

FOLLOW UP

YOUR BBF GUIDE TO BRUSSELS - 2016

An introduction
to Brussels

The business
of relocation

Sunday
shopping

Welcome to Brussels,
the heart
of Europe

Tips for expats
in Belgium!

Useful
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of Waterloo

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Welcome to Brussels at the heart of Europe

At BBF we'll be glad to help you settle in with a warm welcoming and professional team who will provide you with every information that you need. As a first introduction to some basic practical information in your new private apartment we decided to create Follow Up, a handy guide for your stay in Brussels. We hope it can be of some assistance, especially during the first days of your arrival. The aim is to give you a basic idea about the area you are living in with these useful addresses in the City.

You will also find information about events, handy tips and services of our partners in Brussels. For any further information or to obtain a specialized Brussels expat guide you can always contact your local agency.

We wish you a pleasant stay!

The BBF team

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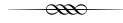
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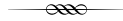
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~ INTRODUCTION TO BRUSSELS ~



Not only is Brussels the centre of European politics, the capital has a fascinating and old history that dates back eleven decades when it began as a small dukedom. In 1830 Belgium became independent and Brussels became the capital of Belgium under a new king and parliament. In this article we would like to give you some interesting facts of Belgium through a mixture of facts, history, cultural traditions and political infrastructure.

A few facts about Belgium

Belgium was named after a Celtic tribe called the Belgae who had established themselves in the area by the 2nd century BC. In 1815 with the end of the Napoleonic wars, the great powers decided to unite Holland and Belgium as the Netherlands at the Congress of Vienna. Belgium became an independent state in 1830 with Leopold Saxe-Cobourg, a British citizen and uncle of the future Queen Victoria, as King. Today the country is bounded to the north by the Netherlands, to the east by Germany and Luxembourg, to the south by France, with a western coastline bordering the North Sea.

An interesting fact is that Belgium is separated into 3 regions mainly due to differences in language – French and Dutch speakers. The regions are Flanders in the north (Dutch), Wallonia in the south (French) and Brussels in the centre (Bilingual). There is a small area called Ardennes that also speaks German but it is not an official region. The Kingdom of Belgium covers an area of 30.510 km², making it one of the smallest countries in Western Europe. Belgium is one of the most highly industrialised and densely populated countries. The population

is around 11 million, including more than 900.000 non-Belgians.

A few facts about Brussels

Brussels, the capital and administrative centre of Belgium, has acquired a strong cosmopolitan and international character, even though the city is small compared with London or Paris.

The Brussels region is made up of 19 separate communes. The City of Brussels has about 150,000 inhabitants and is one of the most international cities in the world. 27% of the population is made up of foreigners, not including those who have taken Belgian citizenship.

It houses around 1400 international organisations and is the site of the European Union headquarters. Brussels is the location for 40,000 EU employees, 4,000 NATO employees and hosts about 300 permanent representations: lobby groups, embassies and press corporations.

Language

An interesting fact about Belgium is that Belgians do not share one common language. The official languages are Dutch (Flemish),

spoken by 5,5 million and French, spoken by 4,5 million. German is also an official language in the Eupen and Malmédy areas on the German frontier. Language is such an important part of the political and cultural infrastructure that the country created an official language border between the north and south and also a third region which is Brussels. Visitors should be aware of the deep differences between the Flemish and Walloon communities. Brussels is officially bilingual but in fact is 75% French-speaking. An increasing number of Belgians, particularly the young, speak Dutch and French and have a good working knowledge of English and German.

