we meet different people.

Some become friends, others acquaintances. Choosing carefully how you spend your time and who do you spend it with does not necessarily mean eliminating some friendships or connections but it can sometimes mean transformation and making new connections that can evolve into new friendships or not.

As we evolve along with our lives, our environments and our societies, it is not essential for our wellbeing to only and solely keep onto the same habits, the same circle of connections and the same activities even.

What is important is the openness to accept change and have a balanced appreciation, admiration and care for old and new, and evolve into healthy minds and healthy bodies.

While sport group activities can be counted as a real healthy habit as it provides both a social connection and physical activity and thus supporting mental and physical health, other activities such as joining a book club, coffee club or a wine club can be as good. You pick it, you name it! The point is having that social connection that motivates you and brings your attention to a balanced wellbeing lifestyle.

Imagine joining any of the mentioned clubs. You are a group of five or more and you are all there for the same passion: a bookclub or a passion for fashion, a coffee morning, or a wine tasting or perhaps even a mix of all this. Everyone of you in that club follows their own path and that is what makes it hard to picture any of those members as competitors.

You would soon feel that they are your alike and before you know it, you will lose the fear of getting closer and asking them about how they do things their own way.

What you are certain about is that you have all taken the path of wellbeing, mental and physical through similar passions.

This is a strong support system that will change your life beyond the usual circles that you have so far enjoyed. It is life transforming.

When you do that, when you join any club or social activity, don't forget one thing: be open to receive the support and encouragement and be even more open to give that to others.

Tell one another about your progress and ask each other for a push when needed. Equally ask each other for a help in calming things a notch down when necessary. What you may have never imagined to possible can become the most joyous element of your life and that is the power of social connections and a sense of belonging. ❶



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Top tips to keep your staff happy

Arnon Barnes spells out how to get the most from your employees takes a trip to Amsterdam, the city with everything from fascinating heritage to great shopping



Today I'd like to open up something that I think we all know. A topic we all feel strongly about. One that can make or break your business. Yet more often than not we tend to lose sight of it as we go about our daily business.

What I want to remind you of is **how to get the best out of your team**. Honestly, it won't be ground-breaking or anything you've never thought about. It's just that sometimes business owners need a reminder to keep the foundation of their business strong and solid. And that's what I want to do for you now. I want to list 5 things that are really critically important to keeping the people in your business motivated, happy and driven.

A quick disclaimer, these are in no particular order. I'll just list them as they are all equally important and form a strong chain link when implemented.

“ BE CLEAR WITH YOUR TEAM. CLARITY EQUALS POWER ”

Firstly, it is very important to recognize and acknowledge the needs of your team. This is something that applies to each individual in your team as well as the team as a whole.



Recognize the contribution they are doing for your business and acknowledge them for it.

This works both ways. You want to create an atmosphere where you can provide constructive feedback when something does not work out as well as you'd hoped as well as acknowledging them when they do something good. Doing this will show your team that you actually are with them on this journey and are supporting them. For any employee there's nothing worse than adding value but not feeling acknowledged and recognized.

A quick story that I've overheard once from a CEO in the US.

They managed to build a multi-million dollar company and subsequently gathered some great teams around them. In an interview

a few years ago they were asked: How did you manage to build such a great team? Their response was simple, yet enlightening. "Every time one of my employees comes to speak to me, I imagine that they are holding up a sign and on this sign it says in big letters - Make me feel special!"

And that's exactly what they did.

By the way, acknowledging and recognizing the needs of your team is not only doing this mentally, emotionally, spiritually and financially. It's also about making sure they have the right tools. Get them the right equip-

ment, courses and books. Am I, as the business owner, giving them every opportunity to be the best at their job?

Another very important part of getting the best out of your team is the financial reward.

“ IT'S VERY IMPORTANT TO RECOGNIZE AND ACKNOWLEDGE THE NEEDS OF YOUR TEAM ”



“ RIGHT NOW THE WORLD IS IN A BIT OF TURMOIL ”

It starts of course with making sure your team is paid well. The cost of recruiting, training and bringing in a new person because someone has left because they felt you didn't pay them well enough is much more costly than holding onto a team member that's good at their job and motivated to make your business thrive.

We all know that right now the world is in a bit of turmoil. The world is a little bit upside down. Gas prices are through the roof. Electricity prices are through the roof. Even food prices are through the roof. I don't need a politician dressed in a suit with a tie on to come out and say: "Guys, we're in a recession. We've been in a recession for more than six months now."

We know that. And that's exactly what

makes this point so important. To understand that your entire team is also hit hard when it comes to their daily lives. One of the ways to do it is rewarding them.

Therefore, in one of my companies we've decided to go the extra mile for all our team members. We're giving them a small monthly bonus for the next three months. After the three months we'll review again but at least for the coming three months they all get that extra bit of help to pay for their bills. It shows them we're with them on this journey, every step.

Another strategy I use in my companies is growth and progress. You want your employees to feel that they are growing and that they have the ability to progress in the business. People want to make an impact

and feel like they are making progress in life. In business this is very important. Obviously you're not going to make everyone in the business CEO. Not everyone's going to be the next managing director and I get that. Still, there's different ways for you to help your team feel that they are making progress and you are helping them grow.

It could be as simple as sending them on a course or training. Maybe giving them a book to read. It can be small things that are very important. When your team grows the business will grow.

That's why when people come to me and say 'I want you to coach me. I'm looking for a way to take my business, my life, my money to the next level!' I tell them to stop. We don't need to grow the business or your bank account. We need to grow YOU because if we grow you everything else will grow. Your team is an extension of you. So when we grow them everything else will grow too. So make sure you G.A.S. You have to Give A Shit!

And that brings me straight to my fourth point on how to get the best out of your team: Give a shit. You've got to care about your team, care about your business, care about your clients, care about your products, care about your service, care about adding value. There's a very famous saying that I use when I'm on stage and will share with you here as well: "People don't care how much you know until people know how much you care."

When you want to get the best out of your team, make sure they know that you care.

Lastly, I want you to start being super CLEAR with your team. You're going to be clear. You're going to be direct. You're going

“ WE'VE DECIDED TO GO THE EXTRA MILE FOR ALL OUR TEAM MEMBERS ”

to be open and honest. And you must do it in a clear and kind way. What I mean with that is to be clear about their role and responsibilities in your business. Be clear about their targets and goals. Remember, clarity equals power. So, when you want to give people a tremendous amount of power give them clarity about what you expect from them. When you want things to be done, how you operate, how you work.

What is your code of honour? In other words - how do we work in this business? What is the tone? What is the language? How do we treat our customers and our clients?

The way I talk to my clients is very different than the way people talk on Wall Street or in the street of the City of London. And I'm not saying one is good or bad, right or wrong. You just have a certain tone and energy in your business of how you communicate and how you do things. How you work with your clients and how you run your business. So, be clear with your team. Clarity equals power my friends. So, make sure you Stay in Your Power!

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Bursting the tech bubble

Dave Deruytter looks at what the recent burst in the tech bubble means for investors



It is not new. Bubbles have burst before. The most striking rupture of a tech bubble in recent decades was that of the Internet around the year 2000. Indeed, the financial markets deep-dived for a while, but look at where the indices are today, a multiple of the peak before the crash, even after the recent correction on the markets.

Your time horizon as an investor is of the essence in this analysis. If you save for your retirement, your total time-horizon is 40 odd years. Then there is no need to panic, not even when a major correction happens. Contrary to what many people fear, if that major correction is in the year you want to cash your pension capital, there is most

“IT IS HEALTHY FOR A BUBBLE TO BURST”

often not a problem either, unless you need to spend your full pension capital immediately to repay a debt.

If not, reinvest it in the financial markets on reception and you will only have had some costs and a short time market risk (the time between the reception of your capital and the reinvestment). On top of that, your taxation, at least in Belgium, will be lower as it is essentially a percentage of the capital paid out.

It is healthy for a bubble to burst. A bubble is not good. It hints at excesses, most often shown by too high Price Earnings ratios of companies, industries, or markets as a whole. In the case of the tech industry, also

the return to a new hybrid way of working, not fully online, shows the limits of online meetings next to their efficiency. People need to meet other people “in person” at least part of the time, depending on the nature of the encounter.

You can compare the bursting of the tech bubble to a storm blowing through the woods. Dead branches are blown off the trees and rotten or dead trees are uprooted. What remains is a healthy forest with healthy trees. The same goes for the tech scene after the bubble burst. The strong tech companies will not only survive, they will thrive. Plus new tech ventures will learn a key lesson in business life: their idea not only needs to sound great, it also has to deliver value, especially compared to the current alternatives to their product or service on the market.

For the latter, the cryptocurrencies serve as a good example. To this day many observers wonder what advantage cryptocurrencies have over the current regular currencies, like US dollars or euros; and payment systems, like bank transfers in an app or credit card payments. When a respected central bank of a major country starts issuing their own cryptocurrency, things may change though. Until then, cryptocurrencies are a very speculative investment with all the risks linked to that.

Only if you have an “aggressive investor risk profile” should you possibly invest in it. “Diem” (formerly known as Libra), a permissioned blockchain-based stablecoin payment system of Facebook (Meta) and partners looked at a certain point of time to be on the way to result in a breakthrough for cryptocurrencies, but the project was abandoned in February this year.

In the margin of this discussion on tech stocks, it is recommended today to keep a close eye on highly indebted companies too. Indeed, interest rates are rising and that makes the interest reimbursements on their debt more expensive. Granted, if those companies have a lot of long term debt at fixed rates, they will not yet be hindered by the increase in interest rates, at least for a few years to come. But, if not, and if interest rates would stay high, they will feel the rising debt service costs immediately and yield less profit. Thus, it is not only new mortgage seekers who feel the brunt of rising interest rates.

In addition, many companies will find it difficult to raise the prices of their products or services in these competitive times despite the pressure on their cost base linked to higher inflation and the “war for talent”. At those companies, margins would be squeezed leading to lower profit.



“STRONG TECH COMPANIES WILL NOT ONLY SURVIVE, THEY WILL THRIVE”



How should the financial markets get back up again? Obviously a solution to the war in Ukraine would help greatly because of its upward pressure on energy and food prices, thus on inflation. Still, international value chains should also regain their pre-pandemic efficiency. It does not help that China still wants to fully eradicate the virus, whereas most western countries adopt a stance of living with a weakened version of the virus or with a highly vaccinated population.

Last but not least, the supply side of microchips should fully recover, as should the supply side of battery raw materials. Such chips are used in many products these days including cars. Plus electric cars need powerful batteries. The long delivery times of new "green or greener" cars today are hindering economic development, and the reaching of the intermediate climate objectives, of many countries.

“ PANIC SALES, JUST AS PANIC BUYS, ARE MORE OFTEN WRONG THAN RIGHT ”

“ PATIENCE IS A GOOD FRIEND OF THE LONG-TERM INVESTOR ”

Patience is a good friend of the long term investor.

Buying regularly, monthly for example like in many pension schemes of companies or even private pensions, reduces the effect of the volatility in the financial markets.

Panic sales, just as panic buys, are more often wrong than right. They hint at speculative behaviour, even gambler behaviour. That is very different from the behaviour an investor should have.

The investor is a manager of their assets (long term view, managed risk), not a trader (short term horizon) or a gambler (high risk). Know your investor profile and invest accordingly. ①

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Disastrous year for planet crypto

2022 has been intense for cryptocurrencies investors. After the euphoria, there have been vertiginous falls and only moderate rebounds. Bitcoin and its crypto cousins live to the rhythm of macroeconomic news, sprinkled with distrust from the market.

Cryptocurrency investors must have had a strong heart to not give in to panic in 2022. While in November 2021, the market was completely euphoric with its independent star enthroned, the bitcoin, which was worth more than \$68,000, began a real descent into hell since the beginning of this year, pushing virtual currency below \$18,000 dollars in June. Bitcoin and Ether (the second largest cryptocurrency) have thus, in the space of a few months, lost 70% of their value.

In summer, virtual currencies regained some of their colours, with bitcoin recovering 20% in July and returning to \$20,000. Ether also gained 50% over the same period. In reality, the cryptocurrency market lives to the rhythm of news on inflation and the announcements and anticipations of the monetary policies of central banks. The cryptocurrency market is correlated with the stock market and, more specifically, to technological values.

When the Nasdaq goes down, cryptocurrencies tend to follow suit. The galloping inflation which the US central bank (Fed) is trying to end with an aggressive policy of rising rates has spelled the end of free money. However, like equity markets, cryptos have profited enormously from the spill of li-

quidity on financial markets. When interest rates rise, investors are moving away from risky assets.

On this occasion, as inflation escalated, it was observed that the cryptocurrencies did not provide a refuge from inflation.

In the summer, the cryptocurrency market has therefore taken advantage of the first signs of a more slowly rising inflation in the United States. The Fed therefore exerted, according to investors, less pressure as part of its poli-monetary tightening tick. Investors have therefore regained a taste for risk, which was to be cooled again by less optimistic signals on the inflation front from mid-September onwards...

