

SUMMER 2023 #127

# Together

magazine

## Travel

ANDALUSIA  
THE AZORES  
HOMANIE VILLAS

## WHAT'S ON?

Liquid Imagination  
MIX  
Summer festival

## PERSONAL DEVELOPMENT

Make the most of your summer  
Six-point checklist for powerful presentations

## POLITICS

Spanish EU  
presidency

## FASHION

*Romantic obsession  
Glamour in the sun*

## Wine

ALVEAR

## DINING

ANJU Seoul food  
Viva HISPANIA

## INTERVIEW

# Chris Evans



BELGIUM, LUXEMBOURG €4,80

WWW.TOGETHERMAG.EU

RENT

DEFENDER



## RENT YOUR ADVENTURE

Ideal for a weekend of boundless enjoyment. You drive to your destination in the utmost comfort, and then just unfold the tent. This is travelling and enjoying in style.

**Defender with Thule Roof Tent:** €175 per day\*

Discover all other Land Rover RENT models on our website.

**Land Rover Brussels** - [www.jlrbrussels.be/rent](http://www.jlrbrussels.be/rent)

**Land Rover Brussels East** - Zaventem Leuvensesteenweg 432, 1930 Zaventem T. 02/669.01.40

**Land Rover Brussels South** - Waterloo Chaussée de Bruxelles 750, 1410 Waterloo T. 02/389.09.09

**Land Rover Brussels West** - Drogenbos Grote Baan 334, 1620 Drogenbos T. 02/333.09.50

\*Rent for 3 days or more.



## Editor's LETTER

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



Chris Evans: "I like diversions,  
I like new types of characters"

## Y Viva España

Summer is here, hallelujah! It's time for a break to relax and to recharge. In this edition Robbie Stakelum stresses the importance of relaxation and making sure that we don't over programme our holiday time. Having taken six weeks of holiday last year, I can say categorically that it makes a massive difference to body and soul.

However, if you find yourself in Brussels do not fear, we will be keeping you briefed through *Together* online of all the wonderful things to enjoy in Brussels and Belgium, from festivals to rooftop restaurants. Summer in the city can be fun too!

Nicholas Sirot introduces you to some of the best sun-protection products and Karen Northshield looks into why the sun and summer vibes make us feel so good.

Spain is a source of inspiration for this edition. With vibrant cities and beautiful landscapes, Spain has it all. In terms of wine, Spain is well known for its Riojas, Ribera del Duero, Albariño and delightful Cava, but the fortified wines of Andalusia are often overlooked, we visit the Alvear Bodega in Montilla near Cordoba to find out more. And, if you want to enjoy Spanish cuisine here in Brussels, why not visit Hispania on the Sablon.

Felices vacaciones!

**Catherine Feore**

Editor

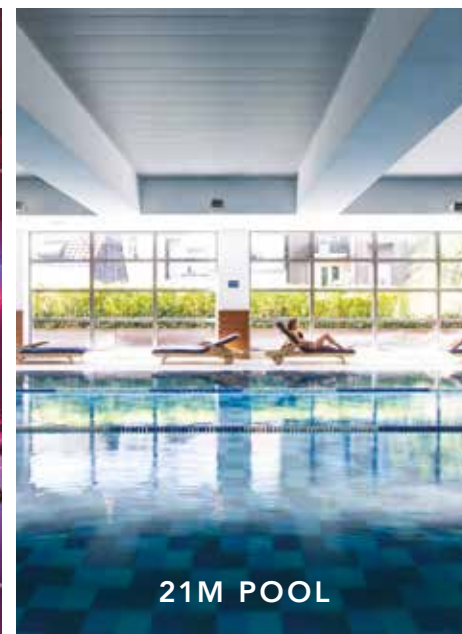


MORE SPACE  
MORE VARIETY  
FOR OVER 20 YEARS

THIS IS  
WELLBEING



3 NEW STUDIOS



21M POOL



200+ CLASSES

JOIN NOW WITH ONE  
MONTH ON US

ASPRIA

Subduing through dreamlike allures, intriguing with atypical contours, in each production, FOCUS continually renews its original intention: to suspend fire in an almost unreal fashion.



For more than fifty years, the brand has breathed its soul into each of its fireplaces, reinventing the flame to better sublimite it. Beyond the secret of wood or gas combustion, FOCUS combines technical savoir-faire with the ambition to create objects with magnetic flair. Their design sets the tone and anchors an atmosphere, whether summer or winter, across the year.

With a bold, organic silhouette, even when extinguished, each chimney captivates. As a result of its multi-award winning and its multiple projects for renowned names such as Renzo Piano and Norman Foster, the brand has carved out a special place through all it creates.

Our work has integrated itself into highly singular installations, and has made its way into contemporary art museums, major trade shows and as many publications. Telescopic or pivoting, staggering when they incite placing logs vertically; falling from the sky like a drop of water, opening like a window onto the depths of the Earth where magic roams, FOCUS fireplaces embody an artistic gesture that has conquered countless homes.





# Contents

SUMMER 2023

- 3 Welcome letter
- 8 Contents & contributors
- 12 Together online
- 14 Starring in Belgium
- 16 Charity: Autonomia



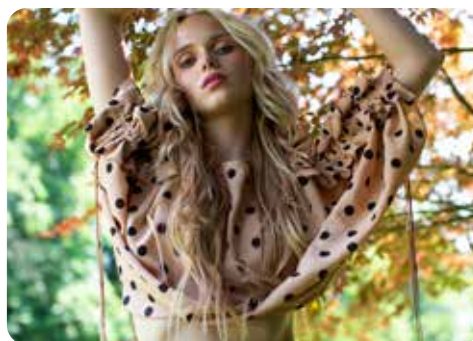
**Sport** 30  
Learn how to drive, chip and putt

## PERSONAL DEVELOPMENT

- 21 Fitness:** A parent's guide to sports training for kids and teens
- 26 Nutrition:** Savvy sports nutrition for summer fitness
- 30 Sport:** Learn how to drive, chip and putt
- 34 Self-help:** Summer vibes
- 40 Self-help:** Make the most of your summer
- 44 Education:** Garden of Eden
- 48 Self-help:** Six-point checklist for powerful presentations
- 50 Entrepreneurship:** To buy or create a new business, that is the question
- 56 Finance:** Unlocking the potential of ESG ratings
- 61 Entrepreneurship:** Niall Quinn - Manchester City Legend
- 64 Real estate:** Schaerbeek - Return of the Golden Age
- 74 Be successful books:** Business thrillers
- 78 Politics:** Spain in the spotlight



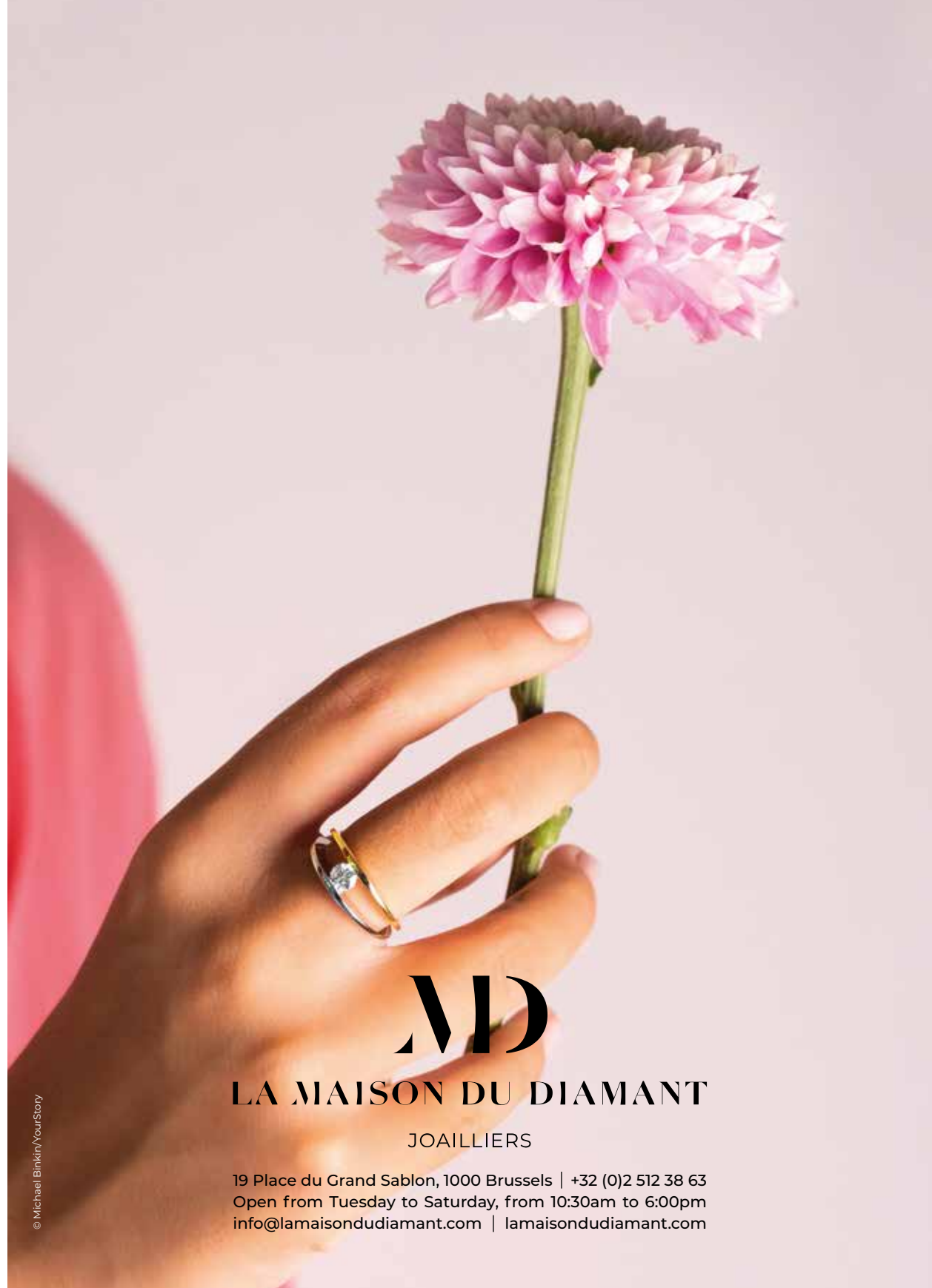
**Luxury** 81  
Homanie's exquisite hidden gems



**Fashion** 86  
Romantic obsession

## LIFESTYLE

- 81 Luxury:** Homanie's exquisite hidden gems
- 86 Fashion:** Romantic obsession
- 96 Beauty:** Sun-kissed beauty
- 101 Shopping:** Glamour in the sun
- 104 Shopping:** Sun, sea and sand
- 109 Interiors:** Designing the perfect kitchen



**MD**  
**LA MAISON DU DIAMANT**  
JOAILLIERS

19 Place du Grand Sablon, 1000 Brussels | +32 (0)2 512 38 63  
Open from Tuesday to Saturday, from 10:30am to 6:00pm  
info@laimaisondudiamant.com | laimaisondudiamant.com

# Contents

SUMMER 2023

**Together**  
magazine

PUBLISHER  
**David Mc Gowan**  
david@togethermedia.eu

DIRECTOR  
**Frédérique Juguet**  
frederique@togethermedia.eu

EDITOR & ONLINE EDITOR  
**Catherine Feore**  
catherine@togethermedia.eu

ACCOUNT MANAGER  
**Thomas Deslée**  
thomas@togethermedia.eu

**Arnaud Declerck**  
arnaud@togethermedia.eu

**Benjamin Lethem**  
benjaminlethem@togethermedia.eu

**Stéphanie Grofilis**  
stephanie@togethermedia.eu

**Maxime Genart**  
maxime@togethermedia.eu

PROOFREADER  
**Jeff Holden**

ART DIRECTOR  
**Nicholas Sirot**

DESIGNER  
**Caroline Viaene**  
caroline@spring-agency.be

SOCIAL MEDIA MANAGER  
**Eline Lonchay**  
hello@elinelonchay.com

CONTRIBUTORS  
Arnon Barnes, Liz Cassidy, Matthew Cossolotto,  
James Drew, Doug Gordon, Robert Holton,  
Nuala Morgan, Karen Northshield, Robbie Stakelum

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

**Make sure that you get  
your montly printed magazine**  
Just send an email to [subscribe@togethermedia.eu](mailto:subscribe@togethermedia.eu)

For advertising sales rates please consult  
[www.togethermeg.eu](http://www.togethermeg.eu)

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



## Celebrity interview

Chris Evans

113



## Travel

Andalusia

120

## LIFE OF LEISURE

**113 Celebrity interview:** Chris Evans

**120 Travel:** Andalusia

**126 Travel:** The Azores

**131 Wine:** Alvear

**135 Dining:** ANJU - Seoul food

**141 Dining:** Viva Hispania

**144 What's on Belgium**

**156 What's on International**

**158 Film:** Cannes 2023

**160 Cinema News**



T H E X M



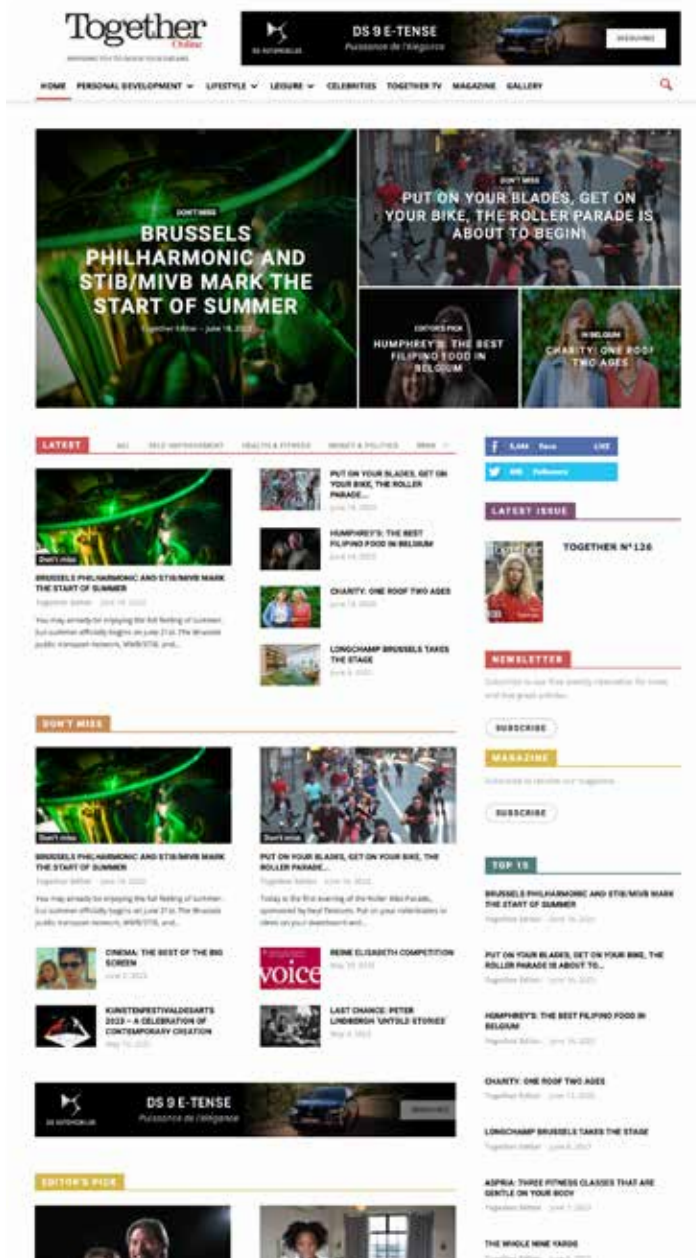
Environmental information (RD 19/03/04): [bmw.be](http://bmw.be)

1,4-1,6 L/100 KM • 32-36 G/KM CO<sub>2</sub> (WLTP)





Be inspired on  
www.togethertmag.eu



### Learn how to drive, chip and putt

If you haven't discovered the pleasure - and occasional frustration - of the golf course, summer is the perfect time to give it a whirl. Pierpont golf course is one of the finest clubs in Belgium. Meet golf pro Justine Dreher and learn how coaching can help you learn, but also refine your game, and hopefully improve your handicap.

### Korean soul and Korean Seoul food

Visit the wonderful 'Liquid Imagination' exhibition in the Korean Cultural Centre on the Sablon. The exhibition brings together five very different artists each with very different perspectives. We also visit the latest endeavour of Michelin-starred Belgo-Korean chef Sang Hoon Degeimbre: ANJU.

### Travel: Ten things to do in Andalusia

Impossible to make a comprehensive list of everything you must see and do in Andalusia. Nevertheless, *Together* has chosen just ten. From Granada's Alhambra to the beaches of Marbella, there is something for everyone.



## The Belgian Diplomatic Tax Free Fleet Card Free of charge

### TotalEnergies exclusive benefits for diplomats in Belgium!

#### Thanks to the TotalEnergies Tax Free Fleet Card:

- CD** You access to the largest network of service stations: ± 530 service stations across Belgium.
- CD** You enjoy the best tax free fuel price on the Belgian market.
- CD** You benefit from our outstanding **Loyalty Program through the TotalEnergies Club Card:** FREE ROADSIDE ASSISTANCE in Belgium and in 35 countries in Europe! Earn LOYALTY POINTS on fuel purchases.

Benefit from the EV option right now. If you switch to electric, or if you have an electric vehicle, TotalEnergies can provide you with a card to access our extensive network of charging stations. To request one, please contact your account manager.



**TotalEnergies**



For all request, please contact :  
+32 (0) 2 288 99 36 | diplomatic.totalbelgium@totalenergies.be  
www.diplomatic-totalenergies.be

# Starring in Belgium

We suggest three hot tickets



## Belgian Grand Prix at Spa Francorchamps

Rev up your engines, the 2023 Belgian Spa Francorchamps Grand Prix takes place from 28-30 July. Spa is often cited as one of the best tracks by drivers and fans. Driver and car are put to the test around one of the most challenging and scenic tracks in the world, winding through the trees of the Pays de Stavelot. The weather at Spa is also famously unpredictable, it can change quickly and can even vary across the track. It is notorious for being the site of one of the most expensive crashes in Formula 1 history, when a wet start in 1998 caught most of the grid in a crash. The noise is intense, the rivalry palpable and with a bit of good weather it makes for a great few days out. The question is, will anyone be for stoppin' Verstappen. [www.spagrandprix.com](http://www.spagrandprix.com)



## Iron Maiden - The Future Past Tour 2023

The Future Past does sound a little like a grammar tour, but fear not, this is Iron Maiden with a discography that includes frightening names like: *The Number of the Beast*, *Killers* and *No Prayer for the Dying*. Among the cognoscenti of metal, Bruce Dickinson is considered to be one of the greatest heavy metal vocalists of all time. Given that they have now racked up over 45 years of rocking around the world, this claim has certainly been put to the test. These guys are hardened and enduring stadium rockers, in some ways a dying breed, and not just for teenage dirtbags! [www.sportpaleis.be](http://www.sportpaleis.be)



## Christine and the Queens

Here's a quick heads up for Christine and the Queens tour following the announcement of her new album 'PARANOÏA, ANGELS, TRUE LOVE', released on 9 June 2023. It will be possible to catch her at Rock Werchter, but if you've missed that, or just don't fancy queuing to use a portaloos, she will be back in Brussels on 12 September at the Cirque Royal (Brussels). PARANOÏA, ANGELS, TRUE LOVE was written, performed and produced by Christine and the Queens, co-produced with Mike Dean (*Beyoncé*). Chris describes the new album as an operatic gesture: "The album is the key to the transformation to an open heart, a prayer for the self, the one who breathes and comes to life through all the loves of which it is composed." [www.cirque-royal-bruxelles.be](http://www.cirque-royal-bruxelles.be)



Our Family Tools  
help keep your family  
safer on Instagram.

### Default Private Accounts

Instagram accounts for teenagers are set to private by default, so what they post stays private to them and their followers.

### Daily Time Limit

Helps you set healthy habits with your teenager by capping time spent on the app.

### Supervision Tools

By setting up Supervision together, you can see who your teenager follows and who follows them back.

Explore these and our other tools and features like Sensitive Content Control, Education Hub and the Family Centre at [instagram.com/familytools](https://www.instagram.com/familytools)



# Autonomia

**Nuala Morgan** met with founder of the Autonomia association Cléon Angelo to learn how they are changing perceptions and finding solutions

You may have come across a three-metre high sculpture while walking through Fontainas Park in Brussels City centre. It is a take on the International symbol of access (you know the one, a stylised person in a wheelchair on a blue background), but with a difference. The wheel is in the form of a pentagon, representing the form of Brussels' inner ring, but also the difficulties wheelchair users have in accessing the city. It is the brainchild of Brussels-based artist and founder of Autonomia association, Cléon Angelo. "We want to demystify the experience of wheelchair users and change mindsets using art and culture," he explained. The sculpture, one of five in different Brussels communes, is part of the 'Chais'art' project, one of the many actions led by Autonomia to make life in Brussels more accessible and wheelchair users more autonomous.

"As a wheelchair user myself, I had to search for so much information to navigate daily life. I wanted to make this available to as many



people as possible, so I created the Autonomia association, already nearly 35 years ago!" Cléon explains that Autonomia is first and foremost a platform, cataloguing an impressive number of tools, guides and support for those with accessibility constraints. The association's vision is an inclusive world, where everyone has a place. "We



MOVING MOMENTS

**ORIENT**



want to call out discrimination, and change the way handicaps are represented,” continues Cléon.

The website is a veritable goldmine of information. In the ‘HandicApp’ section, a large range of mobile applications are reviewed, covering a range of needs from personal health and organisation, to housing and security, transport and travel. The apps are reviewed by a team of students and volunteers, working across 15 different teams, so they can be filtered by different forms of disability. “Our aim is to facilitate the daily life of the person with a disability. It’s so important to have autonomy and control wherever possible. There are so many areas where this isn’t even a question for the able-bodied.” Some of the apps are destined for general use, like apps to remotely control blinds, or electronic equipment, which can be of particular help to those with physical disabilities. Others are more specifically targeted to people with disabilities, like the accessibility guide to the Brussels public transport (STIB).

The focus is not only on Brussels. For tourists taking a summer break, there are accessibility guides for 12 European countries like Italy, Croatia and Spain, with more promised to come. “I think we are the first to have created a European repertoire of accessible taxi services, a really useful service when wheelchair users are travelling abroad, but that had never been done before!” proclaims Cléon.

In addition to the practical guides, Autonomia is also tackling political issues linked to handicaps. The association is lobbying authorities to implement the Personal Assistance Budget. It is an individual budget for each disabled person which allows them to

organise the care and assistance they need. It has been running on an experimental basis in Brussels for 10 years, and for Cléon it is high time this budget is made permanent: “It favours the autonomy of the individual, allowing them to make the most pertinent choices for themselves.”

It is this constant focus on individual needs that makes Autonomia such a precious resource. Their latest project is aimed at matching employers with jobseekers, thereby increasing the employment rate of people with disabilities while helping employers become more inclusive. Belgium is one of the only countries in Europe where there is no obligation for private sector employers to employ a minimum number of persons with disabilities. In Brussels, there is a target of 2.5% in the public sector, but with no sanctions for not meeting it. This leaves Belgium overall with a lower rate of employment for people with disabilities than the European average (35% compared to 50%).