Some things not to miss out in Brussels

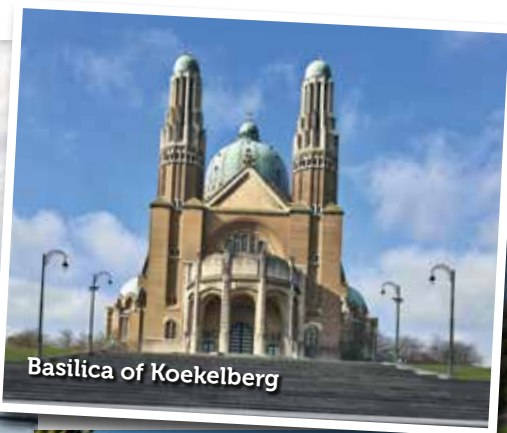
Brussels, the heart of Europe, is famous for its complicated bureaucracy, manneken pis and its waffles, chocolates and fries. But there are lots of things to do and see in the city which even seasoned expats living in Brussels sometimes miss out on. Here is a list of must-sees for you:

The Belgian Comic Strip Centre

If you have a walkabout through Brussels, it's hard to miss out the murals depicting



Mont des Arts



Basilica of Koekelberg





famous comic characters. But did you know that Brussels is the comic strip hub of the country? There is a whole museum dedicated to Tintin, the Smurfs and Lucky Luke. Visitors can discover a range of permanent exhibitions, illustrated with original artwork and unique objects and can learn all about the development of European comics, from their beginning up until today.

The Musical Instruments Museum ... and its Terrace

Situated at Place Royale where you will find the main arts museums is the Musical Instruments Museum which is one of the most impressive art nouveau buildings in Brussels. This Art Nouveau building erected in 1899 and designed by architect Paul Saintenoy has been superbly renovated. It used to house the Old England shops and is famous for its architecture and its collections but it also has an amazing rooftop terrace with a breathtaking view of the city. But the Belgian Comic Strip Center is also the former Waucquez Warehouse, a gem of Art Nouveau by grand master Victor Horta (1906). Open every day (except on Monday) from 10 am to 6 pm.

Fries, beer and chocolate

Fries, especially when they are served with mayonnaise, are a typically Belgian food you should not miss out on. The art of making the perfect fry is to be found in the type of potatoes and fat that is being used. But also the process of frying and refrying is crucial. Although many disagree, the word on the street is that friterie (or fries shop) “Chez Antoine” at Place Jourdan has the best fries. The most renowned friterie is Frit Flagey and is the number one destination for that experience. To enjoy real Belgian beer with real Belgians, head to Moeder Lambic! This bar is far cheaper than the touristy places in the center and the staff is always ready to help you choose the right beer brand.