In short, this decentralized currency that does not need central banks to exist finds itself however very dependent on the behaviour that is adopted by them. But in the movements observed on the crypto market, the global situation does not explain everything. Feelings of distrust and trust play a very important role.

The system is built on the trust of its 'believers'. However, this was hugely shaken up in recent months, particularly due to multiple hacks on the blockchains, scams, huge



layoffs and bankruptcies in the world's digital sector.

The fall in the market has in particular brought with it the platform of the Celsius cryptocurrency which declared itself bankrupt in mid-July, leaving customers only a meagre hope of recovering a part of their investments following bankruptcy. Celsius assured its customers of sufficient reserves to honor its obligations, before freezing all their withdrawals. Celsius now owes \$4.7 billion to its customers.

In June, Coinbase, one of the main cryptocurrency exchanges, announced the dismissal of almost 20% of its staff at the same time as a loss of more than \$1 billion in the second quarter. And before that, the spectacular collapse of the Terra cryptocurrency, which has caused the collapse of the hedge fund Three Arrows Capital, had set the tone of a murderous spring in the digital currencies. ①



Looking for advice that adds up?

In these uncertain times, what should you invest in? And how much should you invest and when? Sometimes, when you're investing or thinking about it you have more questions than answers. Not everyone has the time or inclination to go into it in depth and get to know and understand the stock market. So it can be a good idea to get help from an adviser.

Investment advice

What's your appetite for risk? How much money do you want to invest, and for how long? What's your current financial situation and how does your future look? Together with your adviser, we'll put all the pieces of the puzzle into place and come up with an investment proposal suited to your unique circumstances. The perfect way to begin investing.

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You're investing in funds and/or other investment products. These investments are all actively managed by our own experts or those of our partners: BlackRock, Schroders, Axa Investment Managers, Amundi and NN Invest Partners. Sharing our knowledge and expertise makes us stronger. That's why we work with these reputable investment houses. It's your best guarantee of impartial and personalised advice.

Experts do the work

Is the economy booming or in a slump? Has a political decision forced commodity prices up or down? Is there a new trouble spot on the world map? Because experts manage the investments for you, you don't need to worry. What to buy, sell, when, where, how, how much: you leave all that to the manager of the solution you're investing in.

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The end - or the beginning - of a real estate cycle?

Real estate expert **Yannick Callens** explains how in these turbulent times we still have to look out for and seize opportunities



John F. Kennedy once said: "The Chinese use two brush strokes to write the word 'crisis.' One brush stroke stands for danger; the other for opportunity. In a crisis, be aware of the danger - but recognize the opportunity." The interpretation has been questioned - the second character probably refers to a changing point - but nonetheless the understanding remains.

Never has it been a more true observation than today. Central banks have increased

interest rates month-on-month in the hope of curbing inflation. The interest rates rises are of particular concern to those investing in real estate.

Are we at the end of a cycle? Or at the start of a new cycle?

In my opinion, the two go together. On many occasions I have heard people say: "When the crisis comes I will invest." Then, you also hear - sometimes from the very same per-

PERSONAL DEVELOPMENT

Real estate

son: "The crisis is here, I will wait for it to pass to invest."

Maybe you are that person? We can't control everything, but we can control your reaction to circumstances and give them a positive meaning.

If rates go up this gives you the power to better negotiate. If inflation is rising, how does this look in the longer term? Silver will lose its value, but real estate will not.

There have always been crises and these are also moments of opportunity, when good deals can be done and good business decisions made. Nowhere is this truer than in real estate.

One of the key criteria to take into account is location. A good property, matched with a good location will keep its value. On the contrary, a poorly located property will be more difficult to sell and will lose its value more quickly.

When it comes to rates, I'll tell you a secret. Not all banks have raised their interest rates. Do your shopping. Go to a range of banks and ask them for an offer. You will be amazed at the current differences between banks.

Currently, inflation is rising faster than bank rates. With real estate you have to take a longer perspective. The decisions you make today will shape your future.

As an investor I would advise you that this is the right time to make purchase offers.

A study has recently been published saying that most notaries are advising people to sell. While my advice appears to go against this tide, if you are in a market where a lot of people are trying to sell, buyers are in a very strong position to negotiate.

And if you are not used to negotiating, my only advice is to practice - and on a daily

basis. Buying furniture, your next car, your next holiday. Inform yourself, seek training and take action!

Real estate is a game, an adult game, with winners and losers. Play the game, step by step.

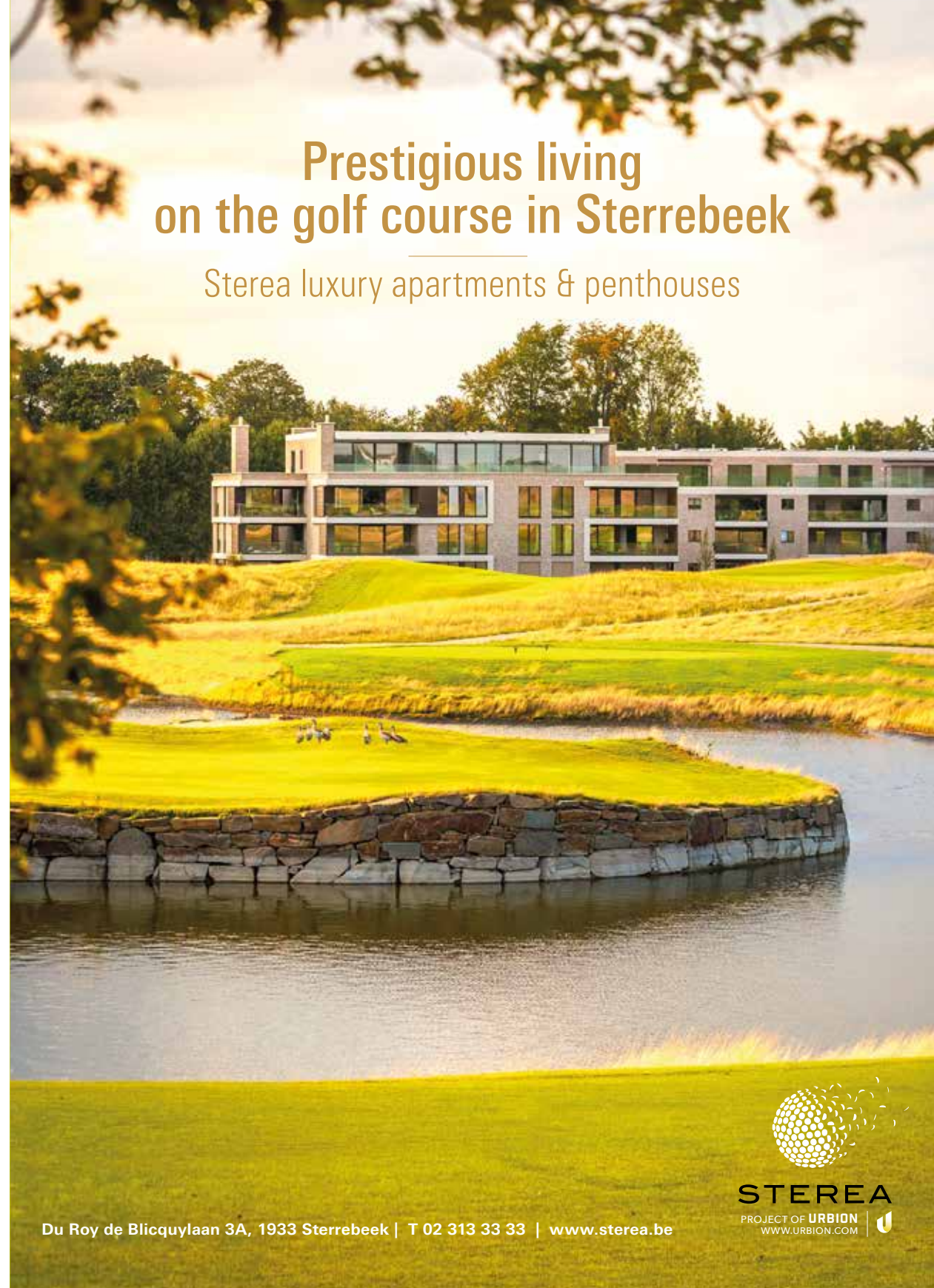
Whether we are at the end of a real estate cycle, or on a new cycle, I usually say, stay positive and focus on the moment, focus on the present.

If you want to make a difference and take action, do not hesitate to send me an email at info@immo-champion.com

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Non-fungible tokens in the art world

Artist Damien Hirst has always enjoyed courting controversy, the artist and entrepreneur has burnt hundreds of his own artworks after selling a series of non-fungible tokens (NFTs)? **Micheal Beadling** muses on whether the value of the NFT is real or virtual.



British artist, Damien Hirst, is one of the most controversial, influential and fascinating artists today. On 11 October, he told buyers who purchased pieces from his latest collection titled "The Currency" to choose either the physical artwork, or the non-fungible token (NFT) representing the same work. The Currency explores the boundaries of art and currency—when art changes and becomes a currency, and when currency becomes art.

Those who chose the NFTs were told their corresponding physical piece would be destroyed. It has been estimated the works that were burnt are collectively worth almost £10 million.

“ THE INTERNET INCREASINGLY DEMOCRATIZES THE ART WORLD ”

To understand why he is burning his artwork, one must first understand the concept of an NFT and the problem of ownership in the art world in the 21st century.

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Attention, emprunter de l'argent coûte aussi de l'argent.

Technology

What is an NFT?

A non-fungible token is a record on a block chain (an immutable ledger that can record more than just virtual coins) that represents pieces of digital media. Invented a few years ago, it represents not only art but also text, videos or bits of code. To understand NFTs, it is important to understand the problem of original ownership rights to artworks on the internet.

For creators of NFT content, that is, the artists who freely upload their work or sell them as identical copies, the concept of an original is difficult to identify. Exclusivity to a graphical interchangeable format (GIF) or meme (an image, video, piece of text, typically humorous in nature) is impossible to enforce when digital files can be shared so easily online. As the internet increasingly democratizes the art world with easy access, more people are finding solutions to what can be an issue.

The problem is that art collectors look for the distinguished seal that comes with having an exclusive claim on an artwork. This is where NFTs bridge the gap.

To create an NFT, the artist establishes a unique record of the artwork, usually on a website. This is when the artist places the record on a block chain (Ethereum, for example), which requires a transaction fee known as gas. Once done, possession of a private encryption key associated with the transaction proves ownership.

This gives an artist or collector something to sell. An NFT may link to a version of the work, but rarely includes the rights to reproduce or distribute it. That differentiates it from a commercial licensing arrangement.

Looking forward

The people who bought Damien Hirst's digital art work actually purchased an official cryptocurrency note that proves they own

an intangible marker connected to a unique piece of digital art, video piece or other item. This equates to just as much value as a piece of physical art.

In the same way pineapples, or representations of them, were considered status symbols to define wealth in the 18 century, just like any other work of art, whether canvas or NFT-based, they can still fluctuate in value.

Data from fungible.net suggests that in 2022 sales have dropped back to the normal range, between 15,000 and 50,000 sales per week, down from the usual 30,000 to 80,000 per week seen in 2019 - 2020.

No one can be sure what the future holds for NFTs, but this writer believes that they may well have a strong future due to the simple fact that NFTs allow people to collect and pinpoint anything digital, meaning NFTs form the backbone of a new collectibles market that goes beyond art.

According to BusinessInsider the industry is worth roughly \$7 billion and climbing, that's enough to give anyone pause for thought.

Is this a lucrative new market? Well, let's hope so for those invested in Hirst's work, because as of 30 October, he will have burnt all the "hard" copies of his art sold as NFTs.



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‘The Art of Mindful Eating’ with Rani Valérie Chatel

Together enjoyed an excellent meeting with single mum Rani Valérie Chatel, who lives south of Brussels. She mixes food, meditation, music and movement. She is very engaging, and we met her to tell you more about her.

Chatel has a 12-year-old daughter and is passionate about gastronomy, dance, nature and meditation – she has made her passions her profession. Have you ever wanted to improve your own health but don't know where to start? Does taking care of your body through healthy food and taking care of the earth through a lifestyle that takes sustainability into account appeal? Chatel offers guidance as a sophrologist (based on a dynamic relaxation method developed by neuropsychiatrist Alfonso Caycedo), psychotherapist and mindfulness instructor. She provides training that combines meditation and food. Chatel is a health and sustainable diet advisor; in other words, she promotes a diet that will allow you to enjoy good health.

Chatel is also a mindfulness instructor who is focused on our relationship with food, iden-



tifying food-related conditioning, controlling your emotions and nourishing your soul – these are all essential, according to Chatel, to develop a good relationship with food. She also teaches Movement Medicine, which is a form of dancing that listens to the body and releases its emotions.