## “ I THINK WE ARE THE FIRST TO HAVE CREATED A EUROPEAN REPERTOIRE OF ACCESSIBLE TAXI SERVICES ”

“This is a new activity for us, and we are actively seeking employers to join our programme,” explains Cléon. “We closely accompany them to make the necessary adaptations.” Infographics showing how office space can be made accessible, or a checklist for an inclu-

sive workplace, are available.

For Cléon, the main priorities for advancing the quality of life and inclusion of people with disabilities are personal budgeting, mobility and housing. He says that public perception and political discourse has evolved over the past three decades, but that there is still a lot more to do. He is particularly sensitive to multiple discriminations and risks some people with disabilities are subject to, like violence against women. Known

## “ WE WANT TO DEMYSTIFY THE EXPERIENCE OF WHEELCHAIR USERS AND CHANGE MINDSETS USING ART AND CULTURE ”

as an ‘intersectional approach’, it takes into account the ways in which different aspects of a person’s identity - gender, race, disability - can expose them to overlapping forms of discrimination and marginalization. Statistics are difficult to come by as the topic remains taboo, but the available data shows there is a higher rate of violence against women with disabilities than against men with disabilities and a significantly higher incidence than women without disabilities. Cléon is adamant: “There is already a power imbalance between those with disabilities and those without. This is exacerbated for women with disabilities. Our campaign #stopviolencefemmesethandicap (stop violence women and handicap) draws attention to this issue.”

And it comes back again to raising visibility and changing perspectives. Coming back to sculptures in the park, the association is continuing its mission with an aim to have a sculpture in each of Brussels’ 19 communes. They have produced five so far - Brussels City, Anderlecht, Woluwe Saint Pierre, Koelberg and most recently, Uccle.

Buoyed by their artistic endeavours, the association curated an art exhibition ‘Art All Inclusive.’ It is an exhibition that gives a voice to contemporary artists with disa-



bilities. The exhibition invites us to rethink our relationship with difference and indifference, and to question the accessibility of public spaces and cultural venues. Art All Inclusive has enabled Autonomia to identify more than 144 artists with disabilities or artists who talk about disability through their work. The words and poems of Mustafa Kör take us on a journey towards a more altruistic and sensitive society. Caricaturist Sylvain DonG leaves no one indifferent with his meticulous and creative pencil strokes. Atelier 17 shares the work of 12 artists with mild to moderate mental disabilities. Finally, the exhibition reveals the Blind Photo project carried out by Adeline, Françoise, Isabelle and Laurence, all of whom are visually impaired. It was exhibited at the Durbuy History and Art Museum until April 2023.

If you are interested in the work of Autonomia, would like to volunteer your time or are interested in the jobability scheme, visit [www.autonomia.be](http://www.autonomia.be) ❶



# PERSONAL DEVELOPMENT

*Tee up for summer*



## A parent's guide to sports training for kids and teens

Aspria's Royal La Rasante club has an impressive approach to engaging and encouraging children to become healthier and happier



**H**ow many hours of physical activity do your children engage in each day? According to the World Health Organization (WHO), it should be at least 60 minutes, but only a small proportion are currently meeting this recommendation. In addition, the rate of childhood obesity in Europe remains worryingly high. But when encouraging children to get started with sports training, the key is not depressing facts - it's making it fun.

### Physical benefits of sports training in children

"If you want your child to get started with sports, you should make it a fun activity in a safe environment to go together as a family," says Caroline Boon, Academy Manager for Aspria Royal La Rasante. "Especially when they're younger, children will most likely quit something they do not enjoy."

## “ IT’S IMPORTANT TO SHOW YOUR CHILDREN HOW GREAT IT IS TO HAVE AN OUTLET FOR STRESS - WHICH SPORT IS PROVEN TO BE ”

In fact, staying healthy and maintaining strength and agility in adulthood is much easier to achieve if the habits are formed early on in childhood. “If a child is doing sports on a regular basis that they enjoy, they will develop a healthy exercise habit and continue in adulthood - and grow up less likely to develop obesity,” Caroline continues.

### Mental health and general wellbeing

In addition to physical health benefits, regular sport is increasingly linked to improved mental health and general wellbeing. “It’s important to show your children how great it is to have an outlet for stress - which sport is proven to be,” says Caroline. Another report by the WHO, published in The Lancet Child & Adolescent Health journal, found growing evidence that physical activity has a positive impact on cognitive development



and socializing - and that these benefits also continue into adulthood.

“The study highlights that young people have the right to play and should be provided with the opportunities to realise their right to physical and mental health and wellbeing,” says co-author Dr Fiona Bull, WHO. “Four in every five adolescents do not experience the enjoyment and social, physical, and mental health benefits of regular physical activity.”

Among the WHO’s advice is to find ways to increase your children’s physical activity outside school, where physical education lessons are normally offered only a few times a week.

### How to inspire children to get started with sports training

So how do you start? “Find an activity that your child enjoys and is capable of doing,” advises Caroline. “All children are built differently and not everyone will become the next swimming gold medalist or Olympic sprinter; forcing an activity onto a child will only lead to stress on both sides. If your child often comes last in competitive sports or is a slow runner, for example, they could lose interest in sport altogether. So listen to your children’s feedback and if they want to stop doing their chosen activity, try something else.”



Nothing is more magic than playing at home

Carlos Alcaraz. ISDIN ambassadeur

# FusionWater MAGIC

**ISDIN**  
LOVE YOUR SKIN





It can be hard to know where to start, especially if your child is reluctant to take on a new sport. "In the early ages it is best to find an activity that focuses on hand and foot coordination - throwing, catching, kicking - and general strength building," says Caroline. "Ball games are often popular, as well as multi-sports to keep things varied and fun. As they get older, I would always suggest team sports - they are great for teaching children necessary social skills."

Tennis and swimming are particularly popular sports at Aspria Royal La Rasante, so they've developed tailored Academies for each. "Swimming is a great way to build overall strength and work on coordination and stamina," says Caroline. "The same goes for tennis, where children need to be fast but also precise to hit the ball. Other po-

## "SUMMER CAMPS ARE A PERFECT WAY TO EXPLORE DIFFERENT ACTIVITIES IN JUST ONE WEEK"

pular options are dance classes and martial art classes."

### Summer camps

At this time of year, summer camps are a necessity for some working parents, but they can also be a great way to introduce children to new sports in a fun and safe environment. "Summer camps are a perfect way to explore different activities," says Caroline. "Maybe you'll find a new activity that you'll want to take further?"

### Practical info

Academy summer camps are for children aged between 3 to 17 years. The children and teens are split into age-appropriate groups.

There is a great variety of activities, from martial arts to yoga, or even cinema to programming activities. It is complemented by multi-sport activities and, depending on the programme, fun in the swimming pool.

Free childcare is available from 8.30 in the morning and between 17.00 and 17.30 in the afternoon. The prices for the courses include a hot meal and a piece of fruit for dessert at noon and a snack at 15.30. Members and non-members are welcome to summer camps.

**Explore the full range of activities for families at Aspria Royal La Rasante on [www.aspria.com](http://www.aspria.com)**



*Discover St John's, visit the school and meet our team. Book your Personalised Tour Today.*

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

**Tel: +32 2 352 0610**

An **inspired** school

# Savvy sports nutrition for summer fitness

**Liz Cassidy** advises on how to make sure your diet can help maximize your fitness goals



Summer is upon us. You're more energetic, more outdoorsy and notice exactly how well your exercise routine has served you, apparent in those muscles or lack thereof. Applying rules of thumb on food and fluid around your sports regimen can take your fitness one step farther.

## Power up and nourish

Nutrition is pivotal in supporting your training and its positive effects, whether that's for a park run or for an elite competition like a cycle tour. All sports, be it running, strength training, gymnastics or football, benefit from good food and fluid choices. It's about

optimizing your energy levels, the key to effective training and to speedy recovery.

Protein is much discussed in sport. Don't get too caught up in that until you've got the basics about carbohydrates firmly under your belt. Carbs are fuel, easily transformed into your own cellular gasoline, "ATP" (Adenosine Triphosphate).

## Fuel up with carbs

Hoping a low-carb diet will maximize the training effect, boosting your speed and power? Think again. Energy you can tap into easily when exercising is what's needed

to avoid early fatigue. Here are three questions to help optimize your carb fuelling for energy availability. What? When? And how much?

First, the what. That's starchy food like rice, potatoes, macaroni, or sweet foods like bananas, muffins and smoothies. If you're eating carbs at lunchtime, but you train late afternoon, it's always better metabolically to choose unrefined options like wholegrain bread, due to a better vitamin and mineral profile and a metered absorption. This supports balanced blood glucose while still stocking up fuel for later. We tend to absorb many, especially sweeter options such as fruit juice, faster.

Turning to the question of 'when', such sweet foods eaten just prior to exercise help top up your blood glucose and so avoid drawing immediately on your muscles' energy stores, or "glycogen". That's for later as your workout starts to extend past an hour. In short, the wise choices are wholegrains and complex carbs in your regular meals, but sports drinks, gels or juices for the hour pre-workout. Sugary drinks or sports bars during training beyond the hour help maintain your tempo and focus. Aim to sip 600-800ml of isotonic sports drink or squash hourly, and a little more in hot weather.

## Get back to where you want to be

To return to play or the gym with a spring in your step the next day, start refueling with carbs within 45 minutes of any session. During this "metabolic window", you could tuck into a large bowl of cereal with milk or a couple of handfuls of dried fruits, giving you 50g of carbs. Fluid too is needed in recovery. 500ml of fruit juice or chocolate milk will help you start replacing sweat-losses for the average session, topped off with some nice cool water. The choco-milk is not only deli-

cious. Its protein-carb ratio helps accelerate re-stocking of muscle glycogen.

How much carbohydrate to consume overall, you might ask? Not especially active? A ballpark 50-55% of your daily calories is often suggested. But as activity rises, you'll need more to adapt to your exertion and get all the fitness benefits. 70kg and hitting the tarmac or pumping the iron 2-3 hours a day? You may need 700g a day (that's 2,800 kcal in carbs alone). In a nutshell, to avoid fatigue and poor training adaptation, adjust your intake to exercise frequency and intensity.

## "NUTRITION IS PIVOTAL IN SUPPORTING YOUR TRAINING AND ITS POSITIVE EFFECTS"

## Time to talk protein

Now you've got the carbs sussed, what about protein? There's so much written about it in sport, you likely haven't missed its importance in maintaining and repairing your muscles. Two things interact to stimulate muscle protein synthesis: exercise, particularly strength-oriented, and amino acids (protein's building blocks). In adequate supply, say from low-fat dairy, meat, beans, tofu, fish, whey powder and to some extent grains, amino acids, especially leucine, isoleucine and valine, compensate for the breakdown of muscle protein when you exercise. They help muscle remodelling to develop strength and performance.

The more protein, the better for muscle development? Too simplistic. High protein and not enough carbs? Excess protein may be used ultimately for energy and not muscle protein synthesis, some of which may just end up as stored fat. Protein is less efficiently transformed to ATP than carbs, so you may feel fatigued in training. But, indeed, for the average 70kg strength and resistance athlete, research does suggest a daily average of 102g of protein (equivalent to 3.3 chicken breast servings) compared to 91g for their runner counterpart. That's still 50%





## “ A BALANCED DIET SHOULD PROVIDE YOU WITH ADEQUATE NUTRIENTS AND ENERGY FOR SPORT ”

more than if they switched from the track to computer gaming all day.

The long and the short of it is that your protein needs do change with activity or intensity level but only up to a ceiling. Moreover, it's worth bearing in mind that protein over-consumption may have risks for your kidneys. Better therefore to include a moderate amount across your meals and snacks, choosing varied sources, both animal and plant-based. There's evidence too of better recovery and reduced muscle soreness when you add a little, say a scoop of protein powder, to your after-training carbs.

### Fat-free good? Full-fat bad?

What about the thorny issue of fat? To avoid at all costs? No, even if you're the leanest athlete on the planet, you still need fat for good health. Lower fat intake is useful for the sporty aiming for the sleek physique. But additionally, excess fat intake may make for sluggishness if it displaces carbs, our super

fuel. Fat takes longer to metabolise, so while the fat proportion really helps those seeking the extra buck at the end of an ultra-marathon, it's best for most exercisers to limit fat intake to enable maximum carb intake. Reducing fat below the 35% max advised for the population can benefit sports goals. Aim for no less than 20% of your daily calories. Why? We need fat to absorb and store key fat soluble vitamins, such as A, D, E and many other plant nutrients. Their different functions may include helping hormone synthesis or, as antioxidants, scavenging free radicals for damage-prevention. Focus your moderate fat intake on the healthier, mono-unsaturated or poly-unsaturated options found in olive oil, nuts and seeds, avocado and oily fish like mackerel. Lower-fat dairy or fat-trimmed meat will help you be heart and cholesterol savvy, and stick within the 10% max guideline for saturated fat-derived energy.

### Supplements and the hype

Lastly, the hype on sports supplements abound. Generally, a balanced diet should provide you with adequate nutrients and energy for sport. There's some evidence for performance-enhancing (ergogenic) effects of several substances, such as beetroot juice, caffeine and creatine. Not across the board though. Beetroot juice may best serve the endurance athlete and creatine the strength-focused. Whether you're a novice or elite athlete counts too. Scientific bodies recognise safe aids, including sports drinks, gels and bars, vitamin D, multivitamins, electrolytes and more. The dosage and your personal characteristics still count. So get advice from a sports nutritionist before you buy to tune that great summer programme to your individuality and sports goals.

*Liz Cassidy is a UK registered Sport and Exercise Nutritionist and a registered Nutritional Therapist. Contact: info@emeraldaspire.com. Website: www.emeraldaspire.com*



La fleur du pain

## LE SAVOIR FAIRE DE LA BOULANGERIE FRANÇAISE depuis 1990 en Belgique.

Baguettes de tradition française - Pains artisanaux - Viennoiseries  
Pâtisseries - Sandwiches - Gratinés salés - Pizzas - Pains surprises  
& autres plaisirs

Découvrez l'intégralité de nos produits sur [www.lafleurdupain.com](http://www.lafleurdupain.com)

Parvis Saint-Pierre, 8  
1180 Uccle

Ch. de Boondael, 449  
1050 Ixelles

Parvis Sainte-Alix, 5  
1150 Woluwé Saint-Pierre

Rue de l'Ecuyer, 38  
1000 Bruxelles

Place Flagey, 24  
1050 Ixelles

Brusselstraat 225,  
1171 Dilbeek

Et bientôt dans le quartier  
Meiser à Schaerbeek!



Sport

# Learn how to drive, chip and putt

**James Drew** met with Justine Dreher, a leading golf coach at one of Belgium's finest golf courses.



**P**ierpont is undoubtedly one of the finest golf courses in Belgium. The greens are a haven of greenery and charm, at around 30 minutes drive from Brussels it's easy to reach. There are two courses. The Grand Pierpont is the club's 18-hole par 72 championship course, and for those more hard pressed for time there is also Le Petit Pierpont executive 9-hole par 27 course. The par being the estimated number of strokes it takes a proficient golfer to complete a hole.

As a member you can enjoy the courses and practice facilities year round and also have

access to the elegant 17th century manor farm clubhouse, which has an excellent restaurant and terrace. The restaurant serves a mixture of Belgian and international classic dishes. There's also a cozy bar, also known as "the 19th hole".

There's a sense of relaxation when you arrive, as if you've left your troubles behind. Summer may be an ideal time for being out on the green, but this is a game you can enjoy year round. Heck, if they can play in Scotland in January, you can certainly play in winter in Belgium. The clubhouse also



## “ THE HEALTH BENEFITS TO THE GAME ARE INDISPUTABLE ”

has hotel facilities and offers 'stay and play' packs, something to think about if you have friends visiting who are avid golfers!

The club has an International Golf Academy where qualified PGA pros can coach you in French or English. The club makes use of state-of-the-art support, such as Trackman, which allows golfers to gather data and with the help of a coach tweak their performance. There's also a light-covered driving range. If you've had a bad day at work, is there anything more therapeutic than getting out on the range and hitting that ball with all your might?

I caught up with one of the pros, Justine Dreher. Dreher joined the French team at the age of 15, she then continued her golf training at the University of South Carolina. After four years on the other side of the pond, she became a professional joining the

Ladies European Tour. Justine decided that she wanted to pass on her accumulated knowledge from playing and from working with the best coaches in the business to become one herself.

I asked her how she first got into golf. "I was around 11-12 years old when I started and I just began by chance, I didn't really have any influences at that age. In fact, I started out playing tennis initially, so when I started golf, I actually preferred tennis. When my parents and brother started playing golf, I was too small to be left alone in the house, so I began to play golf with them at the weekend, then I started to make friends who also played golf, so I started playing golf with my friends, then slowly but surely, I started playing in golf competitions."

Pierpont offers courses for all levels, but I wanted to know how critical it was to start



**“A COACH CAN WORK  
HARD WITH YOU  
ON THE MORE  
TROUBLESOME PARTS  
OF YOUR GAME,  
BE IT SWING, DRIVE  
OR PUTTING ”**



playing at an early age. Justine said that most of the pros do start playing very young these days, but that there were pros who began much later in life. The average age of a championship player is around 31; however there are outliers like Tom Watson who nearly won the British Open at 59. In any event, at club level age is not a barrier.

The health benefits to the game are indisputable: according to some estimates you can burn up to as many as 2,000 calories on an 18-hole round lasting four hours. The combination of walking and the bag's weight can quickly add up. Golf also has the benefit of being a low-impact sport causing less damage to joints and muscles. If that weren't enough, to reach the perfect swing you really need spinal flexibility and core strength.

As great a game as it is, it can also be very frustrating when you're having a bad day, I asked Dreher how she coped with this: "It is simply a question of applying yourself – of course, you are going to miss, you are going to get frustrated, but when you get into the groove, and you start to hit the ball's sweet spot with your tee off, your drive and your putting, that is where the real pleasure of the game comes from. You can try to hit the ball perfectly 50 times, miss every time, but when you do hit it perfectly, it wipes out all the errors you've made.

"It is a very difficult sport to master, but when you achieve what you want to achieve, there is no more satisfying sport. You are outdoors, in beautiful countryside, you can play golf everywhere in the world, all the courses are different, with different challenges and different pleasures. And you can play the game at all levels – I am now a pro, but, thanks to the handicap system, I can play with youngsters, even complete beginners, and they can still beat me. If I was to play tennis today against a tennis pro, on the other hand, he or she would quickly become very bored with me."



The course at Pierpont is not just maintained to the highest standard, it is also eager to minimize its ecological footprint and is part of the Golf Environment Organisation (GEO), which subscribes to the philosophy that good environmental policy is good for golf. This means less irrigation, less use of fertilizers and pesticide-free course management.

I asked Dreher how important it was to have a coach: "It is not essential to have a coach, even if you are an absolute novice, but I do have to say that I believe coaching genuinely helps people to improve. A coach can work hard with you on the more troublesome parts of your game, be it swing, drive or putting, and one of the most satisfying aspects of my job recently was helping a club member reduce his handicap from 36 to 19 – that gives me so much pleasure."

Asked if the play has changed a lot over time, Dreher explained that there are two

predominant swing patterns: the classic swing and the modern swing: "The modern swing evolved from technological advances in equipment and the necessity of adapting to more challenging golf courses."

Pierpont offers an "afternoon discovery" every second Sunday of the month. They also have a one month 'Start to Golf' and a four month 'Learn to Golf' package.

Finally, I got to the question which was really bothering me. Will Europe win the next Ryder Cup? With a wry smile Dreher delivered the answer I wanted to hear: "Absolutely, I am 100% certain they will."

[www.pierpont.be](http://www.pierpont.be) ❶

# Summer vibes

**Karen Northshield** looks into why we feel so much happier in the summer



Why does the summer give us such great vibes and why do we suddenly feel young and vital again? There is something powerful about the summer: the sun, the light, the air and the overall atmosphere that puts us in a better mood more than any other season. When summer hits, we feel a shift in our mood. The seasons are a powerful force in our lives. They affect the activities we do, the foods we eat, and even the clothes we wear. There are scientific arguments and fun facts to consider to why we

**“ SUNLIGHT AND WARMTH PLAY A PARTICULAR ROLE IN OUR MOOD AND WELLBEING ”**

feel happier and more vibrant in the summer days. Sunlight and warmth play a particular role in our mood and wellbeing.

In the 15th Century Nicolai Copernicus changed our understanding of astronomy and the weather when he put forward the radical idea that the sun, not the Earth, was the centre of the solar system. Up until Copernicus, people believed that the earth was the centre of the solar system. We now know that the earth orbits the sun and, at the same time, spins

*Inspiring every child.*



*"A harmonious community where individuality is openly celebrated."*

- Our 2022 Independent Schools Inspectorate report

The British Junior Academy of Brussels provides an outstanding and well-rounded education for children aged 3-13 in the heart of the European quarter, with a new secondary section opening in September 2023.

**Discover what makes BJAB special.**

Visit [bjab.org](http://bjab.org) or call us at 02 732 53 76 to book a private tour.

Learn more





# International Montessori Schools

Toddler Programme – Preschools – Primary sections

International Baccalaureate Middle Years Programme and Diploma Programme



Montessori



Children on the move®

For tours and enrolments please contact:

Tervuren: 02-767 6360 – [tervuren@international-montessori.org](mailto:tervuren@international-montessori.org)

Woluwe: 02-721 2111 – [woluwe@international-montessori.org](mailto:woluwe@international-montessori.org)

[www.international-montessori.org](http://www.international-montessori.org)



## PERSONAL DEVELOPMENT

Self help

on an axis that is tilted relative to its plane of orbit. This means that different hemispheres are exposed to different amounts of sunlight throughout the year. Because the sun is our source of light, energy and heat, the concentration of its rays give rise to the seasons of autumn, winter, spring, and summer– summer being the season that gets the most sunlight and warmth depending on the hemisphere.

5 reasons we feel happier in the summer:

### 1. Natural serotonin

The number one virtue of the summer is of course vitamin D! The sunlight is so important to our homeostasis and mood. There is no doubt that sunlight is vital to our health and mood, and when gained in correct dosages (usually recommended 15 minutes a day), the benefits are significant. For instance, when you get sunlight, your body produces vitamin D from cholesterol, which helps your body absorb calcium. This is important for our bone density and health. Additionally, vitamin D is recommended for preventing diseases, and recovering from certain types of illnesses, depression or even cancer. Natural vitamin D from the sun and food is far more beneficial than the vitamin D in supplements.

Furthermore, natural sunlight is natural serotonin. Those suffering from Seasonal Affective Disorder, or SAD, generally feel better in the summer than in the winter, when this type of depression is generally more prevalent. In cases where natural sunlight is not really an option, doctors might prescribe phototherapy, which exposes patients to light acting in similar ways as the sun.

Unfortunately, too many people in the world are vitamin D deficient, especially those living in regions where there is little sunlight. Natural vitamin D or safe sunlight exposure is not only recommended for everyone but should be naturally prescribed.

### 2. Natural melatonin

There is a natural balance between light and heat. In the winter, our bodies generate more energy to keep us warm. In the summer, the heat has a soothing effect on the body and mind promoting a more natural and deep sleep. There is a stronger contrast between night and day which gives our bodies a better rhythm or sleep pattern: daytime versus nighttime. Due to the heat and light in combination, we experience a more natural fatigue in summer and hit the sack ready to fall asleep. Daytime and nighttime balance our levels of serotonin and melatonin respectively.