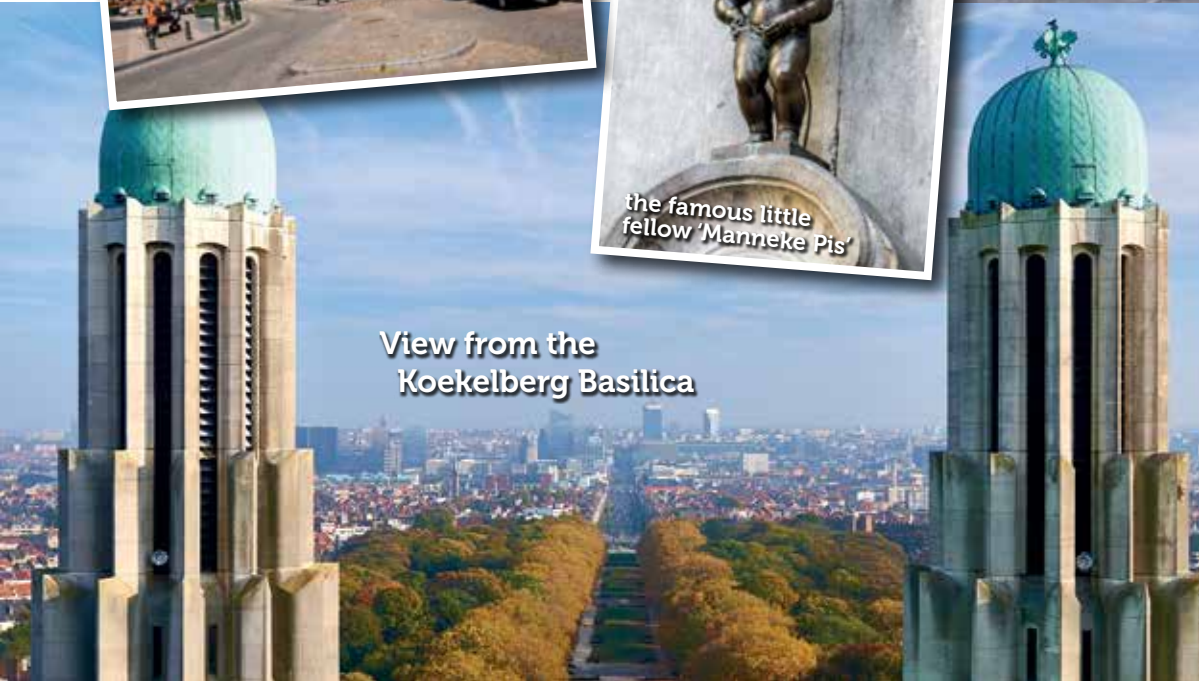


Belgian 'Pralines'
(no calories whatsoever)!



the famous little
fellow 'Manneke Pis'

View from the
Koekelberg Basilica



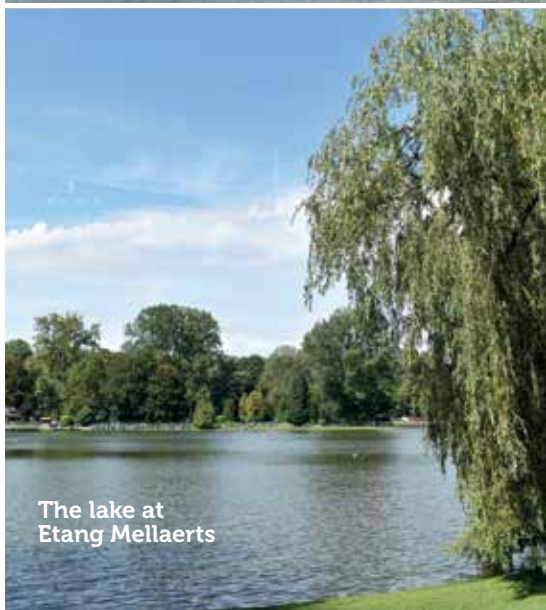


For its interior and ambiance its worthwhile visiting La Mort Subite, La Chaloupe d'Or, Le Cirio, Falstaff, Goudblommeke in Papier, Poechenellekelder and Châlet Robinson.. Delirium is a great beer cellar situated near rue des Bouchers, where often tourists who are not really acquainted with the side effects of stronger beers, seem to have a good time! Apparently they won a Guinness record with the most varieties of beer commercially available 2.004, in the year 2004.

Green Spaces

Although Brussels is a cosmopolitan, it's one of the most green capitals in Europe with a lot of green spaces, offering a quick escape from the hustle and bustle of the city. You will find many parks such as these more important ones: Warandepark, Leopold Park, Bois de la Cambre, Jubilee Park and the parks at Woluwe. And of course bordering the city is the Sonian Forest, a large forest with mainly beech trees stretching over the communes of Tervuren, Audergem, Boitsfort and Overijse. These used to be the hunting grounds of former King Leopold. Well worth a visit is the Arboretum at Overijse.

The Botanique boasts a huge collection of rare, beautiful flowers and plants. If you are looking for a park with a little more privacy, visit Woluwe Park in the south of the city.



" SURFING THE NET AWAY FROM
HOME AS FAST AS AT HOME...
AS IT SHOULD BE "

Destiny is an independent Belgian B2B telecom operator, founded in 2008.

With over 1000 business customers the telecom company became the fastest growing B2B telecom player in Belgium in 2013. The own Destiny network is one of the most reliable networks in Europe and guarantees telecom at high speed and with a perfect service.

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And that's telecom... as it should be.