Chatel offers a four-day retreat in the midst of nature, a space in which to put your body in motion and learn how to live your life better by making conscious choices. She can accompany you in individual and/or group sessions.

Contact Rani Valérie Chatel directly via her website www.valeriechatel.com, on Instagram at [ranivaleriechatel](https://www.instagram.com/ranivaleriechatel) and Facebook (L'art de manger en pleine conscience) The Art of Mindful Eating. ❶



Be Successful

What if being lucky wasn't just chance, but a skill you could master? Learn to identify and act on serendipity to lead a more joyful, purposeful, and successful life!

Modern life is full of chance encounters, changing plans, delayed journeys, human errors and other mishaps. This is the hidden force that rules our universe: serendipity. But what if we could use such unpredictability to our advantage?

Dr Christian Busch has spent a decade exploring how, if acted upon, unexpected encounters can enhance our worldview, expand our social circles and create new professional opportunities. From couples who met during chance encounters to business people who invented world-changing ideas after a misfire, Dr Busch has studied hundreds of subjects who improved their lives by learning to see opportunities in the unexpected. He shares his finding in his bestselling book, “The Serendipity Mindset”.

Dumb luck

Christian Busch reveals that luck isn't always dumb. People who can see what others don't - who are awake to the high probability of the improbable - can achieve and contribute in ways their more blinkered colleagues cannot. This book is a hopeful antidote to a world addicted to efficiency and control.

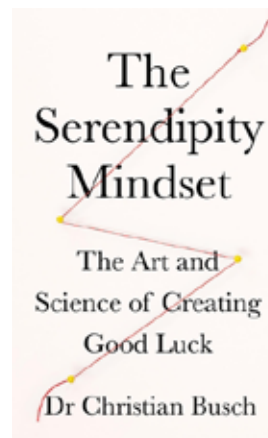
This is a reassuring message to those of us who aren't as focused as others on self-improvements demands. What if pausing, looking around, taking a

breath and just reflecting and keeping an open mind was in fact part of our drive to self-improvement.

Goodbye, getting up at six, doing yoga, meditation, one hundred burpees, running a half marathon, before learning your breakfast protein shake - well, not entirely, but you catch my drift.

The book is based on cutting-edge research in the natural and social sciences, as well as hundreds of interviews including with leading CEOs, entrepreneurs, and change-makers from around the world who turned the unexpected into opportunity by seeing and connecting the dots. Anchored in a science-based framework and peppered with inspiring stories and hands-on exercises, it captures how all of us can cultivate serendipity and turn uncertainty into opportunity, joy, and sustained success.

However, if you thought you could just sit back and wait for something to happen, this book will disappoint, because its essence is about what you need to do to cultivate serendipity. It is something that we need to find and also develop. It's a different way of seeing the world. However, fear not, the book helps you to adopt simple steps to



“WHAT IF BEING LUCKY
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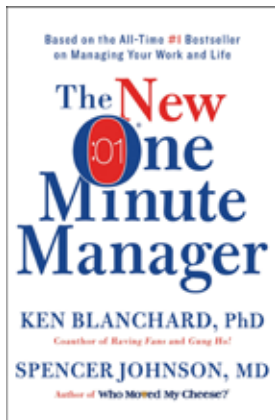
“ IT'S A DIFFERENT WAY
OF SEEING THE WORLD ”

PERSONAL DEVELOPMENT

Books

become that person who can identify and act on serendipity. A great example comes from looking at how businesses coped with the pandemic and lockdown. Some restaurants, with no previous experience of take away food, transformed themselves - almost overnight - from seated to being solely delivery based, distilleries switched from making alcoholic beverages to making anti-bacterial handwash and organisations from every sector realised that you could let your staff work from home, you could save them a punishing commute - for at least a couple of days a week.

In a world of strained resources, now - more than ever - is the time to match what we have, what is around us and what we can seek out. We might just be surprised at what we find.



'The New One Minute Manager' is the original, best-selling blockbuster which has transformed businesses world wide

The symbol on the cover of this management classic used to be a clock face showing one-minute, it was intended to remind each of us to take a minute out of our day to look into the faces of the people we lead and manage and to realize that they are our most important resources. For Ken Blanchard, American author, business consultant and motivational speaker, it is about getting the best out of your team: "None of us are as smart as all of us."

The latest books has gone digital, with "0:01" replacing the clock face, but the message remains. The success of your company's strategic initiatives depends on the commitment and proactive behaviour of those on the front line, the individual contributors who are responsible for executing and making it happen. When you arm individual contributors with the self leadership skillset and mindset, you build a healthy and empowered workforce that is accountable, innovative, and productive.

In an interview with his alma mater, the University of Massachusetts Amherst, Blanchard says that he and his wife Margie decided to write a parable to help busy managers. In 1982, The One Minute Manager was the result, published by William Morrow and landed quickly on the New York Times bestseller list and remains a mainstay. An updated 2016 edition, The New One Minute Manager, remains a top seller.

In straightforward language, the book teaches managers to follow a three-point game plan: One Minute Goals, One Minute Praisings, and One Minute Re-Directs. Blanchard's inherent positivity and his belief that the people we lead are our most important resources permeate the book.

" NONE OF US ARE AS SMART AS ALL OF US "

Blanchard says the most significant update in the new edition was switching from a "one minute reprimand" to a "one minute re-direct". "The principles of management haven't changed," he says, "but people today look at leadership as side-by-side rather than top down."

The book is brief, the language is simple, and best of all... it's tried, it's tested and it works. 📖



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Gearing up for yet more success

Martin Banks investigates the latest in urban fashion that is a cut above the average



Gearing up for yet more success. That is the leading Belgian fashion and footwear brand CYCLEUR de LUXE. Founded in 2012 it takes its inspiration from Belgium's rich cycling and fashion history.

Indeed, the company is the official supplier of Team Jumbo-Visma which enjoyed great success in the Tour De France this year.

Cycleur introduces consumers to vélo-couture in the form of a trendy lifestyle collection, full of details that refer to the bicycle.

Through marketing and product innovation, CYCLEUR de LUXE aims to motivate people of all ages to stay fit.

CYCLEUR de LUXE is available throughout the Benelux but is expanding rapidly in Europe and hopes to tap into the growing craze for cycling to take the company to the next level.

Styling cyclists around the world.

The main goal of CYCLEUR de LUXE is to style cyclists from all over the world and become the leading lifestyle brand in cycling.

The interest in cycling is constantly increasing because it's trendy, healthy and fun. The company fulfils this part of its mission by sponsoring well-known cycling teams and riders such as Team Jumbo – Visma,

Minerva Continental Team, Johan Museeuw and Ruben Van Gucht. The goal is to help people express their love for cycling by dressing them with CYCLEUR products from head to toe.

#RE>CYCLEUR marks the start of a new story for CYCLEUR. With the ever increasing concerns about the environment, the people at CYCLEUR decided it was time to do their bit. This is why it came up with the idea to start the #RE>-CYCLEUR line.

This sustainable and eco-friendly collection was launched in 2021 and has been developed with the utmost respect for the environment and industry.

The entire collection is made of eco-friendly materials and is 100% biodegradable.

Customers can even request a 10% discount voucher when returning their pair, of which they can use when purchasing a new pair.

Product info

Both the company's shoes and textiles are made of the finest



“ THE MAIN GOAL OF CYCLEUR DE LUXE IS TO BECOME THE LEADING LIFESTYLE BRAND IN CYCLING ”

PERSONAL DEVELOPMENT

Clothing

and most durable materials. CYCLEUR de LUXE is known for its striking new colours, unique prints and material textures. Every three months, CYCLEUR de LUXE updates its collection. This way it is always up-to-date with the latest trends. Since 2021 CYCLEUR de LUXE also has produced the ecofriendly shoe line RE CYCLEUR.

With the growing concerns about the environment, the people at CYCLEUR de LUXE decided it was time to take action and to "make a difference" with the launch of this new line.

This collection is the first sustainable and environmentally friendly line, developed with care for both the environment and industry. The 10% discount can be used for future RE CYCLEUR purchases.

The entire shoe collection is 100% degradable and made of eco-friendly materials.

The shoes are made of chromium-free leather, vegetable tanned suede or flax from Flanders fields. The collection is made with the greatest respect for the environment and an eye to the future. The flax used in these shoes comes from the family of Cycleur's owner, Patrick Vanneste.

#cycleurmovement

The #cycleurmovement aims to motivate people to live a fashionable and healthy lifestyle, while respecting the environment. For example, the company encourage people to trade the car for the bike whenever possible.

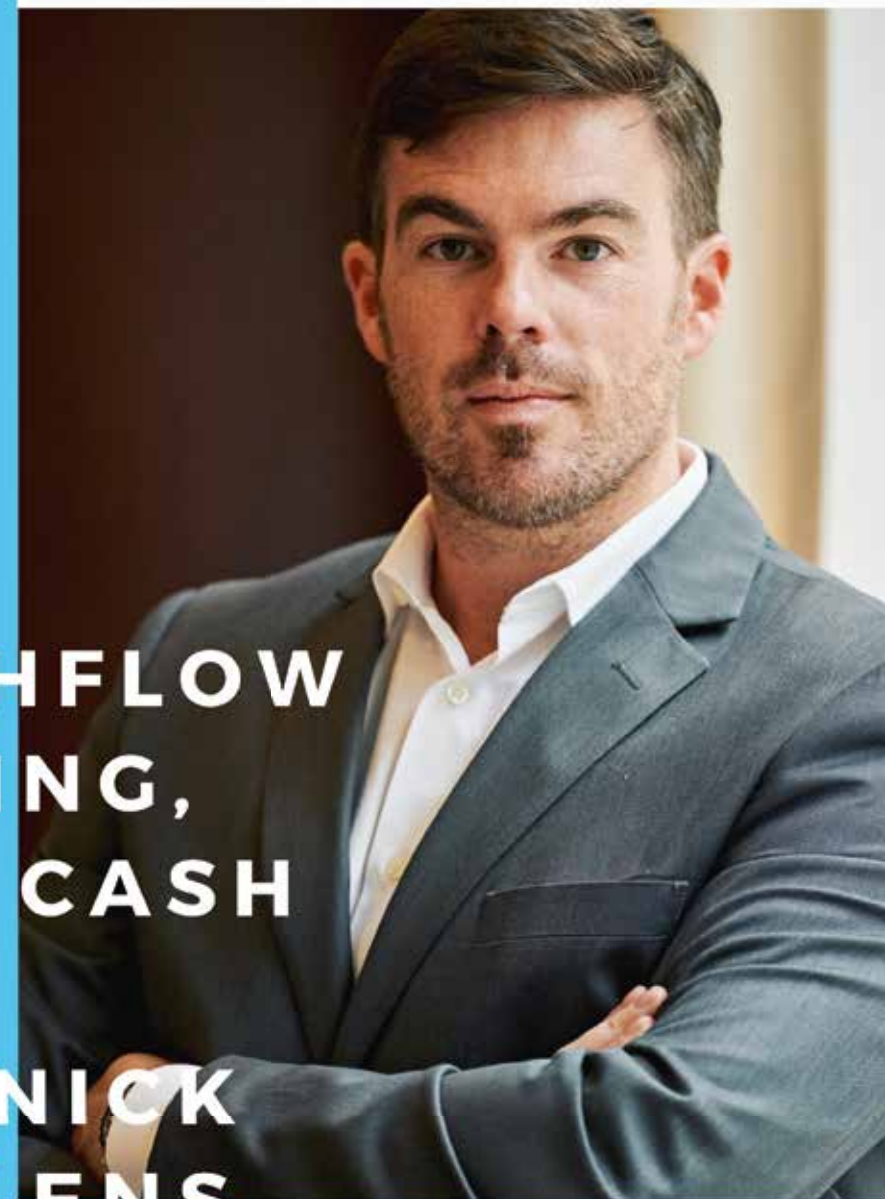
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Fog in the Channel, continent cut off

Catherine Feore takes a look across the Channel and asks, what gives?

In February 2019, European Council President Donald Tusk said there was a special place in hell for those who promoted Brexit without even a sketch of a plan. We now know that if you are a British MP you don't have to wait for the afterlife to know what hell is like.

Taking Back Control

When Tusk made his memorable jibe, Theresa May was flailing with a minority government, reliant on a confidence and supply agreement with the hardline Northern Irish Democratic Unionist Party, as well as a deeply divided Conservative Party. She took the helm following David Cameron's resignation after a narrow majority voted in favour of leaving the EU. The slogan of that campaign was compelling, the UK was 'Taking Back Control'. After three torrid years of trials and tribulations and repeated rejections of her exit plans by parliament, things looked rather out of control and May was forced out by the ambitious Boris Johnson.

Get Brexit Done

The public and politicians had grown weary of the debate, the main opposition Labour Party was itself divided and after three years of turmoil Boris Johnson dangled an enticing offer before the British public, he could 'Get Brexit Done'. With that simple message

the Conservative Party won a stunning 80 seat majority and Johnson was given the keys to the kingdom. The landslide gave the government the means to pursue their programme without let or hindrance.