**“ WE EXPERIENCE A  
MORE NATURAL  
FATIGUE IN SUMMER  
AND HIT THE SACK  
READY TO FALL  
ASLEEP ”**





“ SUMMER IS THE  
PERFECT TIME  
TO GET  
TOGETHER ON  
A TERRACE,  
HAVE A PICNIC,  
BE OUTDOORS  
AND HAVE  
A GOOD TIME ”

### 3. Looking good for the beach

As it remains light for longer, we have more time after work to go for a run or a swim or engage in any physical activity. The same goes for before work. We have a stronger natural tendency to go for a workout during the summer months than in the winter where it costs us more of an effort to leave home to exercise when we would rather stay indoors. It's also exciting and refreshing to look forward to a nice shower to rinse off the sweat! There is, of course, the added motivational drive to get in shape for the beach or for vacation be it women, men or teenagers!

### 4. Eating habits

From a biological standpoint, our bodies' primitive instinct is to stockpile and store up for the winter months ahead. Our eating habits and our body weight fluctuate more easily between the winter and summer months, with people consuming on average 80 calories more each day in the autumn, compared to summer. Some people naturally gain weight during the winter months.

The foods that we consume in the winter such as carbs are more sustainable to keep us going throughout the winter. The abundance of fresh fruit and vegetables in summer helps us to make healthier eating choices.

### 5. Social gatherings

Parties, barbecues, you name it. Summer is the perfect time to get together on a terrace, have a picnic, be outdoors and have a good time. It's the perfect time to kick back and relax after a day at the office and enjoy company, the heat and the light.

All in all, with vitamin D comes natural serotonin, with natural sunlight and its warmth, we sleep better, our eating habits change as we enjoy each other's company, and our desire to look good in a bikini or shorts puts us in a vibrant mood to wear a smile all summer long. Enjoy! 🍷



A HOLE IN ONE  
CALLS FOR  
CHAMPAGNE

MYKNOKKE-HEIST.BE

KNOKKE  HEIST



# Make the most of your summer

**Robbie Stakelum** outlines the benefits of giving yourself a break



After a long, busy and stressful few months the much anticipated summer break is on the horizon, the oasis where we can switch off, unplug and disconnect from the stressors of life awaits.

For those struggling to stay motivated, who feel dissatisfied with work, maybe even on the path towards a burnout or just feeling lost, the summer break can be a valuable opportunity to hit pause, reflect and rest. So let's take a look at how to make the most of your summer break, while improving your wellbeing.

## Rest

Starting with the basics, plan plenty of time for rest. Resist the urge to fill your time with tasks and responsibilities. It can be tempting to replace your work 'to do list' with an endless list of personal jobs. If you're used to busy periods you may even enjoy the rush of busyness, it can provide a stimulant to help get through your day and motivate you, while for others keeping busy is a distraction mechanism to avoid thinking about or dealing with deeper problems. So make a conscious effort to plan some downtime just for you in the weeks ahead.

## Vacations

Prolonged periods of stress are not healthy for us. While looking after our mental wellbeing should be a year round effort, not just a summer activity, there are significant benefits to taking that much needed summer vacation. A 40-year-long study of over 1200 people found that taking a three week break prolongs your life. The body needs time to rest and repair, by taking a longer break it allows your body's heart rate to slow, blood pressure to drop and cortisol levels (the stress hormone) to reduce over a prolonged period of time. These healthy changes in the body are shown to boost productivity, creativity, focus and motivation when you do return to work.

Longer vacations boost the parasympathetic nervous system, which is effectively your body's anti-stress system. When you meditate, go for walks, spend time in nature or do gentle yoga, this also activates the same system. Our bodies are not designed to operate at a high level of stress for a prolonged period, vacations shouldn't be seen as a luxury, but a necessary antidote to stress that can safeguard your physical and emotional wellbeing.

## Perspective

When you experience acute or chronic stress it's difficult to process what is happening in your life, everything feels blurred and you're typically out of touch with how you're feeling. This can be incredibly frustrating as you find it difficult to identify the causes of why you feel stressed, demotivated, lost or unhappy. Essentially you cannot see the woods from the trees, and the best remedy for this is distance.

Taking holidays allows you to create mental and physical distance and this healthy separation between your problems or stress triggers and yourself can provide a better, or different, perspective on life. If something in your life is feeling off balance



**“ SPENDING TIME IN NATURE REDUCES STRESS, ANGER AND SADNESS WHILE IMPROVING YOUR SELF-CONFIDENCE AND SELF-ESTEEM ”**

and you're struggling to identify a problem you'd be surprised what some time off can do. Simply taking that downtime to yourself can unlock new ideas for what comes next.

## How to complement a vacation

Here are some things to consider that can complement your vacation time over the summer months.

## Meditation

Using apps like Insight Timer or Youtube you can easily find guided meditations that can help you relax and disconnect.

## Nature

Studies show that spending time in nature reduces stress, anger and sadness while improving your self-confidence and self-esteem in addition to improving your physical health.

## “ PLANNING TIME FOR REST DOESN'T EXCLUDE PHYSICAL ACTIVITIES ”

### Exercise

Rest can be both physical and mental, and physical exercise can improve mental rest by releasing endorphins and helping you to work through, or out of, some of your problems. Planning time for rest doesn't exclude physical activities.

### Time with Family and Friends

Humans are inherently social beings. A problem shared is a problem halved. Sometimes we feel guilty about complaining about our own issues when others are also

suffering, but bottling up feelings of frustration, stress or sadness rarely ever works out. Find someone in your social circle with an empathetic ear to share what is going on. Simply talking about the problem can give you a whole new perspective, even without the input from the other person. When we are stuck in our own head we can lose rationality, and start to spiral.

### Journaling

When you don't have access to coaching, structured journaling can be a valuable tool to help process your feelings or thoughts. If you're planning on using your time off to reconnect to yourself and a sense of purpose to rectify some negative feelings you are experiencing.

One of the benefits of living in Belgium is the slower pace in the summer months. Come August, and even late July, there is a mass exodus with schools closed, expats returning home, institutions taking recess and local businesses closing up shop. So take advantage of the summer months and prioritize your wellbeing with long vacations and activities that improve your mental wellbeing.

Sometimes it feels like we live in a society that is loyal to the daily grind, where stress is a hallmark of success or importance and where prioritizing your wellbeing is seen as a form of selfishness. But it shouldn't be. We can get so caught up in our lives that at the very least we should take the time over summer to disconnect from work and stress, and reconnect to ourselves.

*Robbie is a life coach, working with clients feeling lost and disconnected to help them connect to a sense of purpose by capturing clarity, building balance and pursuing peace.*

1



# INTERNATIONAL LANGUAGE CAMPUSES

Explore. Dream. Discover. ▶





# Garden of Eden

**Nuala Morgan** visits a daycare centre that creates a home from home where children can blossom

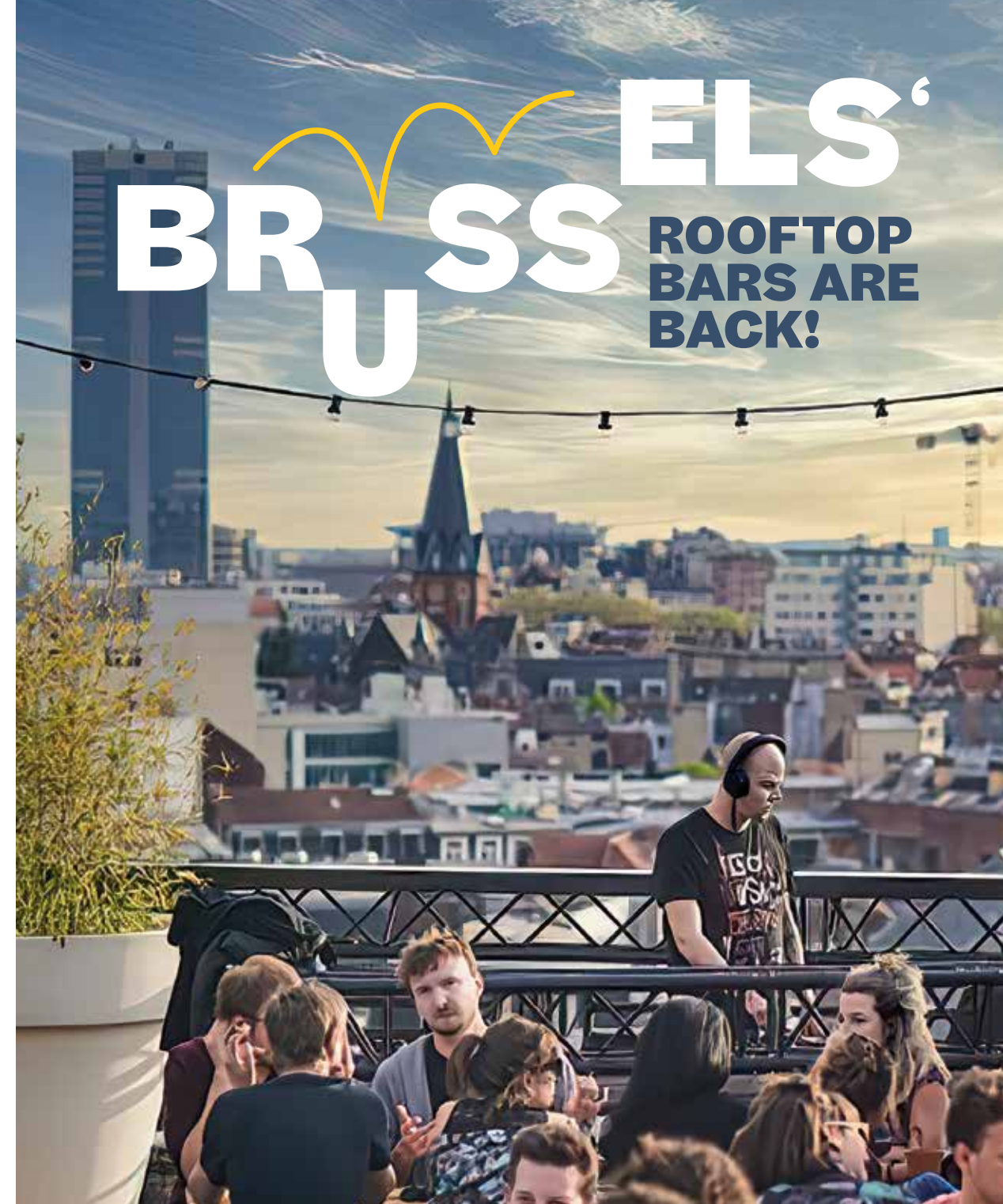


Eden Missioui is the aptly named co-founder of Jardin d'Eden (Garden of Eden) daycare centres. First opened in 2010 in Uccle, a second site took root in 2017 in the European quarter. Styled to be a 'home from home,' Eden takes care that each child is treated as an individual, encouraged to develop, grow and gain independence in a nurturing and stimulating environment.

This active approach is reflected in the diversity of activities offered to the children in her care. Personal development, autonomy and free play are the basis of child-led development, and children are encouraged

to let their creativity run free and try new things for themselves. An impressive array of directed activities are also proposed, like going to (child-appropriate) theatre, outings in the forest, visits to the zoo, and even swimming lessons in a child's pool. Activities are overseen by an educational psychologist.

Continuing the 'home from home' feeling, all meals are freshly prepared on-the-spot by dedicated cooks using healthy, and - in the case of the European site - fully organic produce.



When you think of rooftop bars you think of trendy sky-high oases in Singapore, New York or Bangkok. Well, Brussels is right up there too.





## “ AN IMMENSE 350M2 GARDEN IS EQUIPPED WITH OUTDOOR PLAY ACTIVITIES ”

The Uccle site can welcome 68 children from birth to 3 years in its 500m2, bright and airy location with a large outdoor garden. Sections are split between babies (0-17 months) and older kids (18-36 months). The site in the European quarter has space for 107 children, which also includes a pre-school section for 3-4 year olds, led by a kindergarten teacher. An immense 350m2 garden is equipped with outdoor play activities, and equipment for developing children's motor skills. An indoor playroom even has a climbing wall.

In both sites, children are grouped in classes of maximum 18 and always in the same group, with three nursery staff providing attentive and tailor-made care. This ensures continuity and stability in the eve-



ryday experience of the little ones. Staff are fully trained, and in addition receive annual training from a certified organisation in infant first aid. Fire safety and evacuation exercises are also provided.

A special advantage for parents who work in the European Commission, your children have priority for a place in the European site thanks to a dedicated agreement. Practically situated near the Arts-Loi metro stop, Jardin d'Eden offers additional services for greater flexibility and peace-of-mind.

And to give your children the best start in multicultural Brussels, Jardin d'Eden are putting in place a bilingual educational approach. Certain activities, like singing nursery rhymes or word games, are carried out in French and Dutch. Transitional moments in the day - such as nap time or going for lunch - are also introduced in the two languages. As children are so receptive at that age, language acquisition in two of the official languages in Belgium is (literally) child's play.

Jardin d'Eden's mission is to ensure a happy child - and therefore happy parents!

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



There are things that you really want to do...

... and those we can do for you!

### Need a household helper ?

For the household, Aaxe Titres-Services provides you a household help for 4, 6, 10... hours per week.

**The choice is yours !**

- Live in an interior that is always **clean** and welcoming.
- Our company's mission is to be recognized as one of the best companies in Belgium's service voucher system.
- Greater **availability** for your relatives.
- Have your laundry **ironed** and easy to store.
- Low hourly cost and partial **tax deduction**.
- The peace of mind of always being able to rely on the **same person**.



Need a household helper?  
Fill out our online form !



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

☎ 02 770 70 68

[titres-services@aaxe.be](mailto:titres-services@aaxe.be)

Monday to Friday, from 09:00 to 12:30 & from 13:30 to 17:30



# The Power of SPEECH: The six-point checklist for powerful presentations

Welcome to the fourth masterclass in public speaking, with **Matthew Cossolotto**

This article builds on the left brain, performance-related suggestions from the previous article in this series. As you can see in the graphic, I will be presenting key six points that form an easy-to-remember acronym, spelling out the word SPEECH.

## Strong Start

You never get a second chance to make a good first impression. As a speaker, you should make a good first impression by jumping right into your speech. Don't open your speech with predictable pleasantries. Your opening is a precious opportunity to grab attention and should not be squandered

red with inanities. Cover the niceties later in your remarks, after you have secured the audience's attention and established your main message.

It's a good idea to begin your remarks by surprising the audience with an interesting quote, a little-known fact, an alarming statistic, an unusual observation, or a personal story. Stories can be magical at the beginning of a speech.

## Pause for effect and drama

Mark Twain understood the importance of pauses: "The right word may be effective, but no word was ever as effective as a rightly timed pause." Well-timed pauses help to emphasize key points, create drama, and pique the interest of the audience. A pause gets their attention and builds anticipation and mystery. Counterintuitively, members of the audience often pay more attention during short silences than to a steady onslaught of words. Pausing occasionally also gives you an opportunity to consider what to say next, or perhaps to remember a key point you forgot to mention earlier.

## Eye contact

Eye contact can be priceless for a speaker. You should, therefore, establish consistent, one-on-one eye contact with individual audience members. This shift increases your comfort level enormously. When you do this, you'll be well on your way toward making the shift from stage fright to stage delight.

## Enthusiasm and energy

Show passion for the subject of your talk. Stress keywords. Use natural hand gestures and animated facial expressions. For example, if you say how delighted you are to be there, make sure to tell your face. Smile! Demonstrate your delight. To give yourself some pep in your step, imagine you're talking with your best friend.

## Conversational style

As author and executive speech coach Granville Toogood likes to say: Speeches should be "talky." Using a natural, unhurried, conversational delivery style helps you talk with your audience, naturally and conversationally.

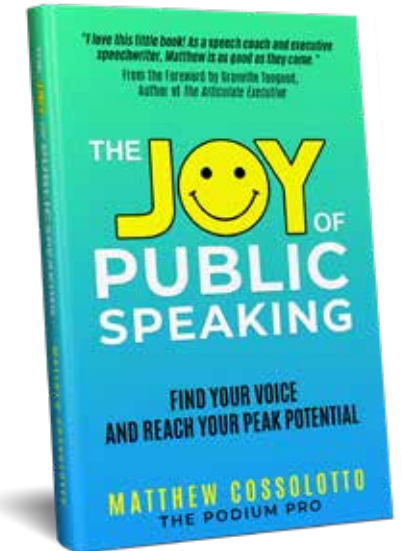
A good speech is written and delivered for the ear, not for the eye. Starting sentences with "and" or "but" is perfectly acceptable in a speech. Repeating words and phrases helps to reinforce your message.

Everyday language conveyed in short, declarative sentences is the language of leadership. Most audiences will appreciate a more conversational approach. Be careful not to speak too fast. Many people can speed read, but they can't speed listen. Be kind to your audiences with an easygoing, conversational style.

## Humour

Any speech is part entertainment, part information transfer, and part call to action. You should reinforce key points by injecting a degree of lightness and levity at times. But you should avoid canned jokes. Instead, weave humorous stories into your presentations, preferably personal stories that underscore your message. The best humour is spontaneous with a touch of self-deprecation.

An audience that laughs with you also likes you. Be careful, though. Humour is subjective and there can be delicate cultural differences



ences about what people think is funny. Be sure you know your audience, and that your humour is tasteful and appropriate for the occasion. The aim is always to reinforce your message.

The next time you prepare a speech or presentation, you can now use this six-point checklist as a guide. Incorporating these six simple ideas will vastly improve the outer game of your presentation and enhance the impact your speech has on the audience.

The next article in this Public Speaking Master Class builds on these six points with three essential qualities every speech should possess. So be sure to read about "The Wizard of Oz Formula" in the next issue of Together.

A former NATO speechwriter, Matthew Cossolotto is the author of *The Joy of Public Speaking*. Matthew provides coaching and conducts public speaking workshops and other Personal Empowerment Programs (PEP Talks) in Brussels and beyond. [www.ThePodiumPro.com](http://www.ThePodiumPro.com) ❶



# To buy or create a new business, that is the question

Fortune may favour the brave, but **Arnon Barnes** suggests carrying out a clear analysis of the pros and cons of each route to ownership



From a young age I realized that when it comes to doing business, there's no need to always reinvent the wheel. At the age of 11 I started buying and reselling toys to my friends and people in the area. It was a great way to tap into my entrepreneurial spirit and to learn about demand and market value. It also helped me hone my skills as a salesman and created the self confidence I needed to take on bigger projects as I got older. For a long time I have been in the business of reselling other

people's products and even services and still up to this day the value of my negotiation and communication skills as well as my keen eye for business ventures serves me extremely well.

## “ IS IT BETTER TO BUY AN EXISTING BUSINESS OR START A BUSINESS FROM SCRATCH? ”

After I started coaching and training entrepreneurs and business owners from all over the globe I noticed that at a certain point I would get asked the same question over and over again. It's a common denominator for all business owners and entrepreneurs who are ready for the

next step. Inevitably this question comes up for all of us: “Is it better to buy an existing business or start a business from scratch?”

While starting a business from scratch can be a risky endeavour, buying an existing business can provide a range of benefits and opportunities. Ultimately, whether you choose to buy or build a business depends on your goals, resources and preferences. Both approaches have their advantages and disadvantages, and it's important to carefully consider your options before making a decision. To help you make a decision about what fits you and your situation best, I've made a shortlist of advantages and disadvantages of buying a business versus building a business.

When we talk about buying a business, there's several benefits. An existing business has an established customer base and brand reputation

that has been built over time, which can provide immediate income, recognition and credibility in the market. Because the business has been functioning for a number of years already it will have a proven track record of performance and success, which can provide confidence and reduce risk. You can review financial statements and past performance to assess your potential return on investment. This may also make it easier to get financing. Banks and investors may be more willing to provide funding for an established business with a proven track record. One of the main reasons I like to buy existing businesses is because they often have untapped potential for growth, such as expanding into new markets or introducing new products.

As an existing business has an established infrastructure such as employees, systems and processes, you can keep generating

income whilst creating plans to improve on the running of the business such as renegotiating contracts with suppliers, automation and possible redistribution of employees to utilize their strengths even better. Often the longer a business has been functioning the more potential for growth we see, because most business owners get stuck working in a certain way and along the way lose their ability to look for more opportunities both from within as from outside.

There are some downsides to buying an existing business. It can be expensive, especially if the business is well-established and profitable. You will also inherit any existing liabilities such as outstanding debts and legal issues. This can be a potential source

## “ AN EXISTING BUSINESS HAS AN ESTABLISHED CUSTOMER BASE AND BRAND REPUTATION ”

of risk and additional expense. Although taking over the existing infrastructure, systems, processes and organizational structure of an existing business can present lots of opportunities, they may also limit your ability to make changes and implement new strategies. They may be outdated and require significant extra investment to modernize and optimize.

that has been built over time, which can provide immediate income, recognition and credibility in the market. Because the business has been functioning for a number of years already it will have a proven track record of performance and success, which can provide confidence and reduce risk. You can review financial statements and past performance to assess your potential return on investment. This may also make it easier to get financing. Banks and investors may be more willing to provide funding for an established business with a proven track record. One of the main reasons I like to buy existing businesses is because they often have untapped potential for growth, such as expanding into new markets or introducing new products.

The existing employees and culture of the business may not entirely align with your own values and vision of the company. This can create challenges in achieving your desired outcomes. In addition, if you are adding to your own operations things can be complex. It can take a significant time and monetary investment to ensure a smooth transition.

Conducting due diligence and seeking professional advice will help you reduce risk, or give you a thorough insight into the risks inherent in an existing business and increase your chances of success.





**“ HAVE FUN,  
TAKE ACTION  
AND MAKE THE  
BEST OUT OF  
EVERY  
MOMENT! ”**

When you decide to build a business from scratch, you have complete control over all aspects of that business, including brand, culture and strategy. It can be a very rewarding and fulfilling experience as you have the opportunity to create something from nothing. You will have full flexibility and opportunity to change and adjust your business strategies as needed whilst you are setting up your new business and you will have the opportunity to develop and ultimately own all intellectual property associated with the business.

It is however very important you always keep in mind that starting a new business is a high risk venture. It means you do not have a proven track record or customer base to rely on. It may take some time before revenue starts to come in. This limits cashflow and makes it more challenging to cover expenses or invest in growth opportunities.

It can be stressful and demanding to start a business from scratch, as there is always the pressure to succeed and meet the financial and operational goals. This requires a significant amount of time and effort from your part. And a lack of track record can make it more difficult to secure financing or attract

investors. You have to build infrastructure, organizational structure, systems, processes and technology with limited time and financial resources. It's important to carefully evaluate your risks and rewards when you decide to start your new business from scratch.

Whatever you decide to take on as a next project in your business career, always make sure you enlist the help of professional and experienced people around you. More often than not they will help you see the reality of the deal in front of you and can guide you through the storms that lie ahead. Just make sure you do what I do with every opportunity that comes my way: Have fun, take action and make the best out of every moment!