~ PUBLIC TRANSPORT IN BRUSSELS ~



Everywhere you find yourself in Brussels you will find some kind of public transport in reasonable walking distance. Most of the public transport in the Brussels-Capital Region is organized by the STIB/MIVB.

The network includes 4 metro lines, which connect the eastern and western districts of the city and pre-metro lines (trams in the tunnels) underground. Above ground there are 50 bus and 80 tram connections. Nowadays it is possible to travel with a single pass on which you can store whatever type of journey best suits your needs. For more information and timetables check www.stib-mivb.be. On the right page you will also find a handy map of the Metro and Pre-metro lines.

Brussels Central and Brussels Midi stations. Moreover there are direct train services to the East, South, West and North of Belgium.

Since a couple of years ago it is also possible to rent bikes in the city. The citybikes can be retrieved at over 300 bike stations throughout the city. Villo! tickets can be purchased at the station terminals using your bank card.

For more details visit www.villo.be



Other non-STIB bus lines also operating in the capital are the TEC (Transport en Commun), the regional Walloon services and De Lijn, the Flemish regional services. During the weekend, nocturnal buses link the key part of the city until 3 a.m.

For more info check www.delijn/en

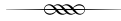
Also several railway stations serve Brussels. They are daily frequented by hundreds of thousand commuters who come to work in the capital by train. The airport train station is located below the terminal (basement level-1). Up to 4 trains an hour connect the airport to Brussels North,

Taxis in Brussels are operated mainly by the two main providers Taxis Blues and Taxis Verts. Taxis with a taximeter are permanently available in front of the arrivals hall of Brussels Airport. The fare from the airport to the city centre of Brussels is normally around €45. Licensed taxis can be recognized by the blue and yellow emblem. Travellers are advised to avoid unlicensed taxis!

For more details visit:
www.taxisverts.be and
www.taxisbleus.be



~ A BRIEF DESCRIPTION OF THE AREAS ~



*A birds eye view from Avenue Henri Dunant (1140 Evere)
to the centre of Schaerbeek
via Woluwe St. Lambert (1200 Brussels)*

The residential area of Evere is located in the North-East of Brussels and counts a population of 32.000. It is here in Evere on Boulevard Leopold III that NATO headquarters and Eurocontrol are based, they, like many international companies chose this commune due to its easy access to Brussels National airport.

If you are a resident in Evere it is worthwhile visiting the war cemetery with its amazing ornamented tombs. Somewhere in the middle you will find the impressive Battle of the Waterloo memorial which is at the same time a crypt containing the bodies of 16 soldiers. One of them that of Colonel William Howe de Lacey.

Bordering Evere, the green communes of Woluwe-Saint-Lambert and Woluwe-Saint-Pierre have splendid parks and lakes such as Park Malou and les Etangs Mellaerts to attract your attention. If you enjoy walking or jogging these surroundings will do very nicely indeed.

Woluwe Shopping Center on Boulevard de la Woluwe, one of the larger shopping malls in Belgium, has many trendy boutiques and bistros to distract you on a rainy day. The centre is a great place to do some window shopping and enjoy a coffee break. A parking garage on the ground floor as big as the commercial area above, makes it so much easier if you are coming by car. If you prefer

to leave the car behind and decide to come by public transport, the underground station Roodebeek has a direct entrance into Woluwe Shopping Center. There is also a direct connection to the city centre and other destinations in Brussels. And if you are a resident at Woluwe Gardens, you'll be glad to know that Woluwe Shopping Center is only a 5 minute walk away.



Inside Woluwe shopping centre





BBF

Residences in this area:

Century Gardens,
Dunant Residence
Lambermont Residence,
Eurogardens, Green Gardens,
Woluwe Gardens,
Lambermont Gardens

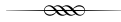
Inaugurated in March 2006, Wolubilis rapidly became an unmissable cultural actor in the Brussels' landscape. This project opposite Woluwe Shopping Centre is a new cultural focal point, around a semi-circular public space, sheltered from the urban traffic. This bright complex consists of several buildings with unified architecture, in stone and white rendering. This is a new 493-seat theatre, and various adjacent buildings mostly containing artists' workshops, homes, shops and restaurants with a cultural focus, an exhibition room, a few offices and underground car park. On a nice summer day it's a treat to enjoy some great food on one of these enjoyable terraces managed by the Cook & Book.