True to his word, Johnson chose not to extend any deadlines and instead agreed a Withdrawal Agreement with the EU, followed by a Trade and Co-operation Agreement the following year. So far so good, except the government then failed to prepare during a transition period and reneged on the agreement that had been agreed with the EU. Worse, from the EU's perspective, the UK had negotiated without intending to respect the agreement they had reached, showing both contempt and bad faith.

In the meantime, a global pandemic and the invasion of Ukraine has focused minds elsewhere. Nevertheless, the discord with the EU rattled on in the background leading to Liz Truss's introduction of a bill earlier this year to overturn large parts of the Northern Ireland Protocol. To the ultras within the Conservative Party this showed that the then Foreign Secretary had the sort of mettle needed to really get Brexit done. To the EU it was a gross violation of an agreement that was years in the making.



Liz Truss

Brandishing these credentials, Truss put herself forward for the leadership this summer, when Johnson's persistent lying and poor judgement forced him to relinquish the top job. Truss received resounding support from Party members. During the campaign she said she would be the low tax, low regulation candidate.

Truss became the torch bearer of those who had been at the heart of Brexit, those who wanted the UK to become a buccaneering, free-wheeling, low tax, anti-woke, migrant-hating paradise on earth. For her brief stint as PM she made some emollient noises on reaching an agreement with the EU. Truss also introduced sweeping legislation to remove all retained EU law by the end of 2023. A small matter that requires the review of more than 2,400 pieces of legislation across 300 policy areas in the space of a year. Simples!

Unusually, for a politician she remained true to commitments made on the campaign trail and within twenty days of taking office had nearly pushed the entire economy over a cliff edge. I'll spare you the details, but the UK is now onto its fourth PM since Brexit and the popularity of the Conservative Party has plummeted, I guess "them's the breaks", as Johnson might say.

Fog in the Channel

As all of this was going on the EU and its composite member states started to see their old, reliable, if sometimes awkward, relationship with the UK in a whole new light. Once held in high esteem, respect for the British political class has largely evaporated. Even Eurosceptic parties who admired Farage, such as Rassemblement National and the Swedish Democrats quietly ditched their respective plans for Frexit and Swexit. While the UK remains in denial about the hit to its economy and prestige, the car crash is

plainly visible from space.

The European Union has also faced tremendous challenges over this period, but it has slogged through, finding difficult compromises and pragmatic solutions. Has it been a paradise on earth? No, but it has persevered and been a bulwark in some very stormy weather.

The EU should still look at the UK story with caution. The roots of its current malaise lie deep and should act as a warning to other EU countries. The UK politicians didn't address inequalities, Cameron chose austerity over investment, they chose to capitulate to the Eurosceptic wing of the their party long before 2016, leaving the EPP group in 2009 and setting up a group that now includes an interesting mix of neo-fascists and authoritarian Eurosceptic voices: PiS (PL), Fratelli d'Italia (IT), Vox (ES), FvD (NL).

As heads of government arrived at the European Council in October, news was breaking of the latest demise of a PM who set herself on a collision course with received wisdom. Asked about the situation Luxembourg's Prime Minister Xavier Bettel summed up the view of many: "Brexit brought a lot of instability and I hope that there is stability soon."

Can the UK's woes all be laid at the door of Brexit? There is an understandable desire for those of us who opposed it to see every trip and fall as a "Tadah!" told you so moment to be clasped to reaffirm one's own view, but looking across the foggy channel from the continent we should maintain some humility and remember that there, but for the grace of God, go we.

Recent polling conducted on behalf of the Tony Blair Institute suggests that there isn't yet an overwhelming majority in favour of reversing Brexit, but that people do want

to move on in a sensible way, building a constructive relationship with the continent the UK is part of. However dysfunctional the UK may be, the EU should reach out the hand of friendship and pull their neighbour close, because eventually fog lifts. ❶



Van der Valk Hotel Nivelles-Sud**** superior: Style meets Business

The Van der Valk Hotel Nivelles-Sud is the perfect location for your corporate events. With experienced staff, a stylish and comfortable setting, as well as easy access from all parts of Belgium, Van der Valk sets the foundations for successful corporate events.

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What started in 1929 with Café de Gouden Leeuw in Voorschoten has grown into a proud hotel chain with more than 100 hotels and restaurants worldwide. Listening and tending to customers wishes is the backbone of the Van der Valk business mantra, enabling it to distinguish itself from competitors by making comfort accessible and friendly. The hotel is currently managed by the young family members, Bob and Emilie Wohrmann.

The hotel boasts a wide selection of options, such as, the business packages to plan corporate meetings, conferences, and conventions with ease, all backed by excellent safety protocols. 15 conference rooms, with a maximum capacity of up to 750 seats with

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LIFESTYLE

Define your 'after work' look with our style guide
for a calm, yet glam look sure to turn heads

LIFESTYLE

Luxury

Timeless time pieces

Anja Van Der Borcht guides *Together* readers through the latest in luxurious time pieces - inspired by celestial systems and magical amorphous forms.



Crystal clarity

To mark the 25th anniversary of its L.U.C luxury watch collection, Chopard has created a peerless transparent watch, as well as revolutionized the minute repeater for the second time in five years. In addition to the gongs of the L.U.C 08.01-L chronometer-certified calibre, the entire case, crown and dial of this L.U.C Full Strike Sapphire watch are cut from blocks of corundum crystal, better known as sapphire. Measuring 42.5 mm in diameter and totally transparent, it offers a 360-degree view of the movement with exceptional finishes. Five-piece limited edition: € 495.500. www.chopard.com





Pillow soft

Innovation prevails at Cartier that releases two 3D printed limited editions of its Coussin de Cartier watch developed by the Cartier Manufacture's research and innovation laboratory. The watch (39.3 x 31.9mm) has quartz movement features, a soft case flexible to the touch (if you press it, it bounces back) and is entirely paved with diamonds and coloured stones. It's another example of the expertise of Cartier in watchmaking and stone setting.

Twenty-piece limited edition: Diamond version €73.000 Euros. The version with emeralds, tourmalines, tsavorites and sapphires € 76.500.

www.cartier.com



Aurora borealis

Rolex introduces a new colourful, sparkling version of its Oyster Perpetual Yacht-Master 40 inspired by the aurora borealis and the glow of dawn. Cast from 18 ct white gold – a first for this model – the watch features a rotatable bezel set with trapeze-cut diamonds and sapphires in tones of blue, silver and pink. This design gives the bezel a unique sparkle that is further enhanced by a triangular diamond at 12 o'clock. The case shines with 46 brilliant-cut diamonds from the lugs to the crown guard. This new gem-set version of the Yacht-Master 40 is equipped with calibre 3235, a self-winding movement enabling the watch to display the hours, minutes, seconds and date. The Oysterflex bracelet is equipped with the Rolex-patented Oysterlock folding safety clasp in 18 ct white gold, which prevents accidental opening.

€ 80.150.

www.rolex.com



Celestial sky

Once referred to as 'daisy chains of the gods', the stars have always fascinated mankind. And because it is innately human to recognize patterns, early civilizations identified and named groups of stars – the constellations. Highlighting this celestial aspect of time measurement, the watchmakers of Jaeger-LeCoultre have invented a mechanism able to display the position of the constellations in real time, as seen from the home of the Manufacture in the Vallée de Joux (Switzerland). The mechanism is able to display the passing of sidereal time

of precisely 23 hours, 56 minutes and 4.1 seconds. For the star map, the watch brand introduces grisaille enamel to its repertoire for the first time. A painterly technique that originated in 16th-century in France. Thanks to this rarefied technique, the dial of the Master Hybris Artistica Calibre 945 'Atomium' depicts with utmost artistry the sky above us at night. The exquisite chimes of a minute repeater complement the celestial timekeeping.

€570.000

www.jaeger-lecoultre.com ⓘ

W AFTER O R K

*Photographer Maria Dawlat Art Director Nicholas Sirot
Make up Elke Binnemans using SISLEY COSMETICS, for Hair Elke Binnemans using Moroccanoil.
Make up assistant Fanny Bibaer
Model Lola @ Dominiquemodels.com*



*Blouse: Twinset Trousers: Lee Cooper
Ring: Aze Jewels Bra: Love Stories*



Blouse: Elisabetta Franchi Skirt: Stand Studio Handbag: Cachemire Coton Soie Ring: Aze Jewels



Handbag: Cachemire Coton Soie



Blouse & Vest: Cachemire Coton Soie Trousers: Imprévu Glasses: Boss
Ring: Aze Jewels Belt: Twinset Hair using Moroccan Oil
Moroccan oil treatment original, Perfect defense, Luminous hairspray strong



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Blush : L'Orchidée Rose
Eyebrows: Phyto-Sourcils Fix 0 Transparent
Lips: Phyto-lip delight 2 #pretty



T-shirt: **Tommy Hilfiger** Suit: **Dondup** Ring: **Aze Jewels** Shoes: **Elisabetta Franchi**





Welcome to an exciting new addition to the ŠKODA family.

The Czech carmaker's sporty RS range has been enriched with a second fully electric model, namely the new ENYAQ RS iV.

The SUV is equipped with all-wheel drive and two electric motors delivering a total power of 220 kW.

This makes the two RS versions of the ENYAQ iV family the most powerful vehicles in the company's portfolio.

Now rolling off the production lines at ŠKODA's main plant in Mladá Boleslav, the ENYAQ iV and ENYAQ COUPÉ iV are the only MEB models to be manufactured outside Germany in Europe.

In addition to the all-electric models, the automaker also offers customers a ŠKODA iV ecosystem, which includes wallboxes

for convenient charging at home and the POWERPASS, a charging card that can be used across Europe.

The dynamic appearance of the ENYAQ RS iV, with its standard sports suspension, large 20 or 21 inch wheels and distinctive RS features, immediately indicates that it is an RS model.

With a top speed of 180 km/h, it is 20 km/h faster than the other ENYAQ iV models, just like its coupe version. The vehicle goes from 0 to 100 km/h in 6.5 seconds and comprises a 82 kWh battery with high energy efficiency and drag coefficient.

As well as its sporty appearance and dynamic handling, the new ŠKODA ENYAQ RS iV offers generous space for up to five people.

With 585 litres, the boot capacity is 15 litres larger than that of the ENYAQ COUPÉ RS iV and can be extended up to 1,710 litres by folding down the rear seat backrests.

The ENYAQ RS iV has a particularly dynamic exterior with numerous details specific to the RS versions: the frame of the ŠKODA grille is treated in glossy black, as are the window frames, the exterior mirror caps and the rear diffuser, as well as the ŠKODA logo and model designation on the rear. The interior, predominantly black and offering generous space for up to five passengers, is characterized by a sporty ambience typical of the RS range.

ŠKODA ensures that the software of the ENYAQ RS iV is always up to date thanks to a permanent online connection via an eSIM, which also allows the driver to download additional applications or activate new functions in the system.

The latest generation ME3 of the vehicle software includes updates for the displays



as well as optimized climate control and improved battery management with a longevity mode for the battery.

The ŠKODA ENYAQ RS iV is based on the Volkswagen Group's modular electric vehicle (MEB) platform and, like the ENYAQ COUPÉ RS iV, features the most capable powertrain in the current model portfolio.

The ENYAQ RS iV offers a high level of active and passive safety.

The base ENYAQ iV model earned the maximum five-star rating in the 2021 Euro NCAP test, scoring 94% for adult occupant protection and 89% for child occupant protection. In addition, the ENYAQ iV was awarded the title of safest vehicle in its class for the 2021 test year, with the highest rating for an electric SUV so far. The ENYAQ RS iV is equipped with up to nine airbags, including airbags for the driver and front passenger.