*Want to work with Arnon for your next business venture? Contact his office via [info@arnonbarnes.com](mailto:info@arnonbarnes.com) or check out his website [www.arnonbarnes.com/coaching](http://www.arnonbarnes.com/coaching). To stay inspired on all things Entrepreneurship and Leadership subscribe to his Instagram and follow him on Facebook or his YouTube Channel. ①*



Since 2010, Le jardin d'Eden, private nurseries and kindergartens, has been welcoming children from 0 to 4 years old in a safe and warm environment, specifically meeting the needs of young children. Within the European quarter, the daycare also cooperates with the European Commission, and is open 12 months round.





JOIN ARNON BARNES  
AND AN EXCLUSIVE GROUP OF  
BUSINESS OWNERS FOR THE  
ADVENTURE OF A LIFE-TIME!

"Peace & Awareness were  
instilled into me without  
me even noticing it"

## "My Awareness and Focus are Laser Sharp"

- Learn how to increase your inner-strength.
- Grow your trust and confidence levels
- Meet like-minded business owners and form bonds that will last a life-time
- Become a better leader
- Learn life-lessons from nature
- Become fearless in the face of any challenge
- Have a lot of FUN

LIMITED SPOTS AVAILABLE  
FOR MORE INFORMATION EMAIL:  
[INFO@ARNONBARNES.COM](mailto:INFO@ARNONBARNES.COM)



# Unlocking the potential of ESG ratings

**Arnaud Houdmont**, Director of Communication, BETTER FINANCE, decodes the latest proposal from the European Commission assessing its promise, and its problems



It is an undeniable reality that our planet is confronted with severe challenges, primarily driven by human-induced climate change. The global demand for sustainable solutions and the fight against climate change requires collective action from citizens, consumers, and industries.

The finance industry has recognised the increasing demand for environmentally friendly and socially responsible investment products. Individual investors, motivated by a desire to invest their savings responsibly, are actively seeking financial institutions that offer ethical funds. This has given rise to

the phenomenon known as ESG investing, which stands for Environmental, Social, and Corporate Governance factors.

ESG investing emerged in 2005 following a UN request for guidelines on integrating sustainability and ethical considerations into finance. It revolves around three key criteria used by socially responsible investors to evaluate the impact of their investments. However, despite its noble intentions, the assessment of financial products through ESG ratings is not immune to flaws and deceptive practices.



Construire avec Etienne Piron,  
c'est investir sereinement dans la qualité.

Depuis plus de 35 ans, l'Entreprise Générale de Construction Etienne Piron construit des maisons entièrement personnalisées avec méthode et savoir-faire. L'approche de la société et de ses équipes, fondée sur l'échange, l'écoute et son expertise dans la sélection des matériaux, permet d'offrir à chaque bâtisseur plus qu'une construction : une réelle expérience de qualité globale.

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



**Etienne Piron**  
Pour bâtisseur exigeant

MAISONS  
PERSONNALISÉES

RÉNOVATION  
DE CARACTÈRE

IMMOBILIER  
PREMIUM

### Finance

A 2020 study conducted by BETTER FINANCE aimed to identify «greenwashers», entities that falsely make environmental claims. However, the study faced significant obstacles due to substantial disparities found among different ESG ratings. The core issue lies in the lack of consensus regarding what truly constitutes a sustainable investment and how ESG criteria should be applied. This ambiguity allows for manipulation and greenwashing, thereby undermining the credibility of ESG ratings.

The evaluation of companies based on ESG criteria presents numerous complexities. Very few companies can claim a flawless environmental and social track record with

zero emissions. Rating companies against ESG criteria requires a delicate balancing act that takes into account numerous factors. For example, consider Company A, which has maintained near-zero CO2 emissions for years, and Company B, which has steadily reduced its emissions but still emits

more CO2 than Company A. Intuitively, one may assign a higher score to Company A due to its lower absolute impact on climate change. However, Company B's consistent efforts towards sustainability and environmental friendliness should not be overlooked and may well grant it a higher ESG Rating than Company A.

Complicating matters further, ESG rating providers often compare companies to their peers within the same industry rather than assessing them in the context of the broader economy. This practice can be highly deceptive, as a fossil fuel company may achieve a high rating within its peer group of fossil fuel companies, and obtain a higher score than, for instance, a wind-energy

company with a lower ESG score compared to its renewable energy counterparts.

To address the expanding ESG ratings market, foster transparency, and provide clarity for investors, the European Commission has proposed a regulation. This regulation has both promising and concerning aspects for investors seeking ethical funds. One notable aspect is the requirement for EU-based ESG rating providers to obtain authorisation from the European Securities and Markets Authority (ESMA). Similarly, third-country entities offering these services must establish equivalence agreements with both their jurisdiction and the EU. This move aims to enhance accountability and transparen-

cy, reduce inconsistencies that breed confusion among investors, and decrease the risk of greenwashing.

However, a significant shortcoming of the regulation is the lack of harmonization in the methodologies used for creating ESG ratings. While transparency

and disclosure requirements are emphasized, ESG rating providers retain complete control over their methodologies and selection processes, providing little guidance to retail investors. Without substantial support, investors and stakeholders are left to navigate the maze of differing ESG ratings and methodologies, hindering their ability to effectively distinguish between them.

Drawing from past experiences, such as the Sustainable Finance Disclosure Regulation (SFDR), policymakers must ensure that the proposed ESG ratings adequately address investor needs for accessible and easily comparable information. The risk of ESG ratings becoming mere labelling tools, as experienced with SFDR, must be avoided at all

### “A SIGNIFICANT SHORTCOMING OF THE REGULATION IS THE LACK OF HARMONIZATION IN THE METHODOLOGIES USED FOR CREATING ESG RATINGS”



Une solution complète pour la gestion de votre patrimoine immobilier

Contact: admin@gpartners.immo - 0470 84 23 18

**A VENDRE** • maison pour amateur éclairé. Les lignes de cette maison vous surprendront par leur pureté intérieure. La maison se déverse en terrasses successives avec une vue plongeante sur le square Coghén. Séjour très lumineux, trois chambres, deux bureaux, deux salles de bains douche. À découvrir.



**A LOUER** • Situation exceptionnelle dans un immeuble style art déco de l'avenue Louise. Superbe appartement trois chambres, vaste living, cuisine suréquipée, salle de bain et de douche et nombreux placards.



**A LOUER** • Idéalement situé entre "Les Jardins du Roy" et "les Etangs d'Ixelles" très bel appartement dans un immeuble de standing, trois chambres, vaste living donnant sur un grand balcon avec vue sur le parc, salle de bain et de douche. Piscine extérieure accessible en été.



Découvrez nos bien en ventes et locations

Avenue Louise 207 - 1050 Bruxelles







costs. Clarity and comprehensibility should be paramount, with information presented in a manner understandable to the average recipient. Legal loopholes that allow providers to withhold information should also be avoided, as they erode trust in the ESG ratings market and undermine the purpose of the regulation.

Conflicts of interest also deserve attention within the proposed regulation. It distinguishes between investor-paid and issuer-paid ratings, recognising the potential for conflicts of interest in the latter model. To mitigate such conflicts, clear labelling of ratings paid for by issuers or fund managers is mandated in the proposed Regulation. Additionally, the separation of ESG rating activities from other potentially conflicting business activities is required, alongside the establishment of an independent oversight function. These measures aim to safeguard the independence and integrity of ESG ratings, instilling confidence in investors and ensuring they have access to unbiased information.

The proposed regulation also introduces a register of vetted ESG rating providers accessible through a European Single Access

Point (ESAP) by 2028. This register aims to enhance transparency and facilitate investor access to reliable information. The regulation also mandates the establishment of complaints-handling mechanisms by ratings providers, empowering investors in case of issues with ESG ratings. These provisions represent commendable steps towards accountability and safeguarding investor interests.

It is essential to note that integrating non-financial objectives into investment strategies does not necessarily result in additional costs or lower returns for individual investors. On the contrary, ESG-rated equity funds have shown outperformance compared to mainstream equity funds over the long term. This realization should encourage investors to explore sustainable investment opportunities and promote further development and refinement of ESG ratings.

In conclusion, while the proposed regulation on ESG ratings takes significant steps towards addressing certain issues, it falls short in other crucial areas. Transparency, accountability, and measures to prevent conflicts

of interest are commendable steps in the right direction. However, urgent attention is needed to address the lack of harmonization in methodologies and the potential for providers to withhold crucial information. By navigating these challenges with prudence and dedication, we can unlock the true potential of ESG ratings, empowering investors to make informed decisions and pave the way for a more sustainable and ethical future.

[www.betterfinance.eu](http://www.betterfinance.eu) ⓘ

# Niall Quinn - Manchester City Legend

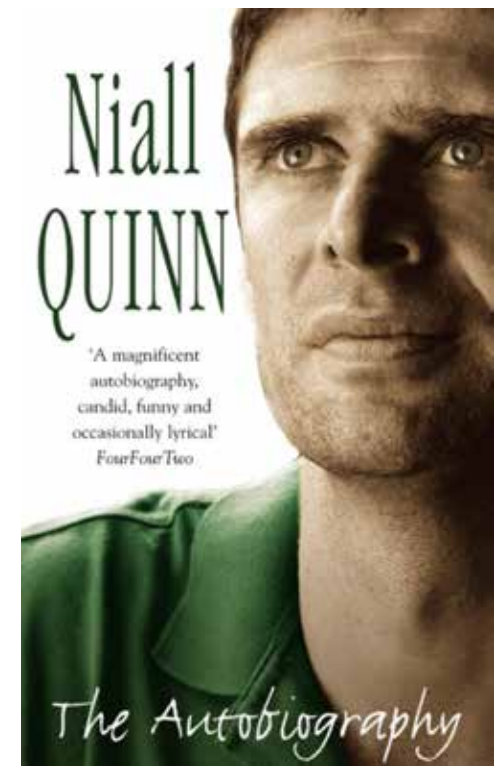
**Doug Gordon** met with one of Ireland's greatest footballers to talk about the power of knowing yourself

With Manchester City Football Club recently winning the treble (Premier League, Football Association Cup and European Champions League), Niall Quinn was their player of the year back in 1991 and scored 78 goals for them. He is also the second highest scoring Irish international ever.

The thing I love about Niall is his kind hearted giving nature. As an example when he had his testimonial match, which in the old days was played to help raise extra money for the player when they were coming close to retirement, he gave the entire £1.5m to charity.

I only met him last month in May when we were both speaking at an event and automatically loved his friendly nature, but his real character came through when I was speaking at an event the following week and a guy I never met before asked me if I could get Niall to send a birthday message to his Dad (his Dad had coached Niall as a kid in football). Niall didn't hesitate for a second and made a 90 year old man very happy.

Success in life is one thing, but as Niall said himself there is more to life than scoring goals, life is really about being a good person and seeing if you can help others along the way.



This is why I think he was so successful, he has always been a great team player. He is also a super communicator and has fantastic empathy towards others. In terms of success he mentioned hard work, resilience, a positive mindset, listening and following

### Finance

great mentors as key reasons behind his success. However, seeing him on the podium I could see that he is a natural born communicator, presenter and listener; to me this shows the deeper reasons why he was so successful.

Natural talent in any sport or any vocation is fantastic, however the ability to negotiate, communicate and create great relationships effectively with your teammates and with clients when it comes to business is just as important. Niall does this with a sense of humour, humility and care and he communicates to connect with the hearts of the people he works with, so that they will collaborate together towards collective goals. Communication skills are key to this.

He also mentioned that there will always be competition and naysayers trying to say you will never be good enough, and this is where you need to be the master of your own destiny and communicate with your own self with a sense of "knowing" that you are good enough and you can achieve anything you put your mind to.

One of the most amazing examples of this was when Niall was playing for Manchester City against Derby County back in 1991. Niall scored the winning goal, but what was more amazing was their goalkeeper had been

**“ THE THING I LOVE ABOUT NIALL IS HIS KIND HEARTED GIVING NATURE ”**

**“ HE IS A NATURAL BORN COMMUNICATOR, PRESENTER AND LISTENER ”**

sent off so Niall went in goal and saved a penalty from the Welsh star Dean Saunders to lead his team to the win. It was one of the most amazing performances ever seen. He said he just knew he could save the penalty and got a bit of luck diving the right way.

Having a knowing mindset is the key to success, because let's face it, if I was to ask you the reader "do you think your name is xyz, do you believe your name is xyz or do you just know your name is xyz?" You would tell me you know it! So make sure you have very clearly defined goals in life or business and regardless of the ups and downs having a 'knowing' that you can achieve them. It is all about clarity of vision, passion, purpose and then being able to relay that through great communication to your own self, your teammates and your clients.

Niall is an expert at this and that is why he has gone on from football to become an incredible businessman and onstage presenter. Check out the full interview with Niall on YouTube with Doug Gordon.

*Doug Gordon is a regular contributing writer for the magazine and is also a 5X award winning coach, speaker and consultant. He is also an international bestselling author of the book "Charge Yourself Up For Success". He teaches communication and presenting skills to some of the top CEOs, actors, actresses and sports stars in the world. ①*



**THE AGENCY**  
TALENT MANAGEMENT

WHERE **ATHLETES WRITE HISTORY**, WHERE **DREAMS ARE DESIGNED**, WHERE **BRANDS CREATE EMOTION** AND **STORIES TO TELL OUR GRAND CHILDREN**

## LINK YOUR BRAND

**WE ARE YOUR INTERFACE BETWEEN YOUR BRAND AND OUR TALENTS**

- Share the same values
- Storytelling through talent values
- Brand Awareness
- Image and campaign visibility
- Tap into a new ecosystem
- Link talents success to yours
- Increase sales through sponsorships
- Benefit from new communities & audiences
- Create a feeling of Belonging, Involvement & Pride
- Create employee engagement through events with talents

**50+**  
ATHLETES

**20+**  
BRANDS & PARTNERS

**3.4M**  
TOTAL DIGITAL REACH

**CONTACT US**  
③ f in

Maximilien Peeters - CEO  
MP@theagency.management  
+32 (0)476 29 61 37

Marc Laurent - CCO  
ML@theagency.management  
+32 (0)475 33 22 02



Real estate

# Schaerbeek – Return of the Golden Age

**Robert Holton** explores a commune that is seeing a resurgence



Avenue Louis Bertrand © Jean-Paul Remy

Located in the northeast of the Brussels-City Region, Schaerbeek - or Schaarbeek, if you prefer. The area quickly became a bustling hub for freshly minted industrialists and affluent Belgian families, who built the tall, narrow and deep terraced houses synonymous with the dawn of the 20th century. Many of these buildings were designed in the distinctive Art Nouveau style. Today, buildings inspired by Horta and other leading lights of the movement can still be seen throughout Schaerbeek – and on rare occasions these magnificently

crafted homes are available to buy or rent. These houses are symbolic of Schaerbeek's golden age, where money was no object and right angles were out of fashion.

## A tale of two cities

The opulent nature of the area witnessed a decline in the mid 20th century, when the outskirts of Schaerbeek became the favoured destination for factories and breweries. Many migrants gravitated to the area in search of work.

# MANAUX CHATEAUX

Hire a unique château in the Belgian Ardennes. Celebrate your special occasion or prestigious corporate event in a truly magnificent setting. MANAUX CHÂTEAUX presents a choice of three majestic properties offering exceptional accommodation, state-of-the-art facilities, and sophisticated luxury services to a select clientele.



This is a dream opportunity to escape the everyday, be inspired by historic surroundings, and experience the 'châtelain' lifestyle. Imagine a romantic wedding in the heart of the Ardennes Forest.

What better way to crown the moment than taking your vows amid such breathtaking beauty?



Meanwhile, those planning corporate retreats or business seminars can simply let the charm and tranquility of these inspirational locations work their own magic.

And if you are seeking the perfect place for that unforgettable holiday or memorable family reunion, all the verdant splendour of the Ardennes landscape lies right on your doorstep.







“ MORE AND MORE  
PEOPLE ARE  
BEGINNING TO  
DISCOVER THE  
CHARMS OF LIVING  
HERE ”

The eastern part of the commune comprising Square Vergote, Boulevard Lambertmont and Place de Jamblinne de Meux around Park Josaphat is much more affluent and benefits from its proximity to the EU institutions and NATO. On the other hand, the area around the beautiful Schaerbeek railway station leading up to Rue Royale is in a more dilapidated state. Like St Gilles before it, there is increased gentrification, but there is still some way to go.

Schaerbeek has a thriving Turkish community, this can be seen in the bakeries and restaurants. It has its own theatres, parks and bobo-chic eateries. Once shrouded in gloom, the area has now been enlivened by young entrepreneurs, no doubt attracted by house prices that are much more accessible than other communes. The mix of people and the sense that it is apart from the City of Brussels imbues the area with a distinctive feel.

If it's leafy green woodlands, ponds speckled with lily pads and lush undulating grass banks you're after, Josaphat Park has all of this and more. Widely regarded as the green lung of the commune, it is located in the centre of Schaerbeek. It is over one hundred years old and boasts some fine specimen trees and an abundance of hills, creeks and open space to keep kids, dogs and discer-

ning parents entertained for hours on end. In addition to this, there are several trendy bars, restaurants, markets and cafes, perfect for post-work summer tipples or Saturday morning brunches. Python beer cellar ticks pretty much all of these boxes and sits on a quiet corner nestled beneath a curtain of wisteria on Avenue Emile Max – a street lined with cherry blossom.

The good news is that Schaerbeek has a wide variety of property for buyers and renters alike. The better news is, prices here are – for now – still relatively low compared to the rest of Brussels. If you're looking to rent a one bed apartment for instance, you can expect to pay anything in the region of €450 to €800 per month. If you want to buy a one bed apartment, prospective buyers can expect to pay anything from €250,000 to €400,000. At the other end of the scale, it is possible to find a large townhouse still for €600,000 though it may well need renovation and around €1,000,000 for a fully functional family home in turn-key condition. Regardless of where you are or where you want to be on the property ladder, there is no doubt that there has never been a better time to live or invest in Schaerbeek – an area on the cusp of another golden age. ①

More information on  
[THEBANKS-BRUSSELS.BE](https://THEBANKS-BRUSSELS.BE)



*Invest in your future.  
Put your money in  
The Banks.*

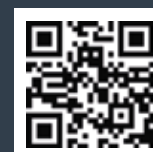
Hypermodern new build boasting unique views

Diverse range of solid, energy-efficient apartments

Promising neighbourhood between Dansaert  
and Tour & Taxis

Ideal home = smart investment

Carefree investing thanks to our rental service with  
occupancy rates up to 98%



Call us on 02 342 09 09 or sneak a peek  
on [THEBANKS-BRUSSELS.BE](https://THEBANKS-BRUSSELS.BE).

The images in this advertisement are purely illustrative and not binding. Triple Living can under no circumstances be held liable for the content of this advert.

TRIPLE LIVING



THE BANKS





Agrée IPI et directrice de son agence dès 25 ans, Tessa Clerens a le sens du contact et le professionnalisme dans la peau. Rencontre avec la dynamique entrepreneuse.

*Tessa trouve toujours une solution à des besoins avérés ou cachés, à ce qui est « dit ou non-dit ». Une belle image d'un beau métier, n'hésitez pas à la solliciter !*

### Pourquoi ce choix Tessa ?

Depuis l'enfance, j'ai été baigné dans ce milieu. Mes parents, artistes multiples m'ont donné le goût de l'architecture, de l'histoire de l'art et de la dimension humaine. J'ai grâce à eux acquis le goût du métier. A la suite d'un parcours classique, j'ai plongé instantanément dans les études et les stages pour être agréée par l'IPI. Mais après diverses expériences, je ne me retrouvais pas dans la philosophie d'entreprises des grandes structures, je travaille autrement. J'ai donc choisi de me rendre davantage disponible en ouvrant mon agence.

### Quelle est donc votre vision du métier ?

Vente ou location, je prends le temps d'écouter les besoins du client, ce qui est dit et ce qui n'est pas dit. Il y a la notion de conseil qui entre vraiment en compte pour moi. Il ne faut pas foncer tête baissée mais travailler en confiance, évaluer les divers projets sur tous leurs aspects, les questions urbanistiques, la valorisation du bien (la bonne estimation et le bon prix), les projets de vie annexes, la fiscalité, etc. Mon but est de trouver les pistes et les solutions pour les nombreuses interrogations que peuvent soulever un bien car chaque projet est unique. J'ai à cœur de rencontrer les aspirations des clients afin d'avancer en confiance et transparence, et de ne pas conclure une affaire vite fait. J'ai beaucoup de chance de pouvoir exercer ce métier car en plus d'un métier c'est une passion.

*Grâce à une relation de confiance établie avec chaque « partenaire », elle parvient à créer une alchimie indispensable pour parfaitement vous conseiller, vous aider, partager son savoir-faire et répondre aux questions inévitables que vous vous posez.*



### ITTRE • RABOTS 14 • COUP DE CŒUR !

Au calme et idéalement située, à 5 minutes du centre et à 30 minutes de Bruxelles, magnifique villa coup de cœur et de haut standing sur un terrain de 35 ares ! Cette atypique villa vous laissera toujours cette sensation de voyage, d'Italie, de Grèce,...

La villa a été construite autour de l'atrium central permettant une magnifique luminosité ! Datant de 2002, elle offre 280m<sup>2</sup> et un terrain de 35 ares, elle comprend : au rez sur 2 niveaux : un vaste hall d'entrée donnant sur un magnifique atrium centrale, un vestiaire, un wc séparé, un bureau avec placards, un séjour avec feu ouvert donnant accès à une belle terrasse couverte surplombant un beau point d'eau, une seconde terrasse et le jardin, une agréable salle à manger, une belle cuisine super-équipée (MIELE) avec une seconde salle à manger et accès aux extérieurs dont une terrasse, une pièce polyvalente, une buanderie.

Au 1<sup>er</sup> étage : Salon avec accès à une grande terrasse, une grande chambre avec dressing, une seconde chambre, une grande salle de bain avec douche et bain et un wc séparé. Accès au grenier aménageable. 2 garages-box avec emplacements devant la maison. Magnifique jardin avec piscine et vue aérée ! Entourée de terrain agricole !

Matériaux de qualité ! Pierre naturelle Pietra, marbre carrare, plan de travail en granit, parquet. Jardin aménagé par un architecte paysagiste.