On the other side of Boulevard de la Woluwe you will find the ancient water mill of Lindemakere, dating back to the 12th century. Not only is the water mill an incredibly attractive historical site but it also happens to house an exquisite restaurant.

Not that far away, the little centre of Stockel is also worth a visit. The metro will get you there in no time at all. Here too you can visit the local shopping mall with its splendid variety of fashion shops or enjoy the weekly market on Place Dumont.

Bordering Evere on the west side is Schaerbeek; a commune that counts approximately 112.000 inhabitants. It's composed of numerous popular and cosmopolitan areas. Here you'll find remarkable sites such as Park Josaphat and many well preserved Art Deco and Art Nouveau houses at and near Square Ambiorix. If you enjoy the higher standard of Italian food, it's well worth booking a table at 'La Bucca di Bacco' at Avenue Louis Bertrand.

~ A BRIEF DESCRIPTION OF THE AREAS ~



*A walk from Chaussee de la Hulpe (1180 Uccle)
to the city centre (1000 Brussels)*

Zoniën Residence is situated near the border of the 3 communes Watermael-Boitsfort, Uccle and Ixelles on the South side of Brussels. Located inbetween Bois de la Cambre, (a large park with lakes) and Fôret de Soignes (a large forest of 1.200 acres that stretches over the Brussels, Walonian and Flemish districts) this is an ideal spot for people who enjoy jogging and walking or simply enjoy wildlife and natural surroundings. Certainly a must is to take the ferry at Bois de la Cambre towards the Chalêt Robinson which is a trendy brasserie on a small island in one of the main lakes.

Watermael-Boitsfort, the bordering commune is mainly a residential district with 25.000 inhabitants. The centre is quite picturesque and has a diversity of local restaurants such as 'La Fattoria', a nice Italian restaurant where you can enjoy your lunch or dinner, and a buffet on the charming patio in summer.

The park opposite with its lakes, the Maison Communale (Town Hall) and the tram station are a pleasing sight for the eye and this is what makes Watermael-Boitsfort so attractive for its property. Every Sunday you can stroll around the open market that is held at the Wiener square and enjoy the antiques and brocante on display.

A bit further on Boulevard du Souverain that will lead you to the commune of Oudergem, many international companies parade their architectural structures such as Axa Bank and the round shaped building of Glaverbel.



BBF

Residences in this area:

Louise Residence,
Dumonceau Residence
Botanique Residence, Riverside Residence
Sablon Residence, Zoniën Residence
Jacqmain Residence, Pelican Residence,
Waterview Residence
Manhattan View
Square Residence



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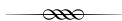
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~ A BRIEF DESCRIPTION OF THE AREAS ~



In springtime it's worthwhile to have a walk in the Floreal, a residential neighbourhood with look-a-like cottages where Japanese cherry trees transform the lanes into a riot of colour in the early spring time.

Going further towards the city centre via Chaussee de la Hulpe and Avenue Louise, the so called Champs Elysees of Brussels, we come to Porte Louise. In this area the overwhelming dome of Palais de Justice (Courts of Justice) looks upon the City of Brussels. Between Porte Louise and Porte Namur you will find a part of the Brussels nightlife: hip hangouts, restaurants, cinemas and on the other side of the boulevard, many high standing trendy fashion shops. Matongé, the local african area with many Congolese nationals, is also situated in this area. At the other side of Palais de Justice, Rue Haute, the typical Marolien high street has one of the most renowned open markets on Sundays, le marché aux puces or the flea market in English. On Sundays the streets and terraces of the local bistro's are crowded with tourists and bargainhunters.