1

How to pamper your skin after the holidays

Holidays are over and you want to hold on to that healthy glow. You wonder what beauty routine to adopt to make your tan last longer. What products to use to take care of your skin & your hair after summer exposure. Here is our selection of products to create a simple post holiday ritual and pamper your skin & your hair. Beauty comes from the inside but a little outside help goes a long way!

by **Nicholas Sirot**

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Intense Hydrating Mask.
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www.moroccoanoil.com



Nu Skin Perennial intense
body moisturizer. 250ml.
Price: **€38,63**.
www.nuskin.com



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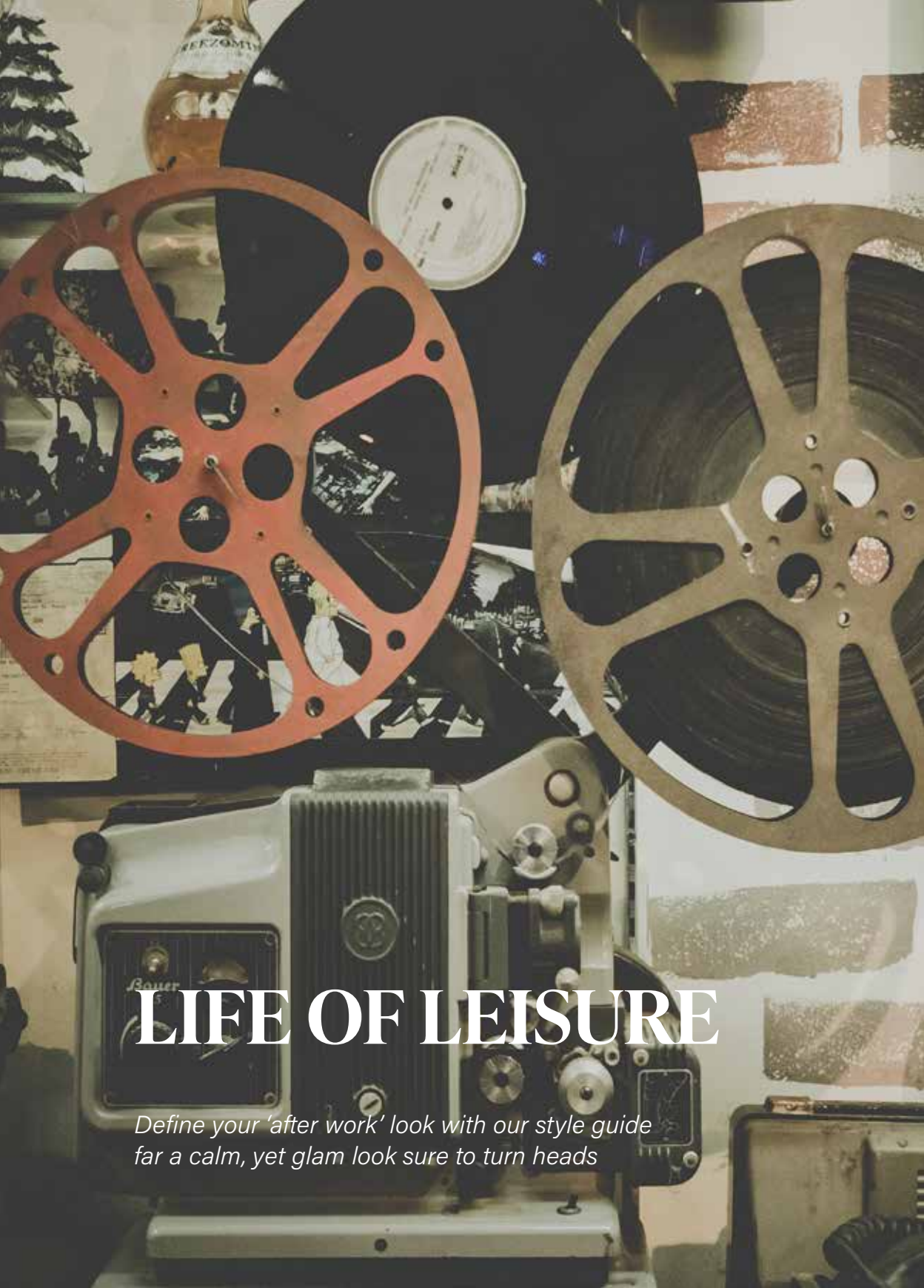


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LIFE OF LEISURE

Interview

Young star gets his teeth into new role

Together Magazine meets a highly rated,
multi-lingual/genre young actor
who speaks sense

For a young man in the throes of major stardom, Timothée Chalamet is a study in nonchalance.

He eases back in his hotel suite sofa and admits that he's still processing the attention and accolades that have been coming his way en masse over the past couple of years.

He is highly articulate and gives the impres-

sion of being an intellectual artist type with his tousled hair and elegant manner.

He's also still keen to learn, and promises he won't get dragged into box office banality, despite the offer of some eye-watering contracts. His new movie, *Bones and All* – a story about cannibalism, due for release in November – appears to back that up.



Together: You are filming *Bones and All*, which hooks onto the rather dark subject of cannibalism.

Timothée: It's a project that reunites me with [director] Luca Guadagnino, from *Call Me By Your Name*. Straight away that feels special, and the subject matter is dark, but not new.

A lot of people are talking about your co-star Taylor Russell.

She is a great actress with a big future and it has been fun comparing early experiences we had of the industry, and mistakes made... not that I made that many!

She has a real spirit and spark, as was seen in the *Escape Room* films.

Bones and All is a road trip movie based as much on a mental and psychological journey as it is a geographical one. It is a story that teaches you it's possible to travel huge distances, yet unless you come to terms with what's in your mind, you will find you haven't travelled anywhere at all.

Can you relate to that on a personal level?

A bit. I am still young and venturing out into the world. I can imagine when I am 40, or perhaps when I start a family, I may look back and start assessing and reimagining parts of my life. I don't really have the experience to do that at the moment, I don't think!

To answer the question, though, I think we all feel like that. The film has a dark undercurrent, but the story is essentially one we all relate to. We are all searching, striving for something. Think about how many times you find someone who says they have actually reached that end point or end goal.

I don't think it's in the human condition to settle for what you have.

Are you a deep thinker?

I think most people in film are there because they are creative and open to influence and interpretation. At the end of the day it's art, and if you didn't connect on that level I guess you'd end up doing something else in life.

What do you feel you have achieved in your career so far?

I haven't achieved anything yet. I'm still finding out about myself and my career. I'm at the point now where I want to step back to darker subjects and explore small projects as well as big ones. It's all evolution; all necessary.

I understand you have been stretching your linguistic and language skills further into Italian. Is that influenced by Luca at all or the Italian/American backing of this film?

No, that's just coincidence. I think for most actors the challenge is to go cross-genre and try a variety of different styles and characters. Of course I feel that too, but I was brought up with such a rich and diverse range of languages all around me, that my own natural progression is to move just away from American or English culture.

I loved *The French Dispatch* because it really reminded me of my father's heritage and how he met my mother.

How is that?

My father was on a business trip to New York while he was working as a journalist for *Le Parisien*, the French newspaper. He works at the United Nations. My mother was a dancer when she met my father, and

Interview

now she's working in real estate. But you could see the parallels...

Is it true you can speak Italian, as well as French and English?

No, not really. I grew up speaking both French and English since my father comes from France. Italian is much more difficult – I guess I can speak it to a certain level – I've taken Italian classes for a few years but there is always more to learn.

"I love Italians for the fact they are so different to the French, albeit with a similar love of food and wine. I love the fact Italians have a strong sense of family and are very warm in the way they behave together and how they greet you as a foreigner.

Which actors did you look up to before you go into the industry?

None really. I always felt it was too distant and I had my own ambitions to compete with actors rather than be like them. I know that sounds quite strange doesn't it. In actual fact, I only really began to appreciate the true talent of actors when I was working alongside them.

Like who?

If I had to name one it would be Matthew McConaughey – obviously we worked together on *Interstellar*.

From day one he was someone willing and happy to steer me in the right direction. I actually feel I owe an awful lot to him, not so much in what I have done, but in what I haven't done, and by that I mean avoiding a lot of the traps that young male actors tend to fall into when they're starting out.

I've benefited a lot from his advice. He was the person who really showed me the value of preparing properly for a role. And I don't

“ I AM STILL YOUNG
AND VENTURING OUT
INTO THE WORLD ”





mean reading a script – he was the one who told me how to properly immerse myself in a character, in the history, in the era, in the architecture... the whole thing. I came to realise that a movie was about so much more than the actions and the dialogue of those in shot.

It was also interesting to see how he handled the press – he's even helped me with the business side of acting."

Is that experience something you can now pay forward, now you are an established actor?

Having someone young actors can talk to and who understands the industry well is very reassuring. Agents and publicists will pretend they do that, but let's be honest there is often an ulterior motive. An actor can only really fully trust another actor. They are the only people who can empathise with each other.

Did you have any other people you confided in?

I'm very close to my sister who's a few years older than me. I have always spoken to her a lot. I never hide anything from her.

Do you feel that you're a mix of both French and American culture?

I can't say if my sister and I feel more French or more American. We love both cultures and it's always interesting to have both perspectives and be able to enjoy the kind of life that a city like New York or Paris has to offer. Both cultures place a heavy emphasis on the arts which is obviously something I appreciate. I spent almost every summer in Paris and in France until I was 15 years old although my base has always been New York. ❶

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Amsterdam: An “Old Master” of a city

Mark Browne takes a trip to Amsterdam, the city with everything from fascinating heritage to great shopping



The capital of The Netherlands, Amsterdam is celebrated as a global city for good reasons. Its lively nightlife and rich cultural heritage make it an ideal choice for a city break for those of all age groups and interests.

Cultural Highlights

Amsterdam presents a feast for culture vultures. Some of the more celebrated venues include the Royal Concert Hall, the Rijksmuseum and the Van Gogh Museum. Visitors can also learn more about the masters that created some of these famous artistic works by visiting sites such as Rembrandt's last house. Another famous house in the city which is among its most visited historic tou-

ristic sites is the Anne Frank House.

For those preferring more contemporary works, the Stedelijk Museum of Amsterdam is dedicated to modern art. Its exhibits are regularly updated and its website helpfully provides details of all events, guided tours and current exhibitions and exhibitors so visits can be planned in advance.

For those looking for a more interactive experience, the House of Bols offers an interesting alternative option. Visitors can learn about the use of ingredients derived from across the old Dutch trading empire to create a range of cocktail liquors, as well as experiencing their smells and tastes. Conveniently located right in the heart of the mu-



“THE CITY IS FAMOUS FOR A SERIES OF CIRCULAR CANALS”

Open Air Activities

There are also plenty of local open air options for those wishing to experience the fresh spring air while in Amsterdam. The city is famous for the series of circular canals which it was built upon and a great way to view the city and admire its traditional townhouses is to take a boat trip through these canals. There are multiple options available and many feature multi-lingual guides who

can help bring the history of the city to life.

seum district it is the perfect end to a day of cultural visits in Amsterdam as the tour ends with a cocktail of your choice.

Speaking of ingredients from around the world, Amsterdam's history as the centre of a once global trading network means the city is filled with the broadest possible range of restaurants offering cuisines to satisfy and tantalise every palate. Food tours are available to help visitors navigate the options available and sample a range.

“AMSTERDAM WAS THE CENTRE OF A ONCE GLOBAL TRADING NETWORK”

There is also a pleasant green footprint to the city, especially as you move away from the old centre. Local parks such as the famous Vondelpark afford a relaxing leafy environment for promenades seemingly far away from the municipal traffic. These are also great locations to see the beauties of Holland's famous flowers. No trip to Amsterdam is complete without buying some tulip bulbs to bring home and a trip to the stalls of the flower market present visitors with an incredible selection to help decorate their gardens back home. Shopping is, of course, another of Amsterdam's attractions and its immense shopping district caters to all tastes and budgets.



“ NO TRIP TO AMSTERDAM IS COMPLETE WITHOUT BUYING SOME TULIP BULBS ”

Where to stay

A large European city with a strong history of tourism such as Amsterdam naturally offers a complete array of accommodation options from 5 star luxury to the most basic. It also boasts an interesting range from old town city centre to more suburban options.

A 5 star recommendation is the Conservatorium Hotel. Nicely located in the museum district, it's in a quieter part of town with multiple attractions right on its doorstep but is still within walking distance of the main city centre.

Furthermore the hotel is a destination in its own right as it combines the historical architecture of what was originally built as

a bank at the end of the 19th century, with stylish modern design elements including a multi-story glass atrium over its courtyard restaurant and lounge area, as well as a modern new wing. This imposing building was re-imagined by architect Daniel Knuttel and its design incorporates many features harking to its role as home for the Sweelinck Music Conservatorium, or national music academy. The hotel's rooms are all finished to the highest standards and the higher stories, including the loft suites in particular, afford great views across the city skyline.

The hotel features the “Akasha Holistic Well-being” spa, which spans almost 1,000 square metres and enables guests to relax after their touristic endeavours with facilities that include hammam, sauna, watsu pool, large swimming pool and relaxation areas, as well as access to massage services. In addition to the relaxed courtyard brasserie the hotel features the award-winning restaurant, Tai-ko, which serves a range of Asian-inspired dishes amidst a mixed Asian and musical decorative theme in keeping with the city's historic links.

So, why not (re) discover the attractions of this great Dutch city? You won't be disappointed.