Actuellement en 2 chambres, possibilité 4 chambres/ studio indépendant. PEB B







## ACHETER EN ESPAGNE

*Rendement ou Soleil?  
Avec l'Espagne  
j'ai les deux!*

- Un rendement nettement plus important en Espagne qu'en Belgique
- Vous profitez de votre bien quand vous voulez
- Du soleil 300 jours par an
- Accompagnement total : visite sur place, accompagnement juridique, administratif et fiscal et ensuite gestion complète des locations
- Nous sommes présent sur la Costa Blanca, Costa Calida et Costa del sol

**CONTACTEZ-NOUS VITE !  
AU 02/522.63.09**



Av. Paul Janson, 54 – 1070 Anderlecht – T. +32 2 522 63 09  
info@immorenier.be – www.immorenier.be



50 YEARS OF  
EXCELLENCE  
IN LUXURY  
REAL ESTATE

WWW.IMMO-LELION.BE  
+32 2 672 71 11  
*Get Inspired*



### UCCLE - OBSERVATORY

In the beautiful Parc Hamoir estate, exceptional penthouse with magnificent volumes of  $\pm 300 \text{ m}^2$  +  $300 \text{ m}^2$  south-west-facing terrace. Superb reception rooms, 3 bedrooms with 3 en suite bathrooms, study area. 2 parking spaces. EPC C





#### IXELLES QUARTIER PLACE BRUGMANN : HÔTEL DE MAÎTRE

Sis à deux pas de la place Brugmann, ravissant hôtel de maître avec son jardin sud et son arrière maison. Intégralement rénové dans le respect de son cachet d'époque, il offre de grandes réceptions, plusieurs chambres et salles d'eau, de grands bureaux ainsi qu'une maison arrière idéale comme maison d'amis ou pour y exercer une activité libérale ou artistique: rare. PEB D -

IMMOBILIER DE COLLECTION

**BRUSSELS**

+32 (0)2 218 38 38 | [info@james-realty.com](mailto:info@james-realty.com)

VENTE | LOCATION | INVESTISSEMENT | RECHERCHE PERSONNALISÉE



#### UCCLE QUARTIER PRINCE D'ORANGE : VILLA LUXUEUSEMENT RÉNOVÉE

Sise sur un beau terrain parfaitement orienté à l'abri de tous les regards, belle villa intégralement rénovée.  
Grandes réceptions, plusieurs chambres en suite, partie service ainsi que jardin ravissant et piscine : rare. PEB F

IMMOBILIER DE COLLECTION

**BRUSSELS**

+32 (0)2 218 38 38 | [info@james-realty.com](mailto:info@james-realty.com)

Retrouvez tous nos biens sur **james-realty.com**

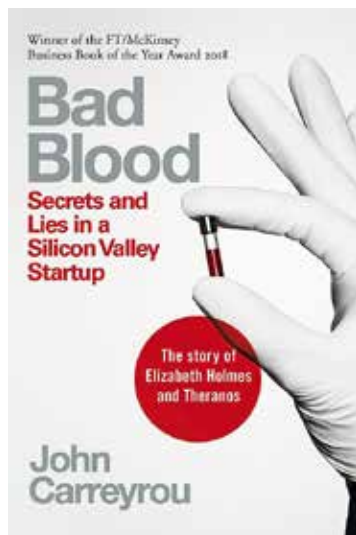
Books

# Be Successful

The best business books, the business books we really love to read according to sales figures, are the ones that read more like thrillers and recount corporate malfeasance, poor decisions and disastrous errors; not the drab hagiographies where the ghostwriter bums about the entrepreneur's many successes, their inimitable leadership and their pithy observations - all written without room for any real critique.

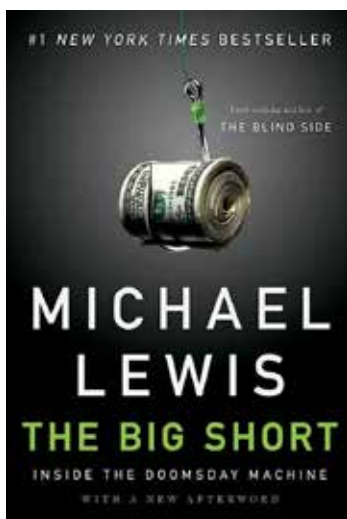
Apart from all else, part of being successful is not just about making the right decisions, but also about not making terrible decisions and preferably not going to jail. We chose four page turners.

'Bad Blood: Secrets and Lies in a Silicon Valley Startup' by John Carreyrou, tells the story of Theranos, a Silicon Valley startup that promised to revolutionize the medical industry with a new blood testing technology. The CEO and founder Elizabeth Holmes was lauded in the business press, a Stanford dropout who set up a business that, at its height, saw the business valued at \$9 billion.



The only small fly in the ointment was that the product, which promised to perform a huge range of tests from a single drop of blood, didn't work - and could lead to dangerous misdiagnosis. The book looks at the rise and fall of Theranos. It isn't just about the hubris of Holmes and her partner, Sunny Balwani, it is about the investors who were hoodwinked.

'The Big Short' by Michael Lewis explores the background to the 2008 financial crisis, explaining how it happened and the people who saw it coming and cashed in. The film of the book is pretty good, but the slower unraveling of the story in the book builds a picture of the characters involved and how they stuck to their guns in the face of enormous pressure; from Michael Burry of Scion Capital who was one of the first to spot the flaws in the American housing market, to Mark Baum of FrontPoint Partners behind one of the funniest scenes in the movie, the visit to the 'American Securitization Forum' in Las Vegas.



MY  
GROOM  
*Property Services*

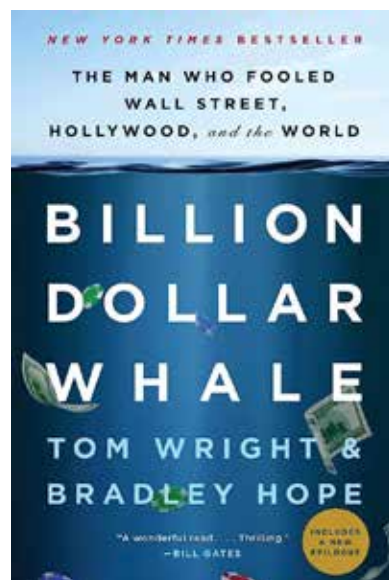
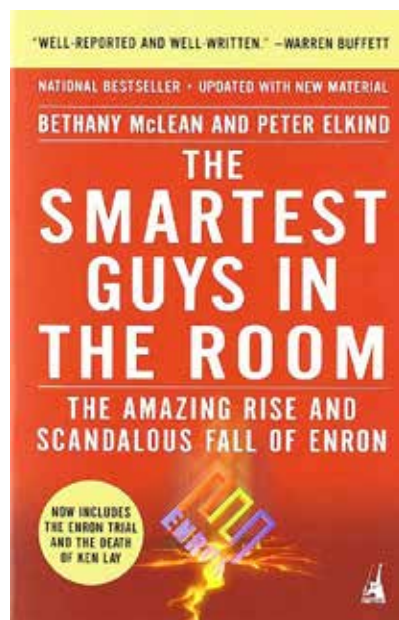
Av. du Prince de Ligne 18 - 1180 Brussels  
T. +32 2 373 08 30 - F. +32 2 372 29 19  
[info@mygroom.be](mailto:info@mygroom.be) - [www.mygroom.be](http://www.mygroom.be)



## PERSONAL DEVELOPMENT

### Books

'Billion Dollar Whale: The Man Who Fooled Wall Street, Hollywood, and the World' by Tom Wright and Bradley Hope, recounts the story of how Jho Low, a graduate of Wharton School of Business, managed to set in motion an unprecedented fraud of epic proportions, partly with the aid of Golden Sachs and others. To have some idea of the excesses: "between October 2009 and June 2010 - a period of only eight months - Low and his entourage spent \$85 million on alcohol, gambling in Vegas, private jets, renting superyachts, and to pay Playmates and Hollywood celebrities to hang out with them."



'The Smartest Guys in the Room: The Amazing Rise and Scandalous Fall of Enron' by Bethany McLean and Peter Elkind, is from 2003, but it is widely considered to be one of the best books ever written on the subject of corporate malfeasance. It tells the story of Enron, a company that was once considered to be one of the most innovative businesses in the world, but ultimately collapsed under the weight of its own greed and corruption. The book is written in a compelling and engaging style, based on in-depth research and detailed analysis of the Enron scandal.

In conclusion, these books shine a light on the dangers of unchecked corporate ambition and greed. They are all best sellers for a reason, and they are essential reading for anyone who wants to understand the darker side of the business world. ❶

**DS AUTOMOBILES**  
Spirit of Avant-Garde

**DS 9**  
THE POWER OF ELEGANCE

FINANCIAL RENTING FROM **€ 619/MONTH\*** EXCL. VAT

100% Tax-deductible until 01/07/2023

DSautomobiles.be

DS *prefers* TotalEnergies



1,5L / 100KM @ 33 - 35G CO<sub>2</sub> / KM (WLTP)

Environmental information [Royal Decree 19/03/2004] : [www.dsautomobiles.be/fr/univers-ds/consommation-a-l-usage.html](http://www.dsautomobiles.be/fr/univers-ds/consommation-a-l-usage.html) - Contact your DS Store for any information relating to the taxation of your vehicle - Visual non-contractual \*Financial Renting offer for a DS 9 PERFORMANCE Line + E-TENSE 250, based on a duration of 60 months and 100,000 km. Catalogue price: €51,280.99 excl. VAT. Monthly rent of €619.00, conditional upon a 1st increased rent (optional) of €8,930.26 and a purchase option of 30.00%, discount(s) deducted. Financial Renting is exclusively for professional use. All prices are exclusive of VAT. Subject to errors or price changes. Offer valid from 01-05-2023 to 31-05-2023 inclusive. Financial Renting proposal made by Stellantis Financial Services Belux S.A. (lender), Avenue du Bourget 20-1, 1130 Brussels, Belgium, RLP: Brussels, CBE no. 0417159.386, tel.: +32 (0)2/370 77 11, IBAN: BE86 3100 0100 5250, BIC: BBRU BE BB, email: [services4you@stellantis-finance.com](mailto:services4you@stellantis-finance.com), subject to acceptance of the file. More information in DS Stores.

# Spain in the spotlight

*Together* looks ahead to the Spanish presidency of the EU



Pedro Sánchez © European Council

**A**head of recent local elections in May, Spanish Prime Minister Pedro Sánchez pulled out all the stops: discounted train fares for the young, discounted cinema tickets for the old and Cava for everyone! Well not quite, but shiny nice thing, after shiny nice thing was waved in front of the Spanish voter - but to little effect.

The outcome for PSOE (the Spanish social democratic party) was poor and the PP (Partido Popular, centre-right) have reaped the benefits - though, in some instances, this has meant joining forces with VOX, a populist party, intent on stirring up a very Spanish version of the culture war. VOX supporters are, at best, ambivalent on the

matter of domestic violence, go blue when they see a LGBT flag hanging from a municipal building and feel that bullfighting and the very soul of Spain is under attack, from within and from migration.

## Sánchez gambles

So, what to do? Well Sánchez's response was to read the runes and call for a general election. The date has been set for 23 July. You got it, right at the beginning of the Spanish presidency of the EU.

Sánchez cobbled together a coalition with Podemos (The Left, in the European Parliament) to form a government. To make matters more complicated, this coalition

was dependent on the abstention of pro-independence Catalan parties. It was, to put it mildly, complicated. Sánchez's gamble could pay off. Macron campaigned while the French held the presidency, it might help his case if he was seen to be leading Europe in the run up to the election. Some in the European Parliament, mostly from the right, saw this as a sinister ploy and have postponed a planned visit of group leaders to Madrid planned for 26 June. Sánchez has chosen not to address the European Parliament at its July plenary, as is customary at the beginning of a presidency. Nevertheless, he recently presented the four main priorities for Spain's EU leadership over the next six months.

Firstly, Spain acknowledges the benefits an open economy has brought Europe and the world over the last decades, but in the face of geopolitical changes, is calling for a retrenchment and on-shoring of strategic sectors. Spain also wants greater diversification in the EU's trade, in particular, to build on EU-Latin American links, something Spain is well placed to benefit from.

Secondly, the presidency will continue to accelerate the large body of environmental legislation already in the works related to the 'Fit for 55' package. Their priority will be the gas and hydrogen part of that package, as well as the measures to create a more sustainable product cycle. They argue that this has the additional benefit of bringing jobs as well as supporting the green transition.

Thirdly, the Spanish presidency will advocate for fairer growth, saying that they will fight tax evasion from multinational corporations, which they say amounts to as much as 1.5% of GDP each year. They also want to make the case for more flexible fiscal rules that allow for adequate financing of the green and digital transitions.

## “ IN THE FACE OF GEOPOLITICAL CHANGES, SPAIN IS CALLING FOR A RETRENCHMENT AND ON-SHORING OF STRATEGIC SECTORS ”

Finally, under the broad heading of 'Strengthening European unity' the presidency will advocate for a deepening of the internal market, the completion of the banking union and the capital markets union, the consolidation and improvement of common funds, a more efficient and coordinated management of migration and asylum processes, and a coordinated support for Ukraine and other neighbouring states. In short, this heading is a catch all for everything and anything.

As ever, the machinery for managing all these moving pieces is well oiled by the officials of the various institutions. Should an election not go in Sánchez' favour business will likely continue, but it would be disruptive if Spain were to become bogged down with difficult wranglings over who should form a new government. The best result for the EU would be a clear victory for one

of the main parties, but it is anticipated that both will require coalition partners to form a government. As the rest of us wind down for our holiday, we can only hope that all will be resolved by September. ❶

## “ THE PRESIDENCY WILL ACCELERATE THE LARGE BODY OF ENVIRONMENTAL LEGISLATION ALREADY IN THE WORKS ”



# LIFESTYLE

*Summer dreaming*

LIFESTYLE

Luxury

## Homanie's exquisite hidden gems

Looking for an ideal retreat this summer?  
We offer a quick glance at the most recent additions to Homanie's portfolio of dream properties



*Alqueva*

Created in 2021, Homanie is the first collection of rental homes offering luxury made-to-measure services across France, Spain, Portugal and Italy. The founders, Sophie Desmazières and Marie Treppoz, share a deep passion for elite real estate and personalized hospitality. Their commitment to excellence and expertise is evident in their approach: over 200 crite-

ria are analyzed before a property can be considered worthy of the Homanie name.

The result is a collection of 60 magnificent, historical properties that have been lovingly restored to preserve their architectural heritage, set in unparalleled natural surroundings with access to the finest amenities.



## “ HOMANIE COMBINES SINGULAR PROPERTIES WITH TAILOR-MADE EXPERIENCES THAT EXCEED EXPECTATIONS ”



Avignon

### Personalized experiences, exceptional service

Homanie combines singular properties with tailor-made experiences that exceed expectations. Bespoke services are offered alongside a range of activities and excursions delivered by seasoned professionals, including Michelin-starred chefs, high-level athletes, wellness coaches and cultural hosts with deep local knowledge. As Homanie puts it, they are “Magicians of anticipation, they know the codes, the subtle efficiency and the discretion of an exceptional service. They know how to bring that unique balance of serenity and confidence that makes each stay enchanting.”

### Delightful settings that leave a lasting impression

Each Homanie house is a masterpiece, blending luxurious amenities with the unique charm of its surroundings. Among the properties, you can find accommodation with up to 25 bedrooms, which is ideal for when you want to create an extra special experience for larger groups.

Whether you’re looking for an unforgettable setting for a business seminar, wedding, professional event, luxury retreat, or family holiday, each of these carefully selected villas offers something unique and inspirational that is sure to delight you and your guests.

### Homanie’s latest gems revealed

This summer, Homanie has expanded their collection of exclusive properties, adding five new locations that promise an unforgettable escape:

#### Lakeside serenity with Portuguese flair in Alqueva

Immerse yourself in the serene beauty of Homanie Alqueva, nestled by Europe’s largest man-made lake. The property blends modern design and rustic charm, providing an atmosphere of elegance, relaxation and privacy. Enjoy the infinity pool and seamless indoor-outdoor living spaces, with facilities including an outdoor jacuzzi, sauna, tennis court, massage, gym and cinema. Owned by a Michelin-starred chef, the property is offered on a full-board basis, with local and seasonal dishes prepared by the onsite staff.

Homanie recommends: Take a hot air balloon flight over the Alentejo and the great lake of Alqueva in the early morning.

#### Sophistication and French countryside charm in Uzès

Experience refined elegance and rich heritage in the heart of the French countryside at Homanie Uzès. This property blends



Uzès

## “ OVER 200 CRITERIA ARE ANALYZED BEFORE A PROPERTY CAN BE CONSIDERED WORTHY OF THE HOMANIE NAME ”

contemporary design with classic Louis XVI furniture and architectural elements. Enjoy spacious living rooms, a ceremonial lounge, a library, and a well-preserved chapel. The swimming pool has a counter current feature and there is an onsite tennis court to cater to athletic guests, while the landscaped gardens, poolside lounge area, and dining spaces contribute to the relaxed atmosphere.

Homanie recommends: Enjoy a horse-riding adventure along the scrubland paths, vineyards and orchards of the beautiful Provençal countryside.

#### Natural wonders and year-round tranquility in Perche

Escape to the picturesque Homanie Perche, which offers an idyllic retreat just a 90-minute drive from Paris. Surrounded by rolling hills and lush greenery, this property offers a serene sanctuary in the heart of Perche Regional Park. Enjoy the expansive private gardens, inviting swimming pool and hammam, and spacious terrace for year-round relaxation and tranquility. This is a perfect choice for exclusive gatherings with family, friends, or colleagues.





Bonnieux

“EACH HOMANIE HOUSE IS A MASTERPIECE, BLENDING LUXURIOUS AMENITIES WITH THE UNIQUE CHARM OF ITS SURROUNDINGS”



Perche

Homanie recommends: Take an introductory golf lesson with Virginie on the 18-hole course surrounded by valleys, wheat fields and hundred-year-old trees.

#### Renaissance charm and wine tasting in Bonnieux

At the heart of Provence's medieval villages, this historic wine estate retains its Renaissance charm while featuring modern updates. Set across 100 hectares, the estate boasts manicured gardens, spacious interiors, and outdoor areas including terraces and an esplanade. Relax by the pool, dine al fresco, explore the gardens, vineyards, and woods, and end the day with a game of pétanque.

Homanie recommends: Taste wine from the vats of the Château and learn about oenology with Constance and Lawrence, the estate's knowledgeable owners.

#### Historic Grandeur in Avignon

Immerse yourself in the historic grandeur of Homanie Avignon, an 18th century castle set in 35 hectares of wooded parkland. Original architectural elements are combined with bright, contemporary interiors that invite you to explore the castle, outbuildings and bastide. Retreat to the serene garden oasis, relax by the private 20m swimming pool, and admire breath-taking views of the city, or stay active and enjoy the fitness area, pétanque and table tennis facilities.

Homanie recommends: Experience a cheese, truffle and wine tasting session in the Châteauneuf-du-Pape cellars with Serge, elected best sommelier in France in 2008 by Gault et Millau and chef of a restaurant renowned in Carpentras for its truffle-inspired recipes.

Visit [www.homanie.com](http://www.homanie.com) to discover the full collection and make a reservation. ①



Experience more of the world

Fly from Brussels to over 160 destinations around the globe, connecting through Hamad International Airport in Doha. Book your flight today and begin the journey of a lifetime.

Visit [qatarairways.com](http://qatarairways.com)



GOING PLACES TOGETHER





# *Romantic Obsession*

Photographer Maria Dawlat Art Director Nicholas Sirot  
Make up Elke Binnemans using SISLEY COSMETICS,  
for Hair Elke Binnemans using Moroccanoil.  
Model Lola @ Dominiquemodels.com  
Blouse: Pinko





Elke Binnemans *using* SISLEY COSMETICS  
 Sunleÿa G.E spf 30  
 Instant glow primer  
 Radiant blush 1 pink peony  
 Phyto-khol star mistic gold 11  
 Phyto-lip delight 1







Dress: Pinko  
Swimsuit top: Calzedonia  
Bracelet: Bracelet Dinh Van



Elke Binnemans using SISLEY COSMETICS - Mascara so intense 1 black - Phyto-Sourcils Fix 0 transparent  
Phyto-rouge 44 rouge Hollywood - Le phyto gloss 8 milky way - Phyto kohl perfect snow



Dior Solar: The protective milk SPF30, The After-sun balm, the protective oil SPF15.  
Sisley: Summer body oil SPF15, Sunleya global sun care SPF50+, Tinted sun care super stick SPF50+



Swimsuit: Eres  
Sunglasses: Liu-Jo  
Earring: Ole Lynggaard





Total Look Dior



Elke Binnemans using SISLEY COSMETICS, Radiant blush shimmer, Phyto blush twist 2 fushia + 3 papaya  
Ombre éclat liquide 1 champagne, HAIR RITUEL by Sisley, The crème 230, Volumizing spray



# Sun-kissed beauty

**Nicholas Sirot** shares the latest products to enhance your summer beauty rituals

With the summer season in full swing, it's important to take extra care of your skin and hair before and after sun exposure. The sun's rays can be harsh and damaging, but with the right beauty rituals, you can keep your skin and hair healthy, hydrated, and radiant. We will explore essential pre and post-sun beauty practices that will help you maintain your beauty and glow all season long.

## Sunscreen Protection:

Apply a broad-spectrum sunscreen with a high SPF to shield your skin from harmful UV rays. Don't forget to cover all exposed areas, including your face, neck, arms, and legs. You can use: Babé Transparent sunscreen SPF50, Roc moisturizing spray lotion SPF30, supertanning moisturizing dry oil SPF30, Nu skin face & body SPF50, Babé foto-protector vitamine C, Anti -aging care with sea holly SPF 50, Roc High protection anti-wrinkle smoothing fluid SPF50, Brush on



Block tinted & mineral sunscreen SPF30, Lancaster sun protective water SPF30.



## Hair Protection:

Apply a leave-in conditioner or UV protectant spray to your hair to prevent it from drying out and becoming damaged by the sun's rays. Consider wearing a hat or scarf for additional protection. For example,

Sisley's have a colour-beautifying hair care mask with a nourishing and protective complex, as well as a fluid to protect against salt and chlorine. And if you really want to take care of your hair, nourish it with Ethé's vitamin cocktail Shine.



## Beauty

**Post-sun beauty rituals:**

**Gentle Cleansing:** After sun exposure, cleanse your skin with a gentle, hydrating cleanser to remove any sunscreen residue, sweat, and impurities. Avoid using harsh exfoliants, as your skin may be more sensitive. We recommend energizing, scented soap by Roger & Gallet, body scrub in oil for a radiant tan by Yves Rocher, or Energizing bath & shower gel by Yves Rocher.

For the face treat your skin to an ampoule face serum to replenish, moisturize and soothe any redness or irritation caused by the sun, like Babor's Perfection or repair ampoule serum concentrates.

To refresh the body and the legs after exposure to the sun we offer you Baby Aloe Vera, which refreshes, moisturizes and soothes the skin, or invigorating leg gel by Epoch. Finally, use an after-sun spray such as Collistar with Aloe or after sun "Peau parfaite" and moisturizing pearly oil by Yves Rocher.

**Hydrate, Hydrate, Hydrate:** Drink plenty of water to rehydrate your body and replenish any lost moisture due to sun exposure. This will help your skin and hair recover and maintain their natural beauty.



Taking care of your skin and hair before and after sun exposure is essential for maintaining their health and beauty. By following these pre and post-sun beauty rituals, you can protect your skin from sun damage, keep it hydrated, and ensure your hair remains lustrous and nourished. Embrace these beauty practices to enjoy a summer full of radiance and vitality. ❶

**9000**  
CORDLESS COLLECTION



## *High performance styling. Perfect Heat. Cordless Ease.*

The BaByliss 9000 Cordless Collection is powered by lithium-ion with ground-breaking Micro Heating Matrix technology for consistent, even heat and long-lasting results whatever your look. Featuring a 25mm curling tong, a 28mm waving wand, a 30mm hot brush and a triple barrel waver.



**BaByliss®**



# Glamour in the sun

By Nicholas Sirot

This summer, get ready to embrace the sun with our exclusive selection of sunglasses. We have explored the most fashionable trends and carefully chosen models that will make you shine, whether you're at the beach or in the city.