This takes us closer to Place du Grand Sablon which is a treat for antique lovers with its many antique shops and a couple of renowned chocolate shops and restaurants such as Pierre Marcolini.

A place to be seen or rather in french 'un endroit m'as-tu vu'. In walking distance is Mont des Arts where you can enjoy the serenity of the Contemporary Arts Museum while glancing at masterpieces of the Flemish painters, or if you prefer, the Modern Arts Museum.

For some royalty you can have a walk down the Royal Palace, just some steps away.

From the other side of Grand Sablon you will enter the tourist City Center of Brussels. The world-famous Grand Place is not only a delight of medieval architecture, but also a treat for the eye and a mesmerising place to be with its many cosy 'brasseries' such as le Roi d'Espagne, la Maison du Cygne and la Brouette.

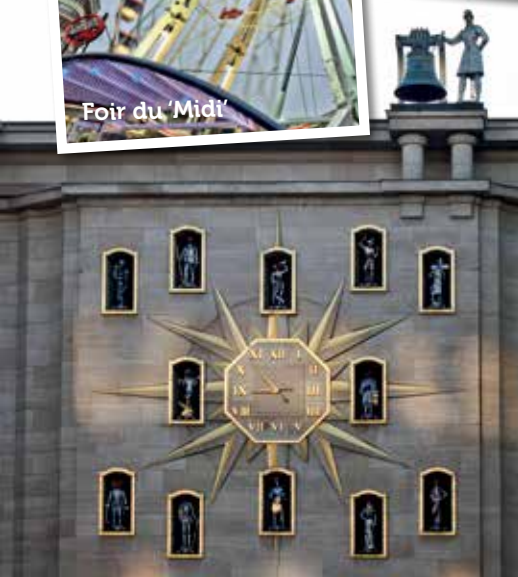




Foir du 'Midi'



Queens Gallery



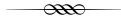
One street further, Rue des Petits Bouchers is known for its successive restaurants but not really for it's quality. Nevertheless it's worth the walk through these narrow streets and to discover the area and to experience the atmosphere. The magnificent Queen's Gallery (Gallerie de la Reine) at Marché aux Herbes is a fascinating place to walk through. Here you will also be able to treat yourself to some lovely Belgian chocolates at the elegant Neuhaus chocolate shop.

On the other side of Grand Place you have rue des Violets wich is known for its Greek and Turkish pitta joints and if you walk a bit further through rue de l'Etuve you will find the world famous 'Manneken Pis'. Don't be too dissappointed in his height.



View from
'Kunstberg'

~ A BRIEF DESCRIPTION OF THE AREAS ~



The Schuman, Cinquantenaire and European area

Rond Point Schuman is situated in the centre of the European Area. Surrounded by the offices of the European Commission, this neighbourhood is one of international character. This is the heart of the Capital of Europe.

But this area is not only one of offices and buildings. Next to Rue Belliard, the Leopold Park invites you for a walk around the lake. The Museum of Natural Sciences - situated in the same park - takes you back to prehistoric times when dinosaurs ruled the world. Here you will find a great collection of