Mark Browne was a guest of the Conservatorium Hotel. 📍

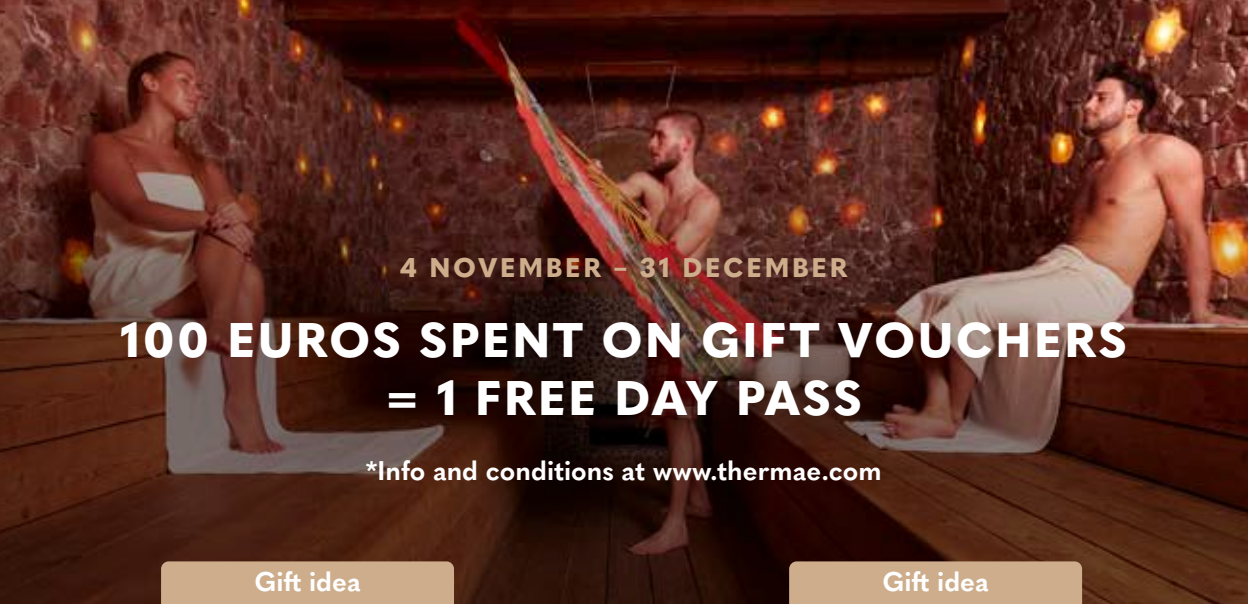
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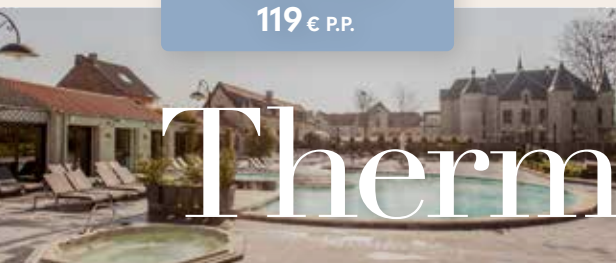
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LIFE OF LEISURE

Travel



Calista Luxury Resort: A class of its own

Turkey's Antalya Province, surrounded by history, nature and the deep blue Mediterranean Sea, is a one-of-a-kind destination in the Turkish Riviera. And a stay at Calista Luxury Resort is the icing on any luxurious holiday cake, finds **Liz Newmark**

Former United States President Barack Obama beams out at you over Calista Luxury Resort's spacious reception desk. "Thanks for a wonderful visit," the caption says, as proudly displayed photos also show the US's first black leader posing with Calista General Manager Ali Kizildag.

From the moment it opened on May 19, 2007, Calista Luxury Resort, designed by illustrious interior architect Frank Solano (also famous for creating beautiful hotels in Dubai), has given its guests the ultimate in luxury holidays. The incredible 120,000 m² piece of paradise boasts endless pools, a pine and walnut tree park and a professional sports club.

Open all year round, the 5-star luxury resort hotel was the first to bring the luxury hotel concept to Belek, followed by six other si-

milar establishments. In all, some 50 4- and 5-star hotels profit from the 30km stretch of Belek's golden sands. But Calista, in a class of its own, is quite simply a revelation. From the moment you enter its huge revolving doors and walk into the giant atrium, to the time you switch off the incredible smart home system – even controllable from the beach – at night, it is luxury incarnate.

All Calista's main buildings and accommodation units are 360-degree and circular, with wall-to-wall windows. This gives a true sense of luxury opening out into nature – the complex's surrounding woods and pine forests. Inside, the wealth of marble floors, Versace-designed carpets and Swarovski chandelier amaze the eye in this paradise just 27 km from Antalya airport and 35 km from Antalya city centre.

Travel

Personal service is taken to the highest level in this All-Inclusive Plus experience: "No one ever says no," Calista's Sales and Marketing Manager Murat Süslü explains, while the Calista promotional video proclaims, "Our passion is your happiness".

Indeed, you do not check in at the desk, the staff comes to you, taking your details at a table with drinks and refreshments provided. For someone new to luxury breaks, this was the first happy surprise. All food and drink, apart from 'premium' brands of whisky for example or special steaks, are free. The plentiful minibars in every room are restocked every day. Would you like an ice-cream sundae at 6am? Or to sip champagne at sunset? With Calista, anything is possible.

But it is not just the amazing amenities that make Calista a perfect choice for a luxury break. "Calista staff remember our clients' wishes, for example they know what drink you like," Süslü told us. "So we will bring them a Diet Coke, or a glass of their favourite Pinot Grigio wine without them asking." Staff loyalty is also incredible, he said. Around 400 of the resort's 600 employees in winter – the number increases to 1,000 in summer – have remained since the hotel opened.

Visitors are delighted too – with 45% choosing to treat themselves again at this epitome of gastronomy, relaxation and sport. Not forgetting the luxury of being able

to enjoy a beautiful private sandy beach stretching out to the incredibly warm and inviting sea. Longer-stay guests of seven nights or more enjoy special privileges – from free reservations at the à la carte restaurants to special sunbeds on the pier.

Where to sleep

"There are no standard rooms in our hotel," Süslü said proudly, smiling at the ever-widening eyes of my daughter. "We only have superior rooms." And as we were taken by a porter to our own special 52 m² haven of luxury complete with complimentary wine, fruit, tea, coffee, refillable minibar and Thierry Mugler shower and skincare products, we saw what he meant. The calming brown interior has its own terrace, sofa, shower, bath and a 55" Ultra HD LG Smart TV. And most importantly, the beds are supremely comfortable.

For special occasions, why not sleep like a king? Calista's King Suite's incredible 240 m² space features two bedrooms, a living room, two bathrooms with en-suite shower and jacuzzi, and no fewer than three Smart TVs. You really can work, rest and play here – or just gaze at the beautiful sea view.

Calista also offers a range of villas which – for an extra charge – can be enhanced by their own private heated pool. You can take your pick from an 150 m² two-bed home, complete with jacuzzi and three TVs, to the incredible 'Villa Leo'.

Accommodating 18 adults and one child, Villa Leo will "make your holiday dream come true to enjoy the richness of nature with pine trees and bird sounds," Calista says. This nine-bedroom quasi palace with its own helipad boasts a games room, movie theatre, Play Station, fitness room, 11 bathrooms and no fewer than ten Ultra HD Smart TVs. Villa Leo even comes with its own SPA and massage parlour.

What to eat

Everything is catered for and everyone is catered to at Calista. The main Bellum restaurant, open three times a day for breakfast, lunch and dinner, has a wonderful spread of hot and cold food including a huge variety of Turkish and European delights. Highlights were the special Turkish bread and sweets, fascinating milk puddings, barbecued succulent meat, fresh roast fish and vegetables. And if you miss the main event, one highlight of our stay was midnight snacking on wondrous Turkish cakes and desserts – and Baklava is just the start... with Bellum opening until 2 am.

Pay a little more and you can dine in style at one of the five à la carte restaurants. We were treated to gorgeous Italian specialities – including deep black seafood risotto and sea bass – at Timo and a real Turkish feast at Turca complete with fine Turkish wine, lamb stew, fish fresh from the sea, myriad mezzes and the wonderful Kunefe desert – pastry soaked in syrup and layered with soft cheese, pistachio nuts and cream.

The drinking is easy too – at innumerable bars poolside, inside or at the beach. Our favourite was Brezza, at the end of the pier – a perfect spot to sip a long drink, enjoy the sunset and, why not, a dip in the sea. And it's not just soft drinks, wine and beer, you can indulge in a vast range of cocktails, vodkas (six types) or an incredible 12 brands of whisky.

What to do

Boredom is impossible at Calista Luxury Resort. The brand caters for every visitor, from the very young to the well, not so young, in this family friendly resort. Do you like sport or play football? Then look no further than the sports arena with its football pitches, basketball court, volley ball court and many tennis courts also available.

The resort is also a swimmer's dream. The



six heated pools include one indoor pool in the luxurious Callos Spa – where no fewer than 14 massage treatments are on offer. Or try out the semi-Olympic pool for lengths, which is open even at night. And down by the beach, the water sports centre offers a very reasonably priced range of exciting activities including parasailing, jet ski, windsurfing and wakeboarding.

If inside entertainment is more your style, you can rent a Play Station, enjoy video games in the Bonus Game Center or take in a movie at the Moviola cinema. And if you want 'couple' or 'alone' time, Calista will take care of your children at the Calhippo Kids Club and even take them pony riding or to the nearby farm. Activities for teenagers including dance and street art are also on tap – with a disco just one highlight.

More 'traditional' fun is available too, from very well-equipped playgrounds with slides and basketball nets to the fantastic Aquapark with five water slides for all ages – even mums and dads...

Calista offers organised activities all day long, from early morning yoga and Pilates to fantastic evening shows: think circus, acrobatics, dance and all kinds of music from traditional to modern. The main events are held in Calista's own 'amphitheatre', while many bands play at smaller venues like the poolside Deep or Jazz Bars.





Calista is also linked to the stunning Montgomerie Maxx Royal golf club – one of no fewer than 11 in the region. Indeed, for golfers, Antalya is a perfect destination offering an impressive 14 courses linked to ten top-of-the-range golf clubs and luxury hotels.

Outside the Resort

If you can tear yourself away from Calista's amazing amenities, a dizzying array of activities to enjoy in Antalya Province awaits. In the capable hands of the Kaden Group**, we enjoyed a wonderful tour of Side's ancient city. Side, which means pomegranate, was a port in ancient times. Its amphitheatre, built on columns, is the largest in the region. The site also includes an agora, gymnasium, a Temple of Apollo by the sea, fountains and a necropolis.

After dining in style at one of Side's many restaurants, we visited Kursuni Waterfall. This haven of nature connects seven ponds and falls from a height of 18 metres. With lush plants and picnic areas, it is not only one of Antalya's most appealing sights, but also offering shops, cafes and playgrounds, it is perfect for a family day out.

Our fascinating historical experience was completed with a visit of the enchanting Aspendos ancient city – renowned as one of the world's most remarkable and well-pre-

served Roman structures. Its amazing amphitheatre oozing all the atmosphere of Roman times hosts a wonderful opera festival every year. And our walk to the top of the agora, with incredible views over hillsides, mountains and surrounding villages, was magical.

Other must-sees are in Antalya itself. Take your pick from the old town of Kaleiçi with its authentic market, the incredibly rich Antalya Archeological Museum, and what is said to be the world's largest tunnel aquarium. Nature lovers can marvel at the spectacular Termessos National Park, while thrill seekers, especially children, can go wild at The Land of Legends theme park.

Anyone looking to buy souvenirs should look no further than Belek. Only 4km away from the resort, and so a perfect cycling trip, this bustling little town comes complete with a beautiful mosque and cemetery, typical cafes and endless shopping streets. We were spoilt for choice looking for presents and came away happy with football shorts, olive oil soap, 'evil eye' jewellery, spices, and a pair of handmade, embroidered cushion covers.