## Men's



Oliver Peoples  
Brunello Cucinelli  
Price: €500.



Persol  
Price: €210.



Lacoste  
Price: €138.



Ray-Ban original Wayfarer  
Price: €145.



## Good deals this summer at the VISITWallonia info.shop

The good weather and the long days are back, it's aperitif time! The VISITWallonia info.shop would like to take part in your moments of happiness by offering you a 10% discount on all the gins sold in the shop,

an opportunity to discover all the flavors of Walloon gins!

This special offer is valid until 17 September according to opening hours and within the limits of available stocks, on presentation of your VISITWallonia.be pass.



Shopping



**Liu-Jo**  
Price: €119.



**Dolce & Gabbana**  
Price: €300.



**Lanvin**  
Price: €275.



**Calvin Klein Jeans**  
Price: €92.



**Victoria Beckham**  
Price: €315.

Women's



Biggies  
Socks

Style  
Comfort  
Durability



High-quality, responsible Belgian socks for natural comfort in all seasons.

[www.biggies-socks.com](http://www.biggies-socks.com)

If you wish to spoil your customers, we also offer customized socks for companies.  
Interested? [contact@biggies-socks.com](mailto:contact@biggies-socks.com)



*Our socks, your style*



# Sun, sea and sand

By Nicholas Sirot

Welcome to the sun-kissed universe of Nicholas Sirot's summer shopping, dedicated to fashion accessories for men and women. Get ready to embark on a sensory journey where each accessory will transport you to sandy beaches, festive evenings, and endless moments of relaxation. Whether you seek the light elegance of a straw hat or the glamorous touch of a beach bag, our meticulous selection evokes the spirit of summer and enhances your style in every situation. Let us be your guide in this unforgettable summer shopping experience, where each piece is a sunbeam to add to your vacation wardrobe.



**Louis Vuitton**  
By The Pool  
Belharra Beach.  
Price upon request.

Mens



**ICE Smart One**  
Silver Navy.  
Price: €99.



**Desley Peugeot Voyages**  
Checkin suitcase.  
Price: €545.



**Vilebrequin**  
Swim Short.  
Price: €165.



**Scotch & Soda**  
Price: €169,95.



**Scotch & Soda**  
Price: €79,95.



**Vilebrequin**  
Sublue Underwater Scooter.  
Price: €990.

# LOEWE

Botanical Rainbow Fragrances





Shopping



**Desley Peugeot Voyages**  
Suitcase.  
Price: **€805.**



**Longchamps**  
Price: **€185.**



**Le Tanneur**  
Sac Cabas Le Rafia  
Price: **€399.**



**Dinh Van**  
Bracelet.  
Price: **€950.**



**ICE Smart One**  
Nude Pink.  
Price: **€99.**



**Twinset Attitude**  
Skirt.  
Price: **€178.**



**Louis Vuitton**  
By The Pool Oceanview Hat  
Price upon request.



**Vilebrequin**  
One-piece Swimsuit.  
Price: **€230.**

Womens

**T+TISSOT**



**TISSOT SEASTAR 1000**  
WATER RESISTANCE UP TO 30 BAR (300 M / 1000 FT)



# Designing the perfect kitchen

**Robert Holton** visits a doyen of kitchen design Sebastian Boucquey to learn about how a well-designed kitchen can transform your home.



The term 'ergonomics' might sound like a rather dry topic, but don't be fooled by this! As so happens, ergonomics –

– in a state of irritated ignorance! Never is the challenge greater than in the kitchen.

the study of how people interact with their environment – is fascinating and has little or nothing to do with economics (thank God for that).

**“ THE KITCHEN IS THE HEART OF THE HOME – A ROOM THAT SEES MORE FOOTFALL THAN ANYWHERE ELSE ”**

When it comes to optimizing the workings of your home however, getting it right is a whole other story, and one that leaves most in a state of panic, confusion or at the very worst

The kitchen is the heart of the home – a room that sees more footfall than anywhere else because of necessity and if you're lucky – the gravitational lure of delicious cooking. How this space and others are designed – for better, or

worse – has a major impact on how you live. To find out more about this tricky field, I met with renowned Belgian-based kitchen desi-



ARCHITECTURE – INTERIOR DESIGN

NEW CONSTRUCTION – RENOVATION – REAL ESTATE DEVELOPMENT



24/1, rue Saint-Boniface | 1050 Bruxelles | Tél.: + 32 2 513 70 76 | GSM: + 32 495 40 51 41

E-mail : fbouchat@synopsisarchitecture.be | www.synopsisarchitecture.be



## Interiors

gner, Sebastian Boucquey of JOA.

JOA works with all living spaces, but is particularly renowned for its kitchens. JOA's mission is to create spaces that enchant, meet needs that are adapted to actual use as well as bringing extra soul to your surroundings. That extra something which provides a unique signature. Sebastian and his team visit clients at home to observe how they use their kitchen and wider living space. According to Sebastian, the crucial observations that he and his team make at this early stage are the bedrock of the design journey. In the second stage the JOA team really gets to work developing concepts and concrete proposals with a meticulous eye for detail which leans upon years of dedication and experience, all of which are firmly rooted in the principle that "form follows function".

For JOA, kitchens are spaces which should work – quite literally – around you and your lifestyle like a well-tailored suit. Given this, perhaps it's no surprise that curvilinear forms dominate every aspect of their designs. From crescent shaped island units to marble-veined serpentine countertops, almost anything is possible here in the realm of bespoke kitchens and the results are often life-altering for the clients.

Sebastian says: "For us, a kitchen is a space where all the life of the house is mixed. It's a place where you can escape, learn and exchange ideas, and it should be able to accommodate all these experiences."

JOA's philosophy is a combination of aesthetics and ergonomics. The design process can unlock unidentified needs and is designed with such a conscientious understanding of the client that once built,



## “ A WELL-DESIGNED KITCHEN SHOULD HAVE AN EFFICIENT LAYOUT THAT MINIMIZES THE DISTANCE BETWEEN ZONES ”

you will wonder how you lived without it. JOA work with only the best materials. Solid wood gives warmth, character and durability to each piece. The steel parts are cut, bent, milled and welded in Willebroek. The wooden parts are directly processed by the JOA workshop in Braine-l'Alleud. There is an entire local ecosystem at the service of each project. The result is furniture with the lowest possible environmental impact. It is also a high-quality product that will last for years without going out of style or deteriorating.

Thinking beyond aesthetics and focusing on ergonomic principles when it comes to kitchen design has proved to yield the best results. A well-executed kitchen can be a place of joy, creativity, and set the stage for culinary flourish. You have the capacity to change it and it has the capacity to change you; a great kitchen is a sound investment.



**VERBIEST**  
INTERIEUR  
since 1919

## GRAND DESTOCKAGE

**-30%** du 15 au 30 juin, **-40%** du 1<sup>er</sup> au 15 juillet,  
**-50%** du 16 au 31 juillet



La Maison Verbiest, ébéniste et décorateur depuis 1919.  
Intérieur exclusif – mobilier contemporain et classique. Marques haut de gamme, telles que Duvivier, Jori, Durlet, Giellesse, Hulsta, Triss, Ferstone, Sheppard, Ghyczy, Lattotflex, Casamance, Arté, Jab ...



**durlet**

Pavé de Soignies 87, 7850 ENGHEN - [www.verbiestinterieur.be](http://www.verbiestinterieur.be)

Du mardi au samedi: de 14h à 18h30 – Dimanche: de 15h à 18h – Et sur rendez-vous - +32 2 395 80 11 – [info@verbiestinterieur.be](mailto:info@verbiestinterieur.be)  
\*voir conditions en magasin



# Chris Evans gets ghosted

From Captain America to being jilted, Chris Evans is an actor who's not afraid to take on different roles

It's not easy to break free of the action hero stereotype when you've played Captain America in one of the biggest film franchises of all time in the form of The Avengers, but Chris Evans has edged elegantly into drama, mystery and comedy genres, continuing to build a portfolio of work that leaves the green screen behind.

In *Ghosted* this year, he took on the role of Cole, a lovesick man who tracks one-date Sadie (Ana de Armas) across the world in the hope of getting another shot at romance. He unwittingly, however, wanders into a CIA plot, and winds up surrounded by unsavoury types who want him, and Sadie, dead.

Combining comedy and considerable artillery, the film was Evans at his best, yet even now at the peak of his powers, he is someone who is happy to reflect, consider his failings as well as his achievements and, of course,

entertain in an interview in all the same ways he does on camera, with charm, intellect and no small amount of humility.



## LIFE OF LEISURE

*Summertime and the livin' is easy*





“ AT THE END OF THE DAY I DON’T WANT TO  
PLAY ME. I PLAY ME EVERY DAY ANYWAY! ”

**Together:** *Ghosted* is a great movie, and succeeded in becoming Apple TV+’s most watched film debut. That’s quite some achievement, yet for you it also represented a conscious step back in the direction of action roles, right?

Chris: I like diversions, I like new types of characters, and Cole was really nothing like me. I think that’s healthy.

At the end of the day I don’t want to play me. I play me every day anyway! The fact this guy ends up in and around a mass of explosions is funny, and perfect.

***Ghosted* offered the chance to work again with the brilliant Ana de Armas...**

Oh, it was a nightmare, she’s so fussy with everything, she never likes anything that I say or do and if I had the choice, I would probably never work with her ever again in my career... I’m kidding, man. Ana is a really great friend, and we have the greatest times ever.

I know that there were a few times when we were sitting together on set, and she would show me something funny and we would both be laughing out loud and the other

guys there would wonder what was so funny.

I’m so proud of the things that Ana has done, especially becoming part of the Bond franchise and working with her and Daniel (Craig) on *Knives Out* was such a great buzz. She’s just an amazing person!

**On the subject, have you ever been ghosted yourself by a prospective partner?**

Yeah, I have. Going back some time I had those conversations that started off great and you think: ‘Wow, this is going well so soon.’ Then, the almost inevitable reduction in contact and communication and gradually, it slows down to nothing.

It’s as if – in some bizarre way – they were trying to be civil and have some manners by continuing to speak, but being non-commit-

tal and clearly it was just to give the impression that they’re happy to speak in a friendly way, but nothing more than that.

Soon, it becomes nothing and that feeling when you send a message, and nothing comes back, and you wonder whether you should send that will almost certainly that will put closure on it... that last text just to show you’re sad with the way things have turned out!

Then, you realize that you are going to come off looking like an assh\*le, so you don’t send anything, and you just try to forget about it.

Yeah, I’ve been there before, and it’s not a pretty feeling at all!

**Are you done with comic book movies?**

I don’t think you can ever be done, totally. Ultimately, comic book movies have a great





**“ULTIMATELY,  
COMIC BOOK MOVIES  
HAVE A GREAT SOURCE  
MATERIAL AND  
OBVIOUSLY THEY HAVE  
A BUILT-IN FANBASE”**

source material and obviously they have a built-in fanbase, but they are made into films because they have such good characters and story arcs and wonderful writing, and they make so much sense, and so much money!

It's interesting to switch to other projects, but never say never.

**Directing is something that's important to you, and you have worked with some greats. Did you find when you stepped into directing duties yourself – on *Before We Go* – that it was all it was cracked up to be?**

It's certainly challenging, and it is tough to be in a film that you are also directing. You see a lot of your bad habits when you're in the editing room. It's tough to have to watch yourself suck.

But directing was fun and I liked the responsibility and I am eager to do it again as the first time was a real learning process. Once I get the time to fit another project into my schedule, I am going to start looking for another script to direct.

Ultimately, I love acting and I will always love that. It's very fulfilling, but as an actor you're only a small piece of the overall puzzle and

I love being in control when it comes to the process. If I could, I would get involved in every aspect of a film – the lighting, the camera work, the sets. I love all of it. As a director, you get to put all the pieces together and the trick is to bring all that creativity into one satisfying whole.

**It seems like you're the kind of person who can really ensure a set of actors get on with one another – you're the glue. Is there anyone who you felt has been a mentor or a close friend along the way?**

I mean, I guess it's kind of obvious and people will probably already know that my answer will be (Robert) Downey (Jr). He is such a wonderful guy and so talented and experienced.

He's so supportive and he has always been in my corner. I've always felt backed by him and he really brings everyone into the group and makes sure that everybody feels welcome.

No matter what it feels like to me, I always try to imagine what it feels like to him, because he really did start so much in terms of the modern superhero incarnation, and he really is so irreplaceable. Nobody can ever be 'Iron Man'. It's not a role like a Superman or a Batman that can find different incarnations.

**“DIRECTING WAS FUN  
AND I LIKED THE  
RESPONSIBILITY AND  
I AM EAGER TO DO IT  
AGAIN AS THE FIRST  
TIME WAS A REAL  
LEARNING PROCESS”**



No one can touch it. No one can. And I wonder what that feels like to kind of come to the end of the road.

**You're also good friends with Chris Hemsworth...**

What's been great for us is how we've bonded over the years. We've been through the superhero journey together and we were both kind of apprehensive and nervous when we started out in those films. Neither of us knew how things would turn out and we've been able to kind of talk about it and have this brotherly support for each other. I'm very glad to have been able to get to know Chris and become good friends with him.

**You have spent time as an actor on stage. How does that help you when you're in movies and acting in front of a green screen?**

I'd say that the most beneficial tool you can develop to apply to green screen projects is just having a really vivid imagination as a child. As a kid, that's where you really soaked in make-believe and pretending to be whatever it is you want to be. You're just playing and you're having fun.

So, if you had a really vivid imagination as a kid then I think that's what gets you through those green screen days.

**Is there a certain burden on you to stay in top shape even when you're not in training for a movie?**

To a certain extent, but you try not to become obsessed with your appearance. The problem is that there are always people in the industry who want you to be more muscled, more sculpted, more tanned, and so on. I've never been the kind of guy who's going to use face creams and moisturizers.





**“ I HAVE A PRETTY STRONG SENSE OF DETERMINATION WHEN IT COMES TO SOMETHING I REALLY WANT. I GET THAT FROM MY MOTHER WHO IS VERY ITALIAN ”**

There are some things I draw the line at!

What I enjoy doing to stay in shape is playing different kinds of sports with my friends rather than spending hours and hours every week in a gym. At least when you do sports there's a sense of competition and camaraderie. It's also good for your mental well-being to get out of the gym and not fuss about your biceps.

**What have you learned about women over the years?**

[Laughs] That we're not that different and that when it comes to sex women are thinking about it in ways that would sur-

prise you. Guys tend to be general in their thoughts about women and sex but women like talking about very specific things and that's been kind of interesting to discover.

**How do you view relationships?**

I'm not a person who likes conflict in relationships and I am far more emotional and sincere than people may think. I love being in love with someone and having that love given right back to you in great ways. There's no better feeling.

It's taken a little bit of time for me to see that saying sorry for things is such a healthy way to go about a relationship. You're in that to-

gether and the other person has to see and feel that there's no lasting argument, grudge or anything like that.

I just love positive emotions to show that, yeah, I am soft at heart and this rough exterior doesn't define who I am!

**How else have you changed since your early days in Hollywood?**

I've calmed down a lot. I was very nervous at the beginning because I wasn't sure what direction I wanted to take and how things would play out. Life in general is a lot easier now.

**What might you have been if you weren't going to be an actor?**

Well, I come from a family where we all seemed to have a pretty good gift for math and I inherited that ability, too. My father majored in it in university, and I always enjoyed studying it, so perhaps that.

There's a constancy to math and what you can understand about existence in binary terms. That's why I've always been drawn to some stories about mathematicians, in films such as *Gifted*.

**Yet acting was always your destiny...**

I would say that my attitude when I was at the beginning of my career was a cocktail of naivety mixed with confidence, but certainly at the time I didn't have much doubt. A lot of that is from my parents, and I attribute it to the people I had all around me, telling me to go for it, even though it wasn't the path most people were taking,

I never had sleepless nights thinking it could be a mistake. I was very lucky in that capacity, but again, I can't take credit for the bravery. I didn't know any better as a result of my parents' support. Reflecting on it now, I think it was an insane choice. I didn't realize

that at the time because they never made me feel like it was a risk.

**What else have you taken from your parents?**

I have a pretty strong sense of determination when it comes to something I really want. I get that from my mother who is very Italian, and she can be very opinionated and very vocal...

**Do you enjoy getting to work on a much smaller scale smaller films, compared to the big-budget blockbusters?**

What strikes me in particular is how fast things move on a smaller film. On a big movie set, everything takes a long time to set up so that you're often waiting an entire day to shoot one scene or maybe only one part of a scene. With smaller movies, you don't have that luxury. Time is always running against you, and you have to always be ready to shoot the next scene, so you feel like you're working much harder and more intensely.

**Do you care about whether the public appreciates you for your work, or not?**

My work is not for the idea of it. I do it and whatever happens, happens... and I go back to living my life in a very present capacity. So the idea of it, in the future, or the reflection of it in the past, is not relevant to me. In my opinion, it's not just a waste of time. Acting encourages the ego, and, not to get too theological about it, but to some degree, the tricky landscape of acting is that it really tempts the ego, to believe you are something more than what you are, or that somehow your work is relevant in a capacity beyond the thoughts in your head. That's both really inspiring and really dangerous!

❶



# Ten places to visit in Andalusia



© Junta de Andalucía, except © Bodegas Tradición

Andalusia has a long and varied history, with Phoenicians, Greeks, Carthaginians, Romans all leaving their mark; however, it was with the arrival of the Moors in the 7th century, a Muslim community from North Africa, who controlled the region for nearly 800 years who left a particularly rich legacy.

In the 15th century the Catholic monarchs, Ferdinand and Isabella, reconquered Andalusia and instituted the brutal and repressive Spanish Inquisition enforcing religious

orthodoxy and meting out severe punishment to those who did not conform.

Over the centuries, especially those of exploration, Seville was the commercial hub for the Kingdom. In the last decades, Andalusia and its famous Costa del Sol has attracted sun seekers from all over the world, but particularly those deprived of sun in more Northern parts of Europe.

The region has something for everyone.

## Alhambra, Granada

Is perhaps the most iconic symbol of Andalusia. The palace, fortress and gardens were started in the 13th century and are an outstanding example of Islamic art. Following the Reconquista, Ferdinand and Isabella made it their Royal Court.

[www.alhambraGranada.org](http://www.alhambraGranada.org)



## “THE REGION HAS SOMETHING FOR EVERYONE”

### An evening cycle through Seville

Go on an evening cycle tour of the beautiful city of Seville. During the three-hour cycle you will visit: Palace of San Telmo, Triana, Tobacco Factory, Bullring, Cathedral, Plaza de España, Alcázar (Palace), Giralda, María Luisa Park, Santa Cruz, Torre del Oro, and much more!

After all that cycling, we suggest dinner in Triana, for traditional and modern takes on Spanish dishes and excellent wines go to Victoria 8.

[www.seebybike.com](http://www.seebybike.com)  
[www.victoria8.es](http://www.victoria8.es)



### Travel



#### La Mezquita, Córdoba

Along with Alhambra, the Mezquita complex is one of the most important monuments of the region. Built as a mosque in 784, it was later adapted to become a cathedral. It is considered to be one of the most emblematic examples of Hispano-Muslim art.

[www.mezquitadecordoba-entradas.org](http://www.mezquitadecordoba-entradas.org)

#### Bodegas Tradición, Jerez de la Frontera

There are many wonderful bodegas to visit in Jerez, but Bodegas Tradición stands out in two ways. It is one of the few that has decided to focus on older VORS and VOS Tradición and Fino Tradición wines. It also has a small, but outstanding art collection including masters such as Goya, Zurbarán, Velázquez, Murillo and El Greco, among others.

[www.bodegastradicion.es](http://www.bodegastradicion.es)



#### Flamenco, Jerez de la Frontera

There are many places to enjoy traditional Flamenco, the traditional dance synonymous with the gitano sub-culture of Spain. One of the best places is at Tabanco El Pasaje, with three free performances a day. El Pasaje, is also a very authentic tabanco. Jerez is particularly famous for its tabanco sherry bars, so it's well worth visiting a few.



#### Vamos a la playa! Marbella

With more than 800 kilometers of coastline there are many beautiful beaches to choose from. Marbella, is situated on the coast and has a charming historic centre, lively nightclubs and bars as well as pristine beaches. There are other beaches that specialize in more adventurous activities like kitesurfing and windsurfing, especially closer to Cadiz.



#### Royal Equestrian Foundation, Jerez de la Frontera

The Royal Andalusian School of Equestrian Art Foundation, to give it its full name, is a wonderful place to see the legendary horsemanship of Andalusia.

[www.realescuela.org](http://www.realescuela.org)



#### Hammam, Malaga

In many ways Malaga is similar to Marbella, but a little bigger. Please see our 'What's on international' section, where we recommend a visit to the Museo del Picasso during this anniversary year. Picasso aside, Malaga has many other attractions. If you really want to treat yourself, visit Los Baños Árabes, and experience a Hammam in beautiful surroundings.

[www.malaga.hammamalandalus.com](http://www.malaga.hammamalandalus.com)





### Travel


#### Hotel Alfonso XIII, Seville

When Hotel Alfonso XIII Hotel was built in 1928 it was the most luxurious hotel in Europe. It was commissioned by the king of the same name to welcome international dignitaries visiting the 1929 Exhibition. It still has an old world charm, with intricate carvings, candelabra, wonderful arches and arabesques. It is an iconic cultural landmark, centrally located in the historic quarter of Santa Cruz, next to Reales Alcázares and Seville Cathedral.



#### Natural beauty

There are three national parks in Andalucía: Doñana, Sierra Nevada and Sierra de las Nieves. Access to the Doñana National Park is strictly by guided tour only. It is one of the most important wetland reserves for migrating birds and is internationally recognised

as a world centre for conservation. The Sierra Nevada and Sierra de las Nieves are more rugged mountainous natural parks. As incredible as it might seem in summer, you can even ski here in winter. 

VOLVO

DIPLOMATIC  
SALES




Come for our great range of Volvo cars.  
Stay for our service and personal attention.

Find the Volvo Diplomatic Sales Dealer near you.



1,0 – 8,8 L/100 KM | 23 – 207 G CO<sub>2</sub>/KM (WLTP)

Contact your dealer for information about your vehicle taxes.  
 GIVE WAY TO SAFETY Environmental information RD 19/03/2004: [www.volvocars.be](http://www.volvocars.be)



# The Azores: The hidden gem of the Atlantic

**Irina Oshchepkova** tells us why she was drawn to The Azores to run her yoga retreats



**J**aw-dropping hikes, stunning waterfalls, hot springs, sustainable accommodation, daily yoga and meditation, delicious organic treats, sound journeys, the company of like-minded people. All of this you can experience at the retreats in the Azores!

## The best kept secret of the Atlantic

When I first heard of the Azores, I had to google them. What, where? Is it part of Portugal?

And when I saw their incredible pictures, I booked my flights immediately, with the intention of staying for two weeks. I ended up living there for 6 months - it was love at first sight.

The Azores is an autonomous region of Portugal. It is made up of nine islands in the middle of the Atlantic. And the good news is, they are not as far as it seems: there are several direct flights to Ponta Delgada, the main city of the biggest island, São Miguel.

## Dazzling nature unknown to regular tourists

Dramatic volcanic landscapes, lush forests, the greenest fields, spectacular waterfalls, beautiful rainbows. Breathe in the pure fresh air and the smell of the ocean, admire gorgeous sunsets with a splendour of rich colours, fill your soul with luxurious scenery and breath-taking views.