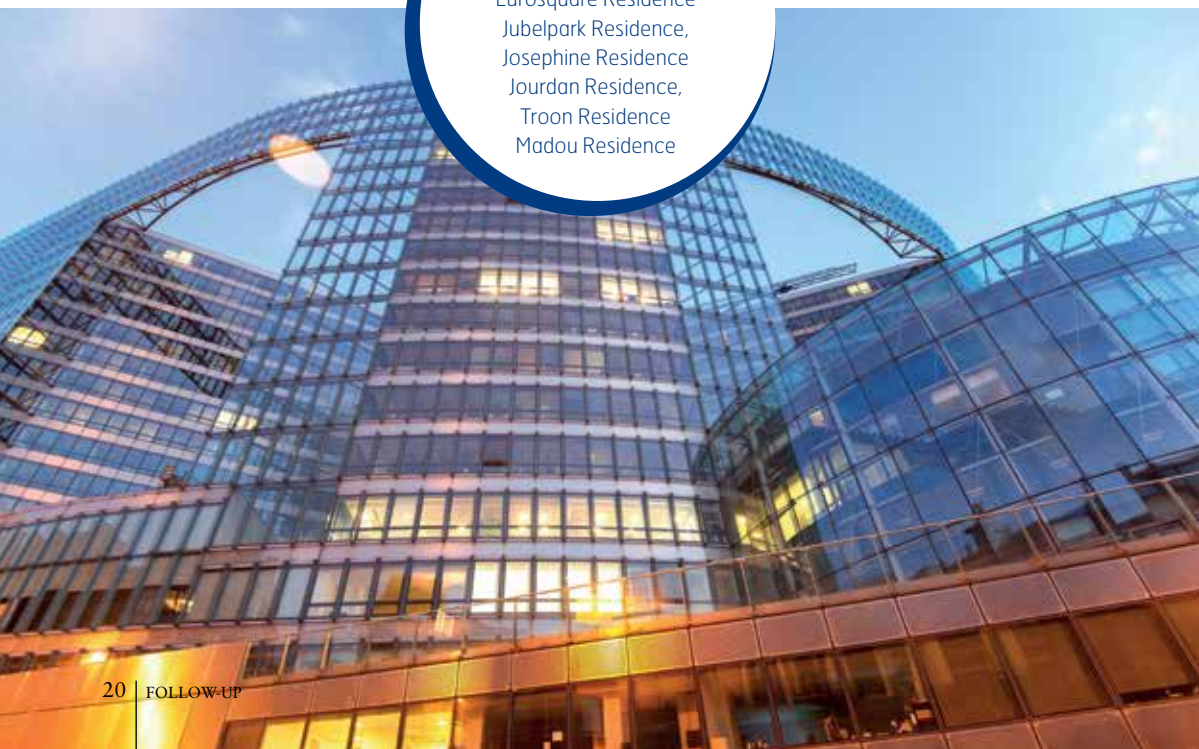
Iguanodons found at Bernissart (Wallonia) as well as a great collection of minerals, automated dinosaur dummies and plenty of other educational items to enjoy.

Everywhere in this area you will find many trendy restaurants and bistro's with here and there an enjoyable Irish Pub, e.g. Funky Monkey, The James Joyce, The Old Oak, the Hairy Canary and Kitty O'Shea's. Nearby many 'maisons de maître' in Art Deco and Art Nouveau architectural style surround the two green squares, Ambiorix and Marie-Louise.

BBF

Residences in this area:

Europark Residence,
Eurosquare Residence
Jubelpark Residence,
Josephine Residence
Jourdan Residence,
Troon Residence
Madou Residence





**Cinquantenaire
at Jubelpark**



Near Berlaymont building, the impressive monument of the EU, you will find Jubelpark where Cinquantenaire, a giant arcade erected by King Leopold the II for Belgium's 50th independency anniversary, looks over the beginning of Avenue de Tervuren. This magnificent boulevard which is scattered with beautiful chestnut trees along the track of the yellow trams, leads you to the lovely village of Tervuren where the majestic beech woods of Fôret de Soignes dominate. Further up this wide avenue is the world famous Palais Stocklet, an architectural masterpiece designed by Josef Hoffmann and built between 1905 and 1911.

At Jubelpark you can also admire the Museum of Art and History, the Army Museum and Autoworld.

For more information see www.trabel.com.



**Royal museum for central Africa in
Tervuren, near to Brussels.**



'Place Lux'



the Army Museum



Place Jourdan

Rue des Tongres, within five minutes from Jubelpark Residence is a treat for shophoppers and the ideal place to have an enjoyable breakfast at 'le Pain Quotidien' or to have a coffee at 'la Terrasse'. Public transport with many easily accessible metro stations in this area will take you to the City Centre in no time.

If you feel like trying out the 'best' chips (frites) in Brussels, have a walk down Place Jourdan and treat yourself at the 'friture' on the market square. Here as well you have some nice local restaurants such as 'Chez Bernard'. But if you are more in the mood for a night out between expats and eurocrats and if you wish to feel the European experience you will much enjoy Place Luxembourg or rather 'Place Lux' as it's being pronounced in a more snobbish fashion. The square consists largely of restaurants and bars which dominate the wide pavements.

Why not have a cool beer at Fat Boys, the american sports bar or if you prefer the more trendy Ralph's Bar which is the better known eurocrats hangout.

PECK

47

A 'Peck' is a dry measure of volume at the market place. It made sense for us to call ourselves Peck 47 as we are on Chicken Market Street. Chickens love a good Peck.

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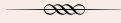


A NEW WAY TO DISCOVER BRUSSELS

AGENDA — PLACE TO BE — MAGAZINE

www.brusselslife.be

~ SUNDAY SHOPPING ~



After a busy week at the job, it's already Sunday and you've got the whole day free, but don't really know where to go and what to do. As an expat in Brussels, in your spare time you want to discover the city and find out about what's going on when and where. Sunday is the ideal day for Sunday shopping. There are plenty of street markets in Brussels, but the best known and most busy is the one on Sunday morning around Gare du Midi.

Marché du Midi

Surprise yourself by the biggest Sunday market in the city which is held every Sunday morning near Gare du Midi. This market has a super wide range of fresh fruits, vegetables, North African spices, olives, cheese, bread and fish. The market is big enough to entertain an entire Sunday morning. You can also look for clothes, shoes, plants and North African music. It has its particular atmosphere, a blend of a Maroccan Bazar with some Mediteranian and Belgian touches.

Approximatly 450 stallholders are involved making it one of the biggest open markets in Europe. One of the most popular stalls is that of the Moroccan pancakes which you make yourself by choosing three ingredients. Served with a glass of mint tea, do not hesitate to make this tasty break. You will not be disappointed!

Sunday in Sablon

While tumbleweeds roll over a deserted Avenue Louise, a couple hundred meters

Daily flea market at Place du Jeu de Balle



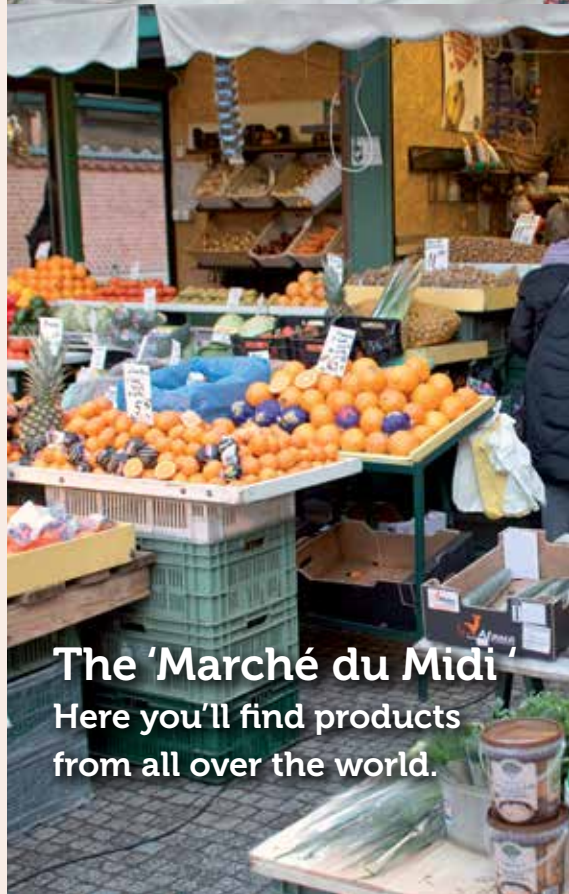
away on rue Haute, rue Blaes, and in the Sablon