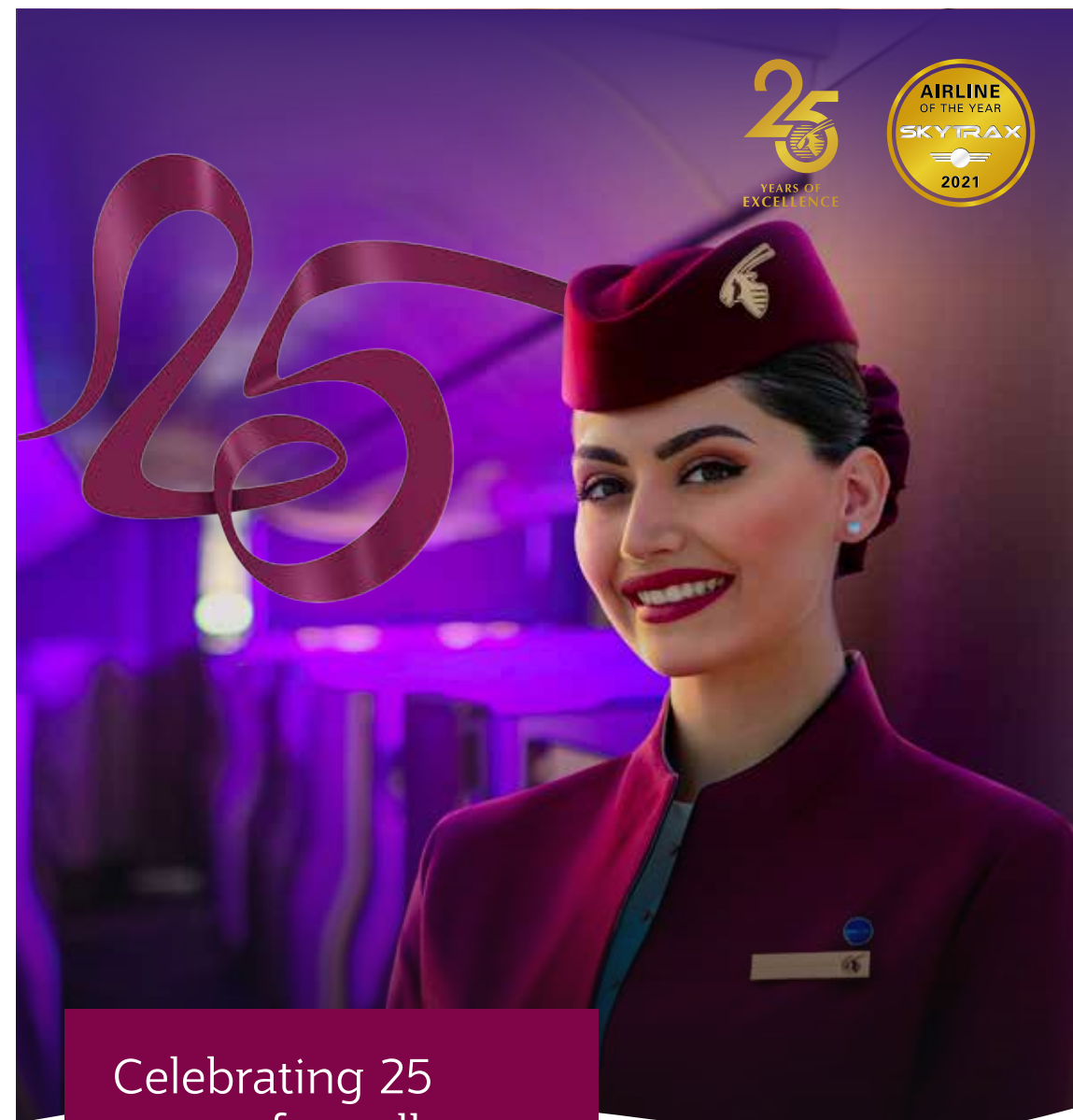
Path to Paradise

With many flights from Europe – especially France, Belgium and Germany – to Antalya offered by Turkish Airlines, Pegasus Airlines and Corendon Airlines, taking around four hours, reaching your holiday dream is easy. And from Antalya airport, Calista will pick you up to make the 40-minute journey in a standard black cab or a stunningly luxurious VIP affair with plush beige leather seats, home video and overflowing mini bar. An incredible start to a perfect holiday.

Liz Newmark was a guest of Calista Luxury Resort and The Kaden Group.

www.calista.com.tr

www.thekadengroup.com ⓘ



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GOING PLACES TOGETHER

Magnificent Monaco

Mark Browne takes a trip to Monaco and its glittering capital Monte Carlo for a perfect luxury break



The Hotel Metropole retains its 'Belle Epoque' charm

Renowned as a playground for the rich and famous for over 150 years, Monaco remains a prize destination for those wishing to indulge in a luxury get-away.

Cosseted by the surrounding French riviera, the tiny principality of Monaco is the world's second smallest country, but also one of the wealthiest with among the world's highest GDP per person. More than three quarters of its residents have moved there from other countries, drawn by its great climate, seaside location – and the attractions

“A PRIME LOCATION FOR HIGH PROFILE INTERNATIONAL EVENTS”

of a zero income tax regime.

Its reputation as a destination for the wealthy really began in the 19th century following the decision of the ruling Grimaldi royal family to build an extravagant casino. This in turn led to the construction of luxury hotels and related facilities – as well as generating enough revenue to facilitate the waiving of income taxes for residents. Over the years this has led many of its wealthy patrons wishing to become residents and not merely visitors.



Relax in the Karl Lagerfeld-designed pool area

What to do

With such an enticing local market as well as elaborate facilities to cater to those wishing to indulge in luxury holidays, Monaco has become a prime location for high profile international events such as the iconic Formula 1 Grand Prix or the yacht show. However, there are famous headline events nearly every month, including the Monte Carlo circus, the historic Grand Prix, the spring arts festival, the Jazz festival or the Monte-Carlo Rolex tennis masters. All of these can form an interesting backdrop to any trip and provide the perfect excuse to take a trip here to witness one of these “bucket list” spectacles, but the Principality has much to offer visitors at any time of the year.

The Monte Carlo casino itself remains a huge draw. An architectural masterpiece designed by Charles Garnier, who also built the majestic Paris Opera, the Casino was built in 1863 and is adorned with frescoes, bas-reliefs, sculptures and caryatids, as well as an impressive gold and marble atrium. It is also home to the Monte Carlo Opera, which stages world famous productions.

Monte Carlo is home to multiple art galleries and museums, with my highlights including the Monaco Top Car collection, the stamp museum, the naval museum and the marine science museum. It is also an excellent venue for a shopping expedition, with discreet boulevards filled with elegant boutiques.

The main harbour area, Hercule Port, is also a prerequisite for any visit. Lined with extravagant yachts waiting to be admired, it is an attraction in its own right. The harbour area can also be the base for nautical excursions, whether along the coastline of the Riviera or just to venture out to admire the city gazing back from the Mediterranean.

“THE CASINO REMAINS A HUGE DRAW”

Where to stay

Monte Carlo is naturally well supplied with 5-star luxury accommodation options. I would particularly recommend the Hotel Metropole. This combines an excellent location and the highest of luxury standards in a historic site. Dating back to the 19th century, the Hotel Metropole is the only independent 5-star hotel in Monte Carlo. Retaining its “Belle Époque” style charm, it has been re-



Spa Metropole by Givenchy

“ THE ONLY INDEPENDENT 5-STAR HOTEL IN MONTE CARLO ”

refurbished and modernised in recent years to meet the demands of a modern international clientele.

The hotel does not only attract from its architectural features and the generously proportioned guest rooms and lobby areas. Its stand-out features include the unique Spa Metropole by Givenchy which provides “Haute couture” sensorial and tailor-made experiences in a luxurious setting and Odyssey, the Karl Lagerfeld-designed outside pool area. For dining, look no further than Yoshi, the only Japanese restaurant on the Côte d’Azur to be awarded a Michelin star since 2010.

“ TO ARRIVE IN STYLE, TAKE A HELICOPTER ”

How to get there

Monaco is well served by the local airport in nearby Nice: Nice Côte D’Azur. Guests can take a taxi or coach direct to Monaco from Nice airport, or go into the city and then take a short train ride over the border into Monaco. The train provides stunning views along the coastline as it snakes along the sea by the cliffs, with beautiful spots such as Cap D’Ail.

For the best views, to arrive in style, you can even take a helicopter directly into Monte Carlo. Monaco is also easily reached via other Southern France airports by train or hire car. Finally, if you want to arrive by boat, there are regular excursions from Nice. These include day trips which return guests over the border by evening after a day exploring the principality.

Mark Browne was a guest of the Hotel Metropole. ①



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

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Tender Thai dishes with spices to warm up a winter evening

Three decades of service and success... That is **Les Larmes du Tigre**, a popular Thai resto in Brussels.

It is set in elegant and atmospheric surroundings and is as popular today as it ever was. The rest has managed to survive the health pandemic which forced some restos to close while others are still suffering the economic fall out.

In fact, there is something to offer customers right through the week at this lovely restaurant.

Its take-away brings fine Thai food direct to your home: just select from the long menu and the resto will do the rest.

On weekdays, its lunch offering consists of three courses: a starter, a main dish and coffee for a mere €19.50 while on Thursday evenings, the chef invites you to rediscover the real taste of Thai cooking.

On Sundays, it offers the Les Larmes du Tigre Thai Buffet, at noon and evening, at just €38, again a snip, with a selection of starters, soup, main courses and dessert.



You might be looking for somewhere to eat after a shopping expedition nearby. If that is the case, or you just value good Asian food, you would do well to dine at this fine eatery.

The food is well prepared and the service is just as impressive. On Google, this place has been rated a lofty 4.3 by its customers.

For those not familiar with it, Thai cooking places emphasis on lightly prepared dishes

with strong aromatic components and a spicy edge.

There are five main flavours in Thai food.

These are: salty, sweet, spicy, sour, and creamy. For the dish to taste authentic, all five flavours need to be in a perfect balance. Cooking Thai food isn't easy, and if the flavors don't complement one another, something will taste off.

Customer reviews speak volumes for the quality of this restaurant.

Take this one for instance: "The oldest Thai in town. A place of reference. The immutable decor has seen people passing through Brussels for more than 20 years at least. The menu is really authentic, in the kitchen there are only Thais. The new direction had the intelligence to preserve what made the salt of the time of the creator."

Another satisfied customer recently wrote: "The tears of the tiger are one of the great oriental restaurants in Brussels. They are renowned for their sober decor and their charming welcome. The cuisine is Thai style and can be very, very spicy."

There is a great choice of starters and fish, meat and poultry on the mains menu. You can accompany a great meal with some fine wines too. Considering the top quality the prices are very reasonable. A real win win for all.

It is undeniable that Thai cuisine has become a national favorite in Belgium and other countries.

There are many Thai restos in the city of Brussels and its environs but this has to be one of the best. Note it is closed on Mondays.



Les Larmes du Tigre
Rue de Wynants 21, 1000 Bruxelles
+32 2 512 18 77



Le Mangeoire, Café-Bistro

A little bit of chi-chi Paris
in the heart of Brussels

When I first moved to the Place de la Liberté quarter of Brussels, which also has the very pretty and evocative name of Notre Dame aux Nieges, there really wasn't very much in the way of eateries on Rue du Congrès. There was the Titanic, a traditional brasserie, which - unlike its namesake - has proven very resilient, but that was pretty much it.

This was surprising since the street - if you block out a few more recent abominations - is attractive and was part of the reimagining of the area carried out in the 1870s. The Rue du Congrès is wide and elegant and leads to what is considered one of Belgium's most important memorials, the commemorative Colonne du Congrès which marks the first Belgian national congress in 1830, but also became the Monument to the Unknown Soldier after the First World War.

It took two Parisians visiting Brussels to look at this street and see its potential. Together's Catherine Feore met with the co-owners Jérémy and Camille. "We came to Brussels just for the weekend, we'd never been before, so we thought we'd just check it out. And so we came and we fell in love with the city," says Jérémy. Three months later they had moved to Brussels and set up what was at first an épicerie.

Metro, boulot, dodo

Though Parisian to the tips of their fingers, the daily grind of life in the 'City of Light' can remove some of the shimmer. "Paris for me, is one of the most beautiful cities in the world," says Jérémy. "You have great foods, great places, but after that it's just, you know, it's a big city. So there's a lot of stress. Brussels,





“YOU SHOULDN'T EAT LESS WELL IN A RESTAURANT THAN AT HOME”

french fries. There's always an option for vegetarians and vegans.”

As a regular and a local, I would add that their dishes are accompanied by well-chosen and often lesser-known wines. You can also enjoy these with delicious and distinctive cheese and charcuterie. In fact, I would say there is little more enjoyable in this world than sipping a glass of wine at Le Mangeoire, nibbling some very fine salami and watching the sun disappear behind the Colonne du Congrès.

Camille enjoys that they welcome international clientele, “we meet people from all over the world, there are many people who come from the European Commission and further afield.” In turn, it is clear from comments that their clientele enjoy the warm service they receive when they cross the portal.

Eight years on from that first weekend Le Mangeoire is very much an established part of the quarter. Le Mangeoire was renovated at the start of the year and a few years ago there was a new addition, when Louis joined the family.

Le Mangeoire is open for lunch from 12 from Monday to Friday, it also open on evenings from Monday to Thursday from six onwards.

Le Mangeoire

Rue du Congrès 34, 1000 Bruxelles
lemangeoire@gmail.com



it's more like a village and that's what we appreciate about it. I have two children in Paris, so I go back every two weekends, so in a sense I get to appreciate both.” Camille adds that starting a business like theirs in Paris would have been very expensive.

Jérémie and Camille were no strangers to the food business. Camille's parents own the oldest Italian grocery in the centre of Paris. Jérémie had worked in bistros with over a hundred covers. Le Mangeoire, even when at its busiest, always feels relaxed and that is because Camille and Jérémie are consummate professionals.

“Our food is seasonal. In Italy we say that you shouldn't eat less well in a restaurant than at home. Which unfortunately is the case in some restaurants,” says Camille. Jérémie describes the food as French/European inspired for the most part: “We like the classics: magret de canard, boudin noir, veal, tartare, but because we aren't like your normal restaurant we serve these dishes with lots of fresh vegetables, rather than say



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What's On Belgium ?



Belgian fans of "Hot Wheels Monster Trucks Live" are gearing up for a New Year treat. The lauded truck show is heading for Antwerp for the first time ever early in 2023 as part of a European-wide tour.