11-DAY / 10-NIGHT CRUISE

# On the Mekong

VIETNAM • CAMBODIA



## FROM THE MEKONG DELTA TO THE ANGKOR TEMPLES



ANGKOR WAT TEMPLE

The Mekong tells the life of people, fascinates men and shapes their lives. It is the promise of a spectacular adventure out of time along a river of legend.

From bustling capitals to peaceful countryside, sumptuous places to the vast rice fields, from the temples of Angkor to Halong Bay or the imperial cities, from the floating villages to the colorful markets, this cruise and its enchanted extensions navigate between classified sites, centuries-old traditions and culinary delights of Vietnam and Cambodia.

Join us on board of our elegant and perfectly sized ships, providing you with the harmony and comfort needed to take full advantage of what the river and scenery have to offer.

## DISCOVERY OFFERS:

**500 € DISCOUNT/pp.** on September 2023 departures  
**250 € DISCOUNT/pp.** on all other 2023 departures

**DEPARTURES FROM AUGUST TO DECEMBER 2023 • ONBOARD OUR PERFECTLY SIZED SHIPS**

All inclusive for drinks onboard. Possibility of flight from Brussels.



INFORMATION AND BOOKING:  
**02 514 1154** or contact your local travel agency

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

More details:





## Travel

Sounds enticing and somewhat romantic, doesn't it?

The Azores are included in the Global Top 100 Sustainable Destinations list. And yet, you will not see flocks of tourists as it is not a typical tourist destination.

### Wellness activities inspired by the energy of five elements

The variety of Azorean landscapes inspired me to organise retreats following the cycle of five elements: wood, fire, earth, metal and water. Each day of the retreat is themed around one element, so each hike, yoga routine, meditation and wellness activity respects this element. There is a sense of integration and living each day with a well-thought-through intention.

### Jaw-dropping hikes

Hiking in the Azores is a perfect opportunity to reconnect to nature and your body. Walk along the fairytale-like paths, marveling at the fascinating vegetation, stopping to take in the breathtaking views, soaking in the beauty and wisdom of nature.

### Geothermal hot springs

After hiking, it is an absolute delight to soak in the hot springs letting go of any tension, letting in peace and relaxation.

### Whale and dolphin watching

Embark on an amazing marine wildlife eco-expedition trip to see and learn more about whales, dolphins, and marine biodiversity of the Azores. Admire spotting beautiful and gentle creatures that call these islands of unspoiled beauty their home.

### Daily yoga and meditation practice

We practice yoga and meditation twice a day: energizing yoga flow in the morning and restorative yoga flow in the evening. Classes are adjusted right on the spot to fit your body needs and movement experience surrounded by nature.

“ RELAXED, HAPPY, AND RE-ENERGISED WAS MY STATE OF MIND AFTER THE RETREAT ”



### Sustainable accommodation with a hectare of gardens

Our home for the retreats is the spacious historical lodge owned by the local family. It is surrounded by one hectare of gardens with organic vegetable and orchard areas. In addition, it has a natural swimming pool which doesn't make use of chemicals.

Come to the Azores to centre yourself and find inner peace. Experience freedom and the great outdoors, feel rested, nourished, and energized by yoga and nature.

*Irina Oshchepkova is a certified yoga teacher registered with Yoga Alliance (RYT 500, E-RYT 200) with 1000+ hours of teaching experience, and a well-being guide specialized in employee wellness and stress management. More information on: [www.yogashape.online/retreats](http://www.yogashape.online/retreats)*



## THE HOTEL & APARTHOTEL CASTEAU RESORT MONS SOIGNIES

The HOTEL & APARTHOTEL CASTEAU RESORT MONS SOIGNIES is ideally located whether traveling for business or leisure while in Belgium. Near the Supreme Headquarters Allied Powers Europe (SHAPE), the central command of NATO military forces. Hotel guests are also near several business locations including Avery Denison, Holcim and Akzo Nobel.

Hotel & Aparthotel Casteau is the hotel with the closest proximity to the SHAPE offices.

Please go to our online booking tool and add your SHAPE code to obtain your preferred rates.

The Hotel & Aparthotel Casteau Resort Mons Soignies is 15 kilometers from the animal park Paira Daiza, the golf courses du Hainaut & "Mont Garni", the "Hippodrome de Wallonie" and 50 kilometers from attractions in Brussels, Belgium. Each well-appointed room (59 rooms and 32 apart-hotels) comes equipped with

satellite television, free WIFI, safe, fridge and bathroom with shower or bath.

Guests enjoy a daily full breakfast and a multilingual staff (English, French, German, Dutch and Italian). This hotel also features a fitness room, a sauna and a jacuzzi, and 3 large meeting rooms for conference and family events (up to 250 persons). A friendly staff is ready to ensure a comfortable and memorable stay.



Chaussée de Bruxelles, 38 • B-7061 Casteau • T. +32 65 32 04 00 • [info@casteauresort.be](mailto:info@casteauresort.be) • [www.casteauresort.be](http://www.casteauresort.be)





## Stanhope's little secrets

Travel back to the late 19<sup>th</sup> century when the Stanhope Hotel Brussels was built as a residence for a noble Belgian family. Today, it seamlessly merges four buildings, offering an elegant and refined experience to international guests. The Stanhope's walls hold captivating stories and privileged moments that shaped its unique heritage. It blends history and modernity harmoniously.

The rooms, whether classic or contemporary, exude warmth and luxury. The Royal Suite, with its refined decor and antique furniture, has hosted famous figures. The hotel also features a hidden sanctuary — a serene garden with an ancient magnolia tree, offering peace and contemplation amidst the city's chaos.

Food enthusiasts will be delighted by the gourmet cuisine at the Brighton restaurant, led by renowned chef Laurent Gauze. Local and seasonal produce create creative and delicious dishes, complemented by an impressive selection of regional and prestigious wines.

Exploring the hotel reveals a charming old-fashioned telephone room, reminiscent of the early days of long-distance communication. It's a nostalgic space steeped in history.

Beyond luxury, the Stanhope is a place of revealed secrets, preserved history, and the perfect blend of refinement and modernity. Whether staying, dining, or visiting, every moment spent at the Stanhope is a unique experience.



STANHOPE BY THON HOTELS

RUE DU COMMERCE 9B • 1000 BRUSSELS • +32 (0)2 205 15 50 • SALES@THONHOTELS.BE

## Alvear - a small sherry, m'dear?

Catherine Feore visits the oldest bodega in Andalucia



The Alvear bodega was founded in 1729 by Diego de Alvear y Escalera. It is located in the town of Montilla, about 30 miles south of Cordoba, and it has been in the Alvear family for ten generations.

Outside of Spain, sherry was something that an older generation might have as an aperitif, it wasn't something that young people ordered and its consumption plummeted. This period was known as the 'sherry crisis' and the sector's international reputation has taken time to recover; but with a new appreciation of all things artisanal, chefs and the wider public are turning the tide on this most under-rated of drinks. There is also something for everyone, I particularly love the finos, as well as the more aroma-

tic amontillados and palo cortados. I visited different bodegas with a friend who loved the depth and sweetness of the Pedro Ximenez wines.

Adrián Mancheño, Executive Chef of Hispania (see dining section), sings its praises: "These wines are extremely underrated, and it is unfair. They are unique in the world for their organoleptic characteristics. Personally I love them. At Hispania we pair them with all kinds of dishes, even desserts. For example, our caramelized torrija with vanilla ice cream and orujo cream, is normally paired with an Oloroso Lustau."

Andalucia has three recognised Denominación de Origen, or DO wines. The best

**“ANDALUCIA HAS  
THREE RECOGNISED  
DENOMINACIÓN DE  
ORIGEN ”**





## Investing in physical gold and silver

### SECURITY FOR GENERATIONS

#### Why invest in physical gold?

Investing in gold and silver guarantees security and reliability. Precious metals have proven over the years to be a tangible and steadfast component of investment portfolios, especially in economically uncertain times. Furthermore, gold is a generational investment product.

"By investing part of your portfolio in gold, a strong foundation is formed that only increases its overall value," says Jan Van Cutsem, business manager of The House Gold & Silver.

#### The House, a family affair

Van Cutsem now has more than 30 years of experience in the gold sector. He first worked as a gold expert for KBC, before focusing on the American gold market. He started his own gold business from his living room in 2001, and his daughters Emma and Elisa joined the team in 2008 and 2010. In recent years, the company has grown into

a thriving family business with branches in Brussels, Ghent, Kortrijk and Sint-Niklaas, along with a successful online store.

#### Reliable partner

With open and honest information, correct pricing and years of experience, the family business has built up a rock-solid reputation in the sector.



"A good reputation that we owe to our personal approach and trust relationship with our customers," says Jan Van Cutsem.

#### The House Brussels

Keizerinlaan 68  
68, Boulevard de l'Impératrice  
1000 Brussel - Bruxelles

+32 (0)2 514 01 70  
info@the-house.be



# THE HOUSE

GOLD & SILVER

[www.the-house.be](http://www.the-house.be)

known are those from the so-called 'Sherry Triangle': Jerez de la Frontera, Sanlúcar and El Puerto de Santa María. Málaga and Montilla-Moriles are less well known, but have their own unique terroir and wine making traditions. In fact, Alvear, founded in 1729, is the oldest winery in all of Andalucía. Málaga also produces a lovely wine from Moscatel de Alexandria grapes, grown at high elevation.

One of the key factors that makes the Alvear fortified wines unique is their use of the Pedro Ximénez grape. This grape's origin is still shrouded in mystery. According to legend, the variety originally came from the Rhine, brought to Spain by a soldier in Carlos V army. More plausible theories, however, point to the Canary Islands as its place of origin.

Pedro Ximenez automatically brings to mind the raisin and prune-like perfumes and the thin molasses like texture of the very sweet sherry of that name; but the grape is in fact remarkably versatile as Alvear demonstrates with the wide range of fortified wines it produces, including fino, amontillado, oloroso, palo cortado and - of course - Pedro Ximenez. Each of these wines is made using traditional methods that have been passed down through generations of Alvear winemakers. The pre-eminent grape in the sherry triangle, by contrast, is Palomino Fino.

The vineyards owned by Alvear, and those it manages through long-term agreements



with regional growers, include those from the Sierra de Montilla. The area is less than 2,000 hectares and is certified as 'Calidad Superior', the equivalent to the Grand Cru denomination. It isn't easy to find these wines in Belgium, but Xpertvinum based in Leest has a remarkable selection and the good news is that they deliver to Brussels.

#### Here are just a few of our recommendations

Alvear, Vino De Pueblo, is fermented in traditional earthenware 'Tinajas'. It is a light wine with notes of pear and wild fennel, €14.20.

Alvear, Cerro Franco, Macho and Antonin are vinified in old fino casks. Franco has floral notes, with touches of roast almond and a long finish. Macho grapes are from the highest slopes of the Sierra de Montilla which are exposed to strong winds, there is a marked salinity which makes it the perfect choice for seafood, especially oysters. The Antonin has touches of aniseed, baked apple and a subtle sour finish which pairs well with tapas and pork. All €28.30

We found the best selection of Alvear wines at [www.xpertvinum.be](http://www.xpertvinum.be)



## A place where the heart of Wallonia beats

Your trip to Wallonia begins at the info.shop VISITWallonia in the heart of Brussels!



Follow us



info.shop  
VISITWallonia

Rue du Marché aux Herbes 25-27 • 1000 Bruxelles

## ANJU - Seoul food

Together editor **Catherine Feore** meets Michelin-starred chef Degeimbre at the opening of his latest venture



Photos © Estelle Parewyck

Joseph Stevens, Vertige on rue de Flandre); "Our sourcing is really important to us, all the products come from Belgium, from local producers. The techniques at ANJU, on the other hand, are coming from Korea."

Degeimbre says that L'air du temps still takes up 99% of his time, but he is working with trusted Executive Chef Victor des Roseaux and his team. Degeimbre has created the recipes and trained his chef in the finer points of Korean cuisine. While he may not be there all of the time, ANJU is the Michelin-star-winning chef's way of creating a little bit of Seoul in the capital of Belgium.

Asked if Korean food was well known or understood in Belgium, Degeimbre said that while it wasn't a cuisine that was widely known, restaurants like Maru (Chaussee de Waterloo 510) have done a lot to familiarize the Belgian public, so there is at least an idea: "We take some points of interest, from what people know about Korean food, and step-by-step we introduce more dishes." Because the menu is based on locally sourced



Chef Sang Hoon Degeimbre, renowned chef and owner behind the two-Michelin starred L'air du temps in Liernu, near Namur, has decided to open a Korean restaurant in Saint Gilles. Anju is a Korean term for dishes served with alcohol; for want of a better description, it is the Korean equivalent of going to a very good tapas bar; think pintxos in San Sebastian.

The menu has an array of traditional Korean dishes. Degeimbre told *Together* that for him it is important to be really honest in his cuisine, adding that this applies to any of his restaurants (he has two other restaurants in Brussels: SAN Sablon on rue



## Dining

seasonal ingredients we can expect that the menu will adapt throughout the year.

I had the YUKHOE raw beef with sesame and bae pear, followed by PAJEON Korean pancakes with seasonal vegetables and kimchi. Sharing is caring and ANJU's dishes are made for this. There are a selection of dishes which are served with Banchan. Banchan are small side dishes that are set in the middle of the table for all to enjoy and include: red kimchi, spinach, sesame leaves, ssamjan and jjangaji. For my main course I enjoyed the GALBI BEEF, which is a variation of bulgogi - found on every street corner of Seoul. Galbi uses beef short ribs for extra flavour, the marinade is full of the tastes of Seoul: soy, garlic, Korean soy sauce for that extra umaminess, rice wine, sesame oil and I guess the rest is a trade secret!

The restaurant has an excellent selection of wines, including natural wines from the Burgenland region of Austria. There is a choice of four rice wines, known as makgeolli, and Korean spirits, such as, yedam,



“ WE TAKE SOME  
POINTS OF INTEREST  
FROM WHAT PEOPLE  
KNOW ABOUT KOREAN  
FOOD AND STEP-BY-  
STEP WE INTRODUCE  
MORE DISHES ”

bekseju and soju jinro. As it was a hot evening, I chose the Korean Sour beer, made in-house using black tea which had a sour - as it said on the tin - and slightly acidic taste, a very refreshing combination with the dishes we tasted. The soft drinks (OSAN) are also created in-house.

The decor is typical and elegant, but also modern. Photographs, pieces of art, traditional paper, Korean characters, original and unique tableware by Juana Kelsey and ceramics add the final touches, allowing you to experience Seoul without adding to your carbon footprint.

[www.anju.be](http://www.anju.be) ⓘ



# A sunny breakfast with Deli!

**Natural jam**  
no added colorings or preservatives

**Organic & artisanal granola**

**Bread and pastries**  
baked on site several times a day

**Hand-sliced and home-smoked salmon**

**A delicious Nespresso, exclusive to Deli!**



Discover  
our 40 shops



THERE IS ALWAYS A DELITRAITEUR ON YOUR WAY!

[WWW.DELITRAITEUR.COM](http://WWW.DELITRAITEUR.COM)



*Depuis 37 ans, Katia NGUYEN  
et toute son équipe propose  
une fine cuisine vietnamienne,  
un accueil chaleureux et efficace.*

*Au rez-de-chaussée,  
un décor contemporain, suivi  
d'une charmante terrasse à l'arrière.*

*À l'étage, une reproduction  
d'un décor d'une maison authentique  
dans le Delta du Mekong.*

*Nommé Meilleur restaurant vietnamien  
en Belgique en 2015 par le Guide  
Gault & Millau et plébiscité par  
une clientèle fidèle.*

*L'Orchidée Blanche se doit  
de bien mériter cette  
réputation et cette confiance.*



**L'ORCHIDÉE BLANCHE**  
436 Chaussée de Boondael  
1050 BRUXELLES  
02/647 56 21  
asia2000@skynet.be  
[www.orchidee-blanche.com](http://www.orchidee-blanche.com)

Fermé uniquement le Samedi midi  
Service plats à emporter.  
Parking Carrefour à côté, uniquement le soir.







f restaurantstoucan  
 @ toucanbrasserie  
 www.toucan.brussels

**TouCAN**  
 SUR MER

Avenue Louis Lepoutre 17  
 1050 Bruxelles  
 02/340 07 40  
 Ouvert 7/7  
 Enlèvement au restaurant  
 Livraisons à domicile

# Viva Hispania

We may not all be off to sunny Spain, but that doesn't mean you can't stay in Brussels and enjoy some terrific Spanish food

top chefs like Subijana, Arzak, Berasategui, the Adriá brothers or the Roca brothers. Those books were a source of inspiration to me."

Mañcheno grew up in Oviedo, in Asturias, this had a great influence on his style: "My region is characterized by traditional stews, pork is a religion and we have the best pantry of vegetables, cheeses, seafood and fish that I have ever seen. As a chef is a real pleasure to work with products from my region."

He honed his craft in some of Spain's most prestigious restaurants, working with some of Spain's top chefs in restaurants like: El Celler de Can Roca (3 Michelin), Coque (2



Photos © Hispania

The menu of Hispania declares: "Hispania is not just a Spanish restaurant, Hispania is a space created to provide our clients with the best experience of Spanish lifestyle, gastronomy and culture around the world. Hispania is Spain."

They definitely aren't kidding, all the dishes are in one sense very traditional, but with the nuances and flair that you would expect from a chef like Adrian Mañcheno.

Mañcheno's passion for cooking started early: "My family influenced me a lot. My mother used to cook at home and I always loved watching her. Since I was a kid, I loved watching cooking shows and was a great fan of some of the some Spanish chefs, such as Carlos Arguiñano. Then, when I was a bit older I started buying a lot of books from the

**"MY MOTHER USED  
 TO COOK AT HOME  
 AND I ALWAYS LOVED  
 WATCHING HER"**





**“ MY REGION IS  
CHARACTERIZED BY  
TRADITIONAL STEWS,  
PORK IS A RELIGION  
AND WE HAVE THE  
BEST PANTRY ”**



Michelin), L'Alezna (1 Michelin), Casa Gerardo (1 Michelin) and Balneario de Salinas (1 Michelin). "My time in all those restaurants was what made me the chef I am today, so I will always be thankful to all the good mentors I had during my early years in the kitchen."

But before these he started his career with the master pastry chef Miguel Sierra, in the small Asturian town of Tapia de Casariego, he confesses that he has always had a sweet tooth. Spanish cooking isn't famous for its desserts, but the menu at Hispania has several intriguing options like 'chocolate coulant, citrus fruit and frozen cream'. Mañcheno offers some fascinating pairings of different sherries with the desserts and it isn't just the sweeter Pedro Ximénez, but Oloroso and Palo Cortado - which are considered to be on the drier side of the sherry spectrum.

Asking Mañcheno what his favourite Spanish dish is, is a bit like asking a parent who their favourite child is, he finds it close to impossible, but he has a certain loyalty to Fabada Asturiana, which is like a Spanish cousin of cassoulet - but even better, of course! Made with the large white beans (fabes de la granja) and a selection of Spain's outstanding pork products: lacón, tocino, morcilla (boudin noir) and chorizo.

Finally, I am intrigued by what brought this most Spanish of Spanish chefs to the heart of Brussels and the Sablon? Chance, apparently: "I had a small business in Oviedo and one day, the owners of Hispania came to have lunch. After tasting my dishes they decided to offer me the opportunity to make the leap to a big company.

"I have been here for seven years and met my partner Pilar who is a very important support in my life and I can say that I am in love with Brussels and the opportunities it can offer. I am the Executive Chef of the company, and even though I live in Brussels, I also run the rest of the restaurants of the company which are in London and Vietnam."

Finally, a word about the decor. Antique dealer and interior designer Lorenzo Castillo is behind the interiors in both London and Brussels. He has a distinctive, elegant and contemporary style. In the Brussels restaurant he chose golden colours carefully mixing antiques, mirrors and vintage pieces around a beautiful central bar. Castillo plays with artisanal fabrics to create a cozy and refined atmosphere. Every detail, from the tablecloths to the plates has been carefully chosen. The tables dressed in white tablecloths stand elegantly and Lorenzo's attention to detail is shown in the crockery chosen for this space that he picked personally.

[www.hispaniabrussels.com](http://www.hispaniabrussels.com) ⓘ



## DOMAINE & MUSÉE ROYAL DE MARIEMONT

**A LANDMARK IN EUROPEAN HISTORY ; A  
UNIQUE INDOOR AND OUTDOOR  
EXPERIENCE ; A MUSEUM OF WORLDWIDE  
COLLECTIONS ...**

... that you can fully and freely enjoy during the long summer days! Take a moment off and discover the diversity of what Mariemont has to offer : a vast park to walk around in or to appreciate from a shadowy bench, a museum that will lead you through time and ancestral cultures, a small restaurant to take a breather on the terrace and allow yourself a meal or family snack. Whatever your aspirations, a day out in Mariemont will be an answer !

Domaine & Musée royal de Mariemont, 100 Chaussée de Mariemont, 7140 Morlanwelz | Open: Tue- Sun, 10am to 6pm (last entry at 5) | The permanent collections are available free of charge.





*'Vous cherchez l'excellence'*  
Bienvenue au Golf Château de la Tournette !



2 magnifiques Parcours Championship - *L'Américain & L'Anglais* -  
Parcours Executive | Infrastructures & Service haut de gamme  
International Golf Academy | Vie de Club dynamique  
Affiliation Privée & Corporate

Rejoignez le Club dès maintenant

*Pas de droit d'entrée & Conditions attrayantes*



Information, visite du Club ou demande d'Adhésion ?  
+32 (0)67-894 266 | [info@tournette.com](mailto:info@tournette.com)

[WWW.TOURNETTE.COM](http://WWW.TOURNETTE.COM)

LIFE OF LEISURE

What's on

## The MIX in Watermael-Boitsfort: An architectural gem

**Nicholas Sirot** gives his verdict on  
the latest venture by Lionel Jadot



Step into the heart of modernity and creativity with the MIX in Watermael-Boitsfort, an architectural masterpiece designed by the talented Lionel Jadot. This innovative space is more than just a building; it's an experience that blends design, hospitality, and well-being. Join us as we delve into this architectural marvel, where Lionel Jadot's imagination comes to life.