It is the only show in Belgium and fans are advised to snap up tickets quickly as demand is likely to be fierce.

Fans of all ages will experience the thrill of watching their favourite «Hot Wheels Monster Trucks» in the dark at Antwerp's Sportpaleis venue on 4 and 5 February for three epic performances.

The hugely popular family entertainment will give a Belgian audience the only opportunity to watch their favourite trucks, including Mega Wrex, Tiger Shark, Boneshaker and Bigfoot plus the all-new Gunkster. All will perform outrageous monster truck competitions and battles.

The show will also feature a dazzling dance

party, spectacular laser light shows and a special appearance from the car-eating, fire-breathing transforming robot Megasaurus plus freestyle motocross.

A "Crash Zone Pre-Show Party" will give fans access to the competition floor to see the designs and size of these mega trucks. Each pass includes an autograph card plus a souvenir pass and lanyard exclusive to Crash Zone attendees. The tour is a partnership between Mattel, Live Nation, and Raycom-Legacy Content Company, LLC.

Show times are as follows:
Saturday, 4th February 2023, 11h30
- Crash Zone, 9h00
Saturday, 4th February 2023, 18h30
- Crash Zone, 16h00
Sunday, 5th February 2023, 11h00
Crash Zone, 8h30

* Tickets and event information are available at www.hotwheelsmonstertruckslive.com

LA REVUE DES GALERIES

Bernard Lefrancq
Angélique Leleux
Pierre Pigeolet
Marie-Sylvie Hubot
Gauthier Bourgois
Natasha Henry
Denis Carpentier
Frédéric Celini
Max Stofkooper et
Bénédicte Philippon

Mise en scène : Alexis Goslain
Décor : Francesco Deleo
Costumes : Fabienne Miessen et Maria Spada
Lumières : Laurent Comiant
Chorégraphies : Kylian Campbell
Réalisation musicale : Bernard Wrincq



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LE SOIR

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What's on

The Nutcracker

Is anything more magical in the festive period than a production of the Nutcracker. Brussels International Ballet will be presenting Tchaikovsky's Nutcracker and Swan Lake in the Cirque Royal between 1-4 December. It was with regret that the Kyiv City Ballet couldn't perform this year.

The action begins on Christmas Eve. A little girl, Clara, receives a nutcracker as a gift that her brother breaks and is then repaired. Later that evening Clara sneaks downstairs to be with her treasured present and falls asleep. When she wakes up she finds herself in a strange and magical world with a Mouse King and a Sugar Plum Fairy among others.

A feast for the eyes and ears.

www.cirque-royal-bruxelles.be

Alexandrie, Alexandra!

Alexander the Great was fond of naming cities after himself, but Alexandria in Egypt at the mouth of the Nile eclipsed the others becoming a renowned centre of learning. The legendary Library of Alexandria contained thousands of scrolls of Greek, Hebrew, Mesopotamian literature, philosophy and religion, as well as artefacts drawing scholars from around the Hellenic world and beyond. The 'Alexandria: Past Futures' exhibition brings together 200 artefacts from European museum collections to marvel at this great centre of ancient civilisation. The city was at the height of its glory between the third century B.C. and the fourth century A.D., but the exhibition also touches on the Byzantine, Arabic and Modern period, as well as adding twenty contemporary works. The exhibition will be in the Bozar until 8 January.

www.bozar.be

More Tchaikovsky?

Can't get enough of Tchaikovsky? Have no fear, in the new year La Monnaie will present an evening of ballet music, including extracts from Swan Lake and the Nutcracker, as well as pieces by Prokofiev and Glinka (8 December). They will also start their production of Eugene Onegin on 22 January, tickets go on sale late December.

The opera is based on the novel of the same name by Pushkin. The tumultuous story deals with fate and love. What happens when you reject a young woman's love? Challenge your best friend to a duel? Well, I won't spoil it, but don't try this at home, as they say.

www.lamonnaiedemunt.be

Brussels Jazz Festival

2023 opens with the emblematic event for jazz lovers: the Brussels Jazz Festival - not to be confused with the Brussels Jazz Marathon later in the year. The new edition will be bundled up in one extended weekend (12 - 15 January) that will make Brussels beat to the rhythm of European jazz.

On the line-up: many young talents to discover, a day dedicated to the ECM label which was home to artists, such as, Keith Jarrett and Chick Corea, as well as three projects for which the Belgian trombonist Nabou Claerhout who has been given carte blanche. A not-to-miss event that will treat you to many unforgettable concerts.

www.flagey.be/brusselsjazzfestival

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ACTUELLEMENT AU CINÉMA - NOW PLAYING

LIFE OF LEISURE

What's on

Picasso and Abstraction

The Royal Museums of Fine Arts, in partnership with the Picasso-Paris National Museum, is hosting a major exhibition dedicated to Pablo Picasso. Picasso is probably the most important artist of the Modern Age - and indisputably the most well known. 2023 marks the 50th anniversary of his death in 1973. The exhibition explores the artist's relationship with the abstract movement.

Picasso might be spinning in his grave at this prospect, given that he expressed his horror of what he called "so-called abstract painting" in interviews. He may never have been what is understood as an abstract painter, though he certainly dabbled with the idea; there is, however, no denying that Cubism inspired a generation of Abstract painters.

Another theme of the exhibition is that of the artist's studio as a laboratory. The drawings and preparations work unfurl the creative process involved in Picasso's thinking and development of a piece, this peak behind the scenes may be the most illuminating aspect of the exhibition. The exhibition closes on 12 February.

www.fine-arts-museum.be



What's on



Shin hanga - The new prints of Japan (1900-1960)

Sometimes overlooked, I have always enjoyed taking visitors to the Plaster Cast Workshop in the Art and History Museum in Parc Cinquantaire. However, the current exhibition of Japanese shin hanga (new prints) featuring 220 Japanese prints from two private collections in the Netherlands, as well as sketches, studies and prints from the collection of the grandson of the publisher Watanabe is wowing visitors. The works use traditional woodblock printing techniques and form a bridge between classical themes in Japanese art but also reflect a modernizing Japan.

The artists include Kawase Hasui, Ito Shinsui, Ohara Koson, Kasamatsu Shiro and Komura Settai. The artists include Kawase Hasui, Ito Shinsui, Ohara Koson, Kasamatsu Shiro and Komura Settai.

The exhibition is open until 15 January.
www.artandhistory.museum ❶

ART & HISTORY MUSEUM



What's going on International?



We've already shared some travel advice on visiting Amsterdam, but this is a great time of year to go as the Amsterdam Light Festival will start 1 December and run to 22 January.

This is the 11th annual canal-side Light Festival. The event has become one of the best winter festivals in Europe, which sees the city transformed into an illuminated open-air gallery. Twenty commissioned light-inspired artworks will be placed in and along the canals of Amsterdam Centre-East.

Amsterdam's canal belt will sparkle with light sculptures, art installations and projections. Whether you choose to enjoy the illuminated art by foot, by boat or by bike, the Amsterdam Light Festival will make your winter sparkle like no other.

This year's theme is 'Imagine Beyond': "The world around us is temporary and can seem very different in an instance. We have all experienced this very recently. However, the power of our imagination remains! With



imagination we can exceed the here and now, to imagine the day of tomorrow however we want. Let the artworks carry you to different worlds. Look through the light and let your fantasy run wild. What do you see? Are we talking to lamps? Do we only have virtual bridges? Does the water flow up? Join us on this journey and experience it for yourself!"

I have no idea what that all means, but Amsterdam is a quirky city with real charm. This is a chance to see what will be some interesting installations, without having to set foot in a museum. Let's face it, no one is going to allow you to walk around the Rijksmuseum with a large glass of gluhwein in your paw.

You can walk around with the aid of a map, which can be purchased for the small sum of €7.50 that you can order online. Or you can push the boat out, literally, and opt for admiring the art works from a heated canal boat, from €26.50. There are all sorts of options!

www.amsterdamlightfestival.com ❶

The most exciting concerts and shows in Brussels

25.11 11.01 Clara Luciani

12.12 Rosalía

10.12 Bonobo

13.12 Dutronc & Dutronc

18.12 Véronic DiCaire

VIP available

VIP available

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Cinema:

The best of the big screen

James Drew looks at three top movies showing in cinemas this autumn.



Black Panther: Wakanda Forever

Black Panther: Wakanda Forever is a 2022 American superhero film based on the Marvel Comics character Black Panther. Produced by Marvel Studios and distributed by Walt Disney Studios Motion Pictures, it is the sequel to Black Panther (2018) and the 30th film in the Marvel Cinematic Universe (MCU). The film is directed by Ryan Coogler, who co-wrote the screenplay with Joe Robert Cole, and stars Letitia Wright, Lupita Nyong'o, Danai Gurira, Winston Duke, Dominique Thorne, Florence Kasumba, Michaela Coel, Tenoch Huerta, Martin Freeman, and Angela Bassett. In the film, the leaders of Wakanda fight to protect their nation in the wake of King T'Challa's death.
Running time: 161 minutes.

Prey for the Devil

In response to a global rise in demonic possessions, the Catholic Church reopens exorcism schools to train priests in the Rite of Exorcism. On this spiritual battlefield, an unlikely warrior rises: a young nun, Sister Ann (Jacqueline Byers). Although nuns are forbidden to perform exorcisms, a professor (Colin Salmon) recognizes Sister Ann's gifts and agrees to train her. Thrust onto the spiritual frontline with fellow student Father Dante (Christian Navarro), Sister Ann finds herself in a battle for the soul of a young girl, who Sister Ann believes is possessed by the same demon that tormented her own mother years ago, and soon realizes the Devil has her right where he wants her... and it wants in. Directed by Daniel Stamm (The Last Exorcism (2010), 13 Sins (2014)).
Running time: 93 minutes.

The Invitation

The Invitation is an American horror thriller film directed by Jessica M. Thompson (The Light of the Moon (2017)) and written by Blair Butler. The film stars Nathalie Emmanuel and Thomas Doherty. Inspired by the novel Dracula by Bram Stoker, the film follows a young woman who, following her mother's death, meets long-lost family members for the first time, only to discover the dark secrets they carry with them.
Running time: 104 minutes.

Prey for the Devil

She Said is an American biographical drama film directed by Maria Schrader (I'm Your Man (2021)), from a screenplay written by Rebecca Lenkiewicz. It is based on the 2019 book of the same name by Jodi Kantor and Megan Twohey, the journalists from The New York Times who exposed Harvey Weinstein's history of abuse and sexual misconduct against women. The film stars Carey Mulligan and Zoe Kazan as Twohey and Kantor, respectively, alongside Patricia Clarkson, Andre Braugher, Jennifer Ehle, and Samantha Morton in supporting roles, with Ashley Judd playing herself.
Running time: 129 minutes.

Whether you are a coffee lover or looking for taste sensations, Corica is a unique and friendly specialty coffee bar that you absolutely must discover.

Corica has a coffee tasting counter as well as a retail sale counter, where you can discover 28 kinds of Arabica roasted in the traditional way in Belgium.

A real institution in Brussels, the brand has a long history tinged with tradition and passion which began in 1850 rue Haute. In 1902, it was bought by the Wulleman family and it was in 2011 that Harold Anciaux and his mother bought Corica.

Harold Anciaux: "I learned the secrets of the coffee roasting trade with the Wulleman family. By taking over the brand, we have upgraded the technicality of the machines and invested in research and development in order to sublimate the coffee in what it can be so special and surprising about it. It is a local product whose taste depends on many factors including the origin of the plant, its sunshine, the picking, the drying, the roasting and finally the extraction by the barista. Also, for a good espresso we can count on a staff well trained in the techniques of using high-end machines in order to best develop the aromas of the coffee. »



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The successful objective of Corica is to offer exclusive products that cannot be found anywhere else while remaining affordable with a coffee starting at 2.50 euros. Here, there is something for everyone: ristretto, espresso, americano, latte, shakerato, etc. and homemade iced tea. Corica offers a nice selection of teas and all the accessories and machinery to make a good coffee.

When you pass the door of Corica, you are surprised by the family and warm atmosphere of the place reminiscent of Italian counter cafes. The decor is neat with a dominance of white and black and touches of wood. But the main focus is on the customer. The staff carefully seeks what will please you according to your preferences and your origins. "A person from southern Europe often drinks a very roasted, bitter and full-bodied coffee, while in the north we generally prefer a more acidic coffee. With our range we can offer the customer what he likes and over time make him discover more special things. »

In wine we detect between 200 and 300 aromas, in coffee we approach 3000 possible flavours. We will therefore be happy to taste a coffee with floral, vegetal, fruity, hazelnut, chocolate, praline, nuts, saline or biscuit notes. With a rotation of coffees offered à la carte, each visit promises us a moment of discovery and conviviality as there are few.

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Kerkstraat 153 · 1150 Bruxelles (Sint-Pieters-Woluwe) · Belgien
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