What was once the prestigious headquarters of Royale Belge, now stands the MIX hotel, a rare gem nestled in a green oasis. Jadot had grand ambitions when conceptualizing the interior. The iconic architecture, sculpted in the functional aesthetics of the 1970s, exudes power and energy. This heritage was both respected and translated into new elements. Sabatier's masterpiece in the ground floor auditorium served as



What's on

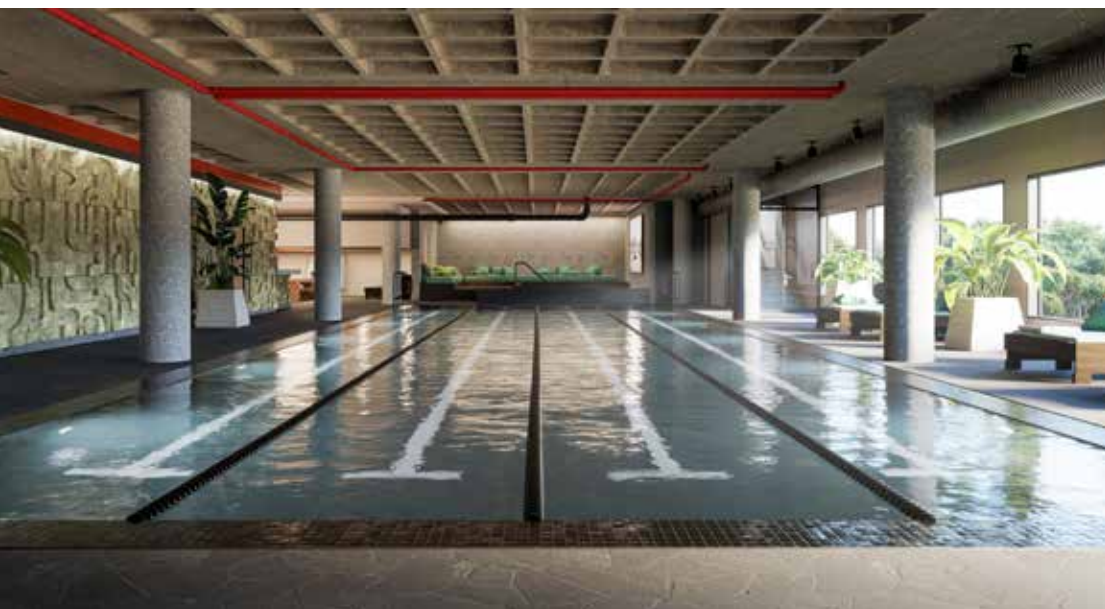


“JADOT  
COLLABORATED WITH  
NO FEWER THAN 52  
OTHER DESIGNERS”

the starting point for Jadot's contemporary vision. Each new intervention was designed by Jadot's team as a sculpture in space. MIX has been crafted with meticulous attention to detail, using robust and authentic materials such as concrete, wood, and metal, resulting in an unparalleled fusion of form and function.

For this project, Lionel Jadot collaborated with no fewer than 52 other designers. Firstly, as is customary for him, he partnered

with numerous creators from the Zaventem Ateliers, the former paper mill that houses around thirty designers and artists. He also invited 25 other Belgian and international designers. From the reception desk by Maison Armand Jonckers to the curtains by Studio Krjst, the stools by Thomas Serruys, and the nightlights by Studio Elementaires, each piece of furniture was tailor-made for Mix. In addition to being locally designed, each object is also locally produced, signed, and numbered or created as a unique piece.



# Théâtre Royal des Galeries

Directeur : David Michels



*J'ai envie de toi*  
de Sébastien Castro

*Encore un instant*  
de Fabrice Roger-Lacan

*Le Crime de l'Orient-Express*  
d'Agatha Christie

*Fallait pas le dire*  
de Salomé Lelouch

*Les Palmes de M. Schutz*  
de Jean-Noël Fenwick

*La Vie trépidante  
de Brigitte Tornado*  
de Camille Kohler

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



TONY ROBBINS  
**UNLEASH  
THE POWER  
WITHIN**

TRANSFORM  
**YOUR**  
**FINANCES**  
**RELATIONSHIPS**  
**AND HEALTH**

**20 - 23<sup>rd</sup> JULY**

**NEC BIRMINGHAM**

**LIVE IN PERSON!**

World's **#1** Life & Business  
Coach

GET THE LATEST OFFER AT  
**upwuk.com**



If the simple designation of a «four-star hotel» falls far short of describing this new concept, it's because Mix offers 140 rooms and 40 studios for long stays. Mix is described as a hotel of experiences and aims to provide each guest with a tailored and complete experience to suit their needs. Want to rent a bike? No problem, you'll receive a custom cycling route. Feel like gaming in the comfort of your room? Want to savor the best Belgian beers in your room? Mix will prepare them for you in your mini-bar. And for those who love exploring the finest antique shops, museums, restaurants, or vintage boutiques in Brussels, Mix provides insider tips on the best addresses. Mix offers a range of additional services, which guests can choose in advance or on-site, to make their stay as enjoyable as possible. Mix aspires to be a true second home, a destination where you'll feel completely at ease (starting at €200 per room per night; summer deal offer coming soon).



Photo © Louis Vielle

**“ MIX ASPIRES TO BE A TRUE SECOND HOME,  
A DESTINATION WHERE YOU'LL FEEL  
COMPLETELY AT EASE ”**



Photo © Mireille Roobaert

For those wishing to stay longer, they can book one of the suites with a kitchen (ranging from 50 sqm to 70 sqm, starting at €1500 per suite per week). The suites are designed to accommodate long stays, with options such as a lockable wardrobe, parking, and facilities tailored to individual needs. The hotel is also family-friendly, and adult guests have complimentary access to the fitness and wellness center during their stay.

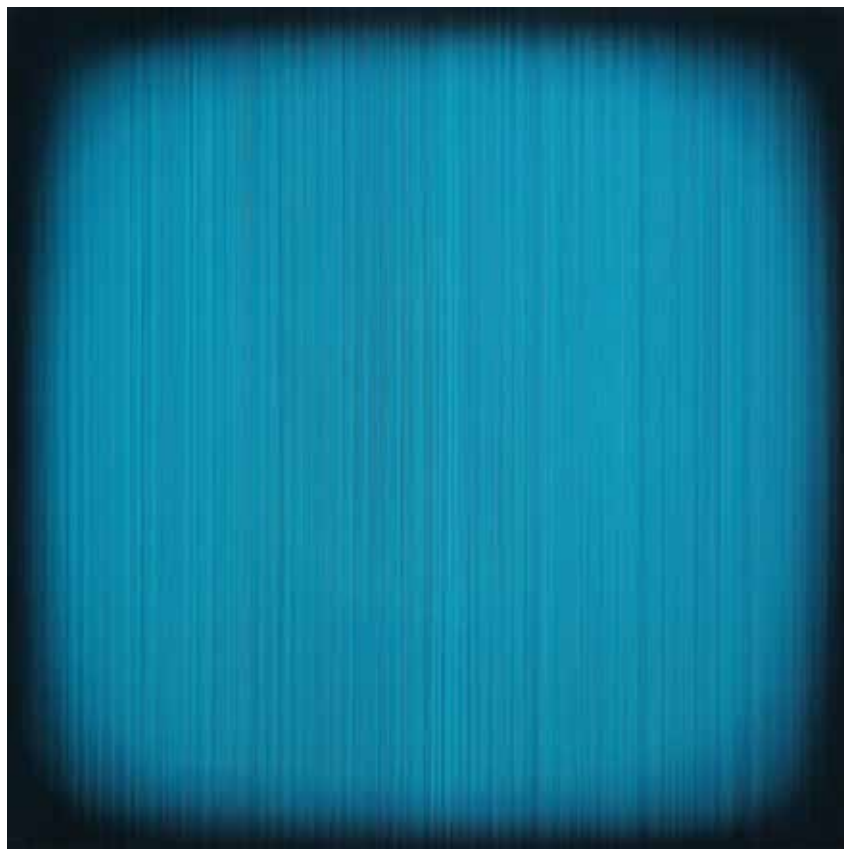
The MIX goes beyond the mere role of a resting place; it becomes a destination in itself, inviting guests to immerse themselves in a multitude of unparalleled experiences.

[www.mix.brussels](http://www.mix.brussels) ⓘ



What's on

# Liquid Imagination



Hyunsik Kim - Who likes Aqua Blue © Lee-Bauwens Gallery

The Korean Cultural Center is showing the works of five contemporary Korean artists. Each of the artists are active in Korea and abroad — some are senior and established, some in mid-career, and there are those who are now just emerging.

Sukbong Hwang's work is a unique blend of traditional Korean calligraphy and painting. His brush moves in and out of the blank space, following the fluid flow of energy. According to Hwang, "The vacant areas within infinite space, that secret margin, which

seems to hold still while evoking waves of energy—this is the source of my creation and where the tip of my brush departs."

Hyunsik Kim has already garnered attention at Art Brussels with the intense coloration of his oil paintings, which reveal complex and layered meaning through delicately executed lines. The numerous lines drawn vertically by Kim show the effect of 'repetition' as well as the 'difference' between each line. Keong-A Song based in Luxembourg is well known locally for her unique work based on

## COMÉDIE ROYALE CLAUDE VOLTER

DIRECTION : MICHEL DE WARZÉE

RÉALISÉ AVEC L'AIDE DE LA FÉDÉRATION WALLONNE-BRUXELLES - ADMINISTRATION GÉNÉRALE DE LA CULTURE - DIRECTION DU THÉÂTRE ET DE LA COMMUNE DE WOLUWE-SAINT-PIERRE

2023  
2024

La 1<sup>ère</sup>

ABONNEZ-VOUS !

DU 27/09 AU 15/10

### LES DEUX PAPES

Anthony McCARTEN

DU 01 AU 12/11

### MY GENERATION

de et avec Marc YSAÏE

DU 06 AU 31/12

### NINA

André ROUSSIN

DU 17/01 AU 04/02

### CECI N'EST PAS UN RÊVE

Christine DELMOTTE-WEBER

DU 26/03 AU 21/04

### OUBLIER

Marie LABERGE

INFOS & RÉSERVATIONS

[WWW.COMEDIEVOLTER.BE](http://WWW.COMEDIEVOLTER.BE)

AVENUE DES FRÈRES LEGRAIN, 98 - 1150 WOLUWE-SAINT-PIERRE

02/762.09.63





What's on



Nakji © Sukbong Hwang

illustrations, in which she creates rare scenes where nature and humans, the urban and ecological, mingle and blend together. In her own words, the world Song reveals to us is a "new wilderness" that exists in a "parallel universe" to our own.

Jukhee Kwon creates works of book art. Books made of paper and type are transfor-

med through her hands into artworks, claiming new meaning and new life through this resurrection. Kwon sees books as objects that possess the potential to transcend their states as mere physical matter or as artistic material. Kwon says, "Books are objects of surprising rebirth, capable of transcending a likely destiny of deterioration and oblivion."

Woo Kim's work displays mesmerizing patterns that she calls "Deongeori" which can take the meaning of 'mass' in Korean. These patterns, both alike and unlike, are Kim's way of understanding and artistically summarizing the world, and embody a unique formative beauty in their own right. They dance across the canvas, pushing and pulling at one another, flowing and halting.

Each of these five artists manifest 'fluid imagination' in their own specific ways. What is being manifested is not a fixed immutable world but, rather, an animistic world that comes together, transforms, and renews. At the same time, the work of manifesting this fluid world embodies a unique and inherent dynamism – whether it is created by brush, hand, or knife.

The exhibition closes on 25 August  
[www.brussels.korean-culture.org](http://www.brussels.korean-culture.org) ⓘ



Bundle © Woo Kim

# Circus CASINO RESORT NAMUR

## LE PREMIER CASINO RESORT DE BELGIQUE



Hôtel Mercure \*\*\*\* • Séminaires & events • Restaurant gastronomique • Wellness

Carte d'identité obligatoire - Tenue correcte exigée.



PLAY  
SAFE.BE

21+

Le jeu peut rendre dépendant. Arrêtez-vous à temps !  
 Plus d'informations sur [www.arretezvousatemps.be](http://www.arretezvousatemps.be)



What's on

# Summer Festivals 2023

## Vaux-Hall Summer

Tucked behind the Théâtre Royal du Parc, the Vaux-Hall was originally built as a concert hall and games room in 1781. Since 2017, it has been opened to the public with an annual cultural festival that welcomes people of all ages to participate in a vibrant programme of activities. This year's edition offers a rich programme of concerts, film screenings, storytelling sessions, performances, workshops, yoga, dance lessons, games, and collaborations with artists.

16 June - 13 August 2023, with events and activities from Thursday to Sunday.  
[www.vauxhallsummer.brussels](http://www.vauxhallsummer.brussels)

## Midis-Minimes

Every summer since 1986, the Midis-Minimes festival has hosted daily 35-minute concerts at the Royal Conservatory of Brussels and Notre Dame du Sablon. With its wide-ranging classical musical programme of pieces from the Middle Ages to the 21st century - including non-European music - the festival features singers, pianists, small ensembles and much more. There are do-

zens of concerts to choose from so you're sure to find the perfect opportunity to expand your musical knowledge over your lunch hour!

3 July - 31 August 2023, with concerts held every Monday-Thursday lunchtime at 12:15.  
[www.midis-minimes.be](http://www.midis-minimes.be)



## Tomorrowland

With multiple stages curated by top artists, showcasing EDM, house, techno, hardstyle, drum and bass, trance - and even some pop icons - Tomorrowland is the world's largest dance music festival and is considered the pinnacle of global dance music events. 2023's theme is «Tomorrowland's Great Library: Adscendo» and features 600 DJs across 14 different stages, each with their own awe-inspiring stage design, production, and surprise elements to delight festival goers. Among this year's most well-known acts are: Armin van Buuren, Tiësto, Chet Faker, Groove Armada, Afrojack, Paul Kalkbrenner, Eric Prydz, and Steve Aoki. Tomorrowland takes place over two weekends in Boom, Antwerp.

21-23 and 28-30 July  
[www.tomorrowland.com](http://www.tomorrowland.com)

## Classissimo

Since 2007, Classissimo has firmly established itself in Brussels' cultural scene as an unmissable summer event for classical music lovers. With a line-up that includes both established artists and impressive young musicians, it caters to seasoned enthusiasts and newcomers alike. This year's programme includes performances of 19th century folk-inspired compositions, romantic music by Weber, Süssmayr, and Bootsin, an exploration of the history of Tango, Serge Prokofiev's inimitable Peter and the Wolf, and more!

3 July to 31 August at the Théâtre Royal du Parc  
[www.classissimo.brussels](http://www.classissimo.brussels)

## Brussels Summer Festival

In the heart of Brussels, at the height of summer, discover a hand-picked line-up of urban rap, elektro, afro latina and retro music, for this 10th edition of the Brussels Summer Festival. The festival hosts a range of local and upcoming Belgian and international artists on its two grand stages across the four days of the festival. This year's line-up promises to be a real treat for Belgian music fans and includes: Roméo Elvis, Sinik, Bianca Costa, Da Tweekaz, Chuckie, Le Twins, Koba Lad, DJ Ghost, DJ Furax, Franky Klo- eck, DJ Jan, and Phi Phi.

10-13 August  
[www.summermusicfestival.be](http://www.summermusicfestival.be)

## Pukkelpop

One of Europe's premier music events, Pukkelpop offers a comprehensive experience that has fostered community bonds for over three decades. With a carefully curated line-up featuring nearly 200 contemporary musicians, and visionary alternative artists, Pukkelpop showcases a wide range of genres across multiple stages. From high-energy rock to intimate singer-songwriters, vibrant pop to pulsating house and metal, the festival presents a world of musical possibilities. This year's headline acts include: Billie Eilish, The Killers, Angèle, Florence + the Machine, Anne-Marie, Yungblud, Years & Years, Limp Bizkit, and Macklemore.

17-20 August, Kiewit, Hasselt  
[www.pukkelpop.be](http://www.pukkelpop.be) ⓘ



What's on

# What's on International



## Picasso in Malaga

2023 marks the 50th anniversary of the death of one of the most well known Spanish artists of all time, Pablo Ruiz Picasso. To commemorate his life and work, an extensive program of exhibitions and events is planned. In Spain, the focus will be on the Spanish cities with which he is most associated and which inspired him, marking his personality and art: Malaga, A Coruña, Barcelona and Madrid.

Picasso spent the first ten years of his life in Malaga, here you can visit the Museo Picasso Málaga (featuring works such as "Olga Khokhlova in Mantilla", "Still Life with Skull and Three Sea Urchins" and "Jacqueline Sitting") and the Picasso Birthplace Museum. Both places frequently hold temporary ex-



hibitions and in the Birthplace Museum you can also see objects that belonged to the artist and his family, along with sketches for Les Demoiselles d'Avignon.

Over the summer the Museo Picasso in Malaga will host an exhibition of his sculp-



tures: 'Picasso Sculptor. Matter and Body' it will close on 10 September. While Picasso's sculptures were largely overshadowed by his paintings, many consider him to be as great a sculptor as a painter. Indeed, the paintings often have a sculptural quality to them. Picasso created nearly 1000 sculptures in different media, from wood to ceramics. It was only in 1966 at an exhibition in Paris that the full extent of his work was revealed. The exhibition is an opportunity to focus on this facet of his work.

[www.museopicassomalaga.org](http://www.museopicassomalaga.org)

## Guernica

While there are many other exhibitions and activities taking place across Spain, one of the most moving remains the permanent exhibition of Guernica in the Reina Sofía Modern Art Museum in Madrid. Nearly eight metres in length the painting depicts one of the most appalling war crimes committed during the Spanish Civil War, when Hitler's air force, acting in support of Franco bombed the village of Guernica in northern

Spain. It is thought to be the first example of aerial saturation bombing of a civilian population, something that we have sadly seen occur again in our lifetime.

Almost as fascinating as the painting itself are the many preparatory sketches which are also on display. The sketches provide us with an insight to the artist at work, where we see how the different fragments were drawn and the painting developed.

The painting spent many years in the Museum of Modern Art in New York, as Picasso gave strict instructions that it should not be returned to Spain until the country had returned to democracy. It was returned in 1981.

[www.museoreinasofia.es](http://www.museoreinasofia.es) 1



# Cannes 2023 - a tough task for the jury

**Federico Grandesso** reports that this year's judges faced some tough choices



Of the 21 finalists chosen, seven films had women directors. Established names and Cannes returnees were among the lineup, such as Alice Rohrwacher, Jessica Hausner, Kaouther Ben Hania, Catherine Breillat, Justine Triet, Catherine Corsini and Ramata-Toulaye Sy. The latter's film, *Banel Et Adama*, was the only debut feature in the main competition.

This year the Palme d'Or went to the French director Justine Triet's crime drama *Anatomy of a Fall*; this complex film tells the story of a woman who is suspected of her husband's murder, and her blind son who faces an existential moral dilemma. Many of the critics were not happy with this decision, with a strong preference for *The Zone of Interest* by the British director Jonathan



Glazer. The film, based on the novel of the same name written by the late Martin Amis, took home the Grand Prix for its intricate drama. It is the story of a Nazi general and his family living close to a concentration camp. Glazer gives a rare and touching insight into the horrors experienced.

Merve Dizdar won the prize for her performance in Nuri Bilge Ceylan's extremely intellectual film *About Dry Grasses*, and a tender Koji Yakusho, was awarded for his iconic and touching role in Wim Wenders' *Perfect Days*. For the best director and screenplay, it was a well-deserved Asian triumph with Yuji Sakamoto who wrote the Japanese film *Monster* by Cannes veteran Hirokazu Kore-eda while for best director the prize went to Tran Anh Hung for his film *La Passion De Dodin Bouffant*. *Fallen Leaves* by Aki Kaurismäki could also have won, but with a vintage crop it was not to be.

Organizers should maybe reflect on the makeup of the jury in future years. Having two members from the same country on the jury creates a perception of bias; especially when they are both from the country hosting the event. ❶





# The best of the big screen

**James Drew** anticipates six movies coming to a cinema near you over the summer. As the thermometer rises, is there anything more refreshing than spending around two hours in a cool, air-conditioned theatre, with a good movie and a cold drink? We think not.



## Oppenheimer

The release of this film makes one wonder why Hollywood has not essayed an account of the life of J. Robert Oppenheimer, the 'father' of the atomic bomb, before now. Upon seeing the first successful detonation of a nuclear device in 1945, Oppenheimer, quoting Hindu scripture, said: "Now, I am become Death, the destroyer of worlds." The always excellent Cillian Murphy plays Oppenheimer, and it is directed by cinema's present wunderkind Christopher Nolan (*Tenet*, 2020) telling the story of Oppenheimer's contributions to the Manhattan Project, which changed the world forever.

*Running time: 150 minutes.*

## Mission: Impossible - Dead Reckoning Part One

This year appears to be the day of reckoning for major cinematic franchises. We already know that Indiana Jones is hanging up his whip and fedora in *Indiana Jones and the Dial of Destiny*, and this, the first of two films, is possibly the end for Mission Impossible, if the producers are to be believed. Christopher McQuarrie, who wrote the outstanding *The Usual Suspects* (1995), directs, and Tom Cruise returns as Ethan Hunt, facing a truly world-threatening weapon in this latest instalment. Given that this is the longest *Mission* thus far, one can only hope that the excitement will last until the end of Part Two.

*Running time: 147 minutes.*

## The Last Voyage of the Demeter

*Dracula*, *The Last Voyage of the Demeter*, is directed by Norwegian André Øvredal (*Scary Stories to Tell in the Dark*, 2019), is an intriguing take on a chilling part of Bram Stoker's horror classic. It is an adaptation of 'The Captain's Log', a chapter from the 1897 Stoker novel, which recounts the fate of the crew of the *Demeter*, the merchant ship chosen by Dracula to transport him from mainland Europe to Whitby in England. The original part of the novel is chilling enough, dealing as it does with a ship's crew becoming increasingly convinced that something evil is aboard their ship. Will any of the crew survive the strange and horrifying events that begin to befall them as they attempt to survive the ocean voyage? Javier Botet stars as old fang-face.

*Running time: 100 minutes.*

## Smoking Causes Coughing (Fumer fait tousser)

A French comedy anthology written, shot, edited and directed by maestro Quentin Dupieux (*Rubber*, 2010). With an ensemble cast, led by Gilles Lellouche, Vincent Lacoste and Benoît Poelvoorde, the film follows the adventures of a team of five superheroes who are on a compulsory retreat in order to "strengthen cohesion within their group" until an enemy named Lézardin (Poelvoorde) interrupts by deciding to destroy the planet Earth. If you know the films of Dupieux and his merry team, you'll know what to expect – it may not be to everyone's taste, but there will be more than a few belly-laughs, that's for sure.

*Running time: 80 minutes.*

*In French, subtitles.*





### Barbie

In a comedy directed by Greta Gerwig (*Little Women*, 2019) Barbie, played by Margot Robbie, is expelled from Barbieland for being a less-than-perfect doll; she is accompanied on her adventure by Ken - of course - played by Ryan Gosling. With a cast that includes Will Ferrell, Rhea Perlman and Helen Mirren this anti-Barbie movie - where I guess we're all going to start loving the "real world" despite its flaws - might turn out to be as much fun for adults as Barbie's younger fan base. Will Barbie find happiness in the real world? Who's to say? But I think we might have a lot of laughs finding out.

*Running time: 119 minutes.*

### Fathers and Mothers (Fædre & mødre)

Having already proved hugely popular in Denmark, where the film was made, *Fathers and Mothers* relates the story of a married couple, Piv (Katrine Greis-Rosenthal) and Ulrik (Jacob Lohmann) who have to navigate hierarchy, rivalry and hidden agendas at their daughter's new school, during a school camping trip. Paprika Steen (*That Time of Year (Den tid på året)*, 2018) directs, and Jakob Weiss, Steen's screenplay collaborator on *That Time of Year*, writes a humorous portrait of the challenges of being parents to school kids.

*Running time: 97 minutes.*

*In Danish, subtitles.*





# Buy. Time.

We understand the different sides of your business.

private banking  
asset management  
investment banking  
asset services

 **Degroof  
Petercam**  
Trust. Knowledge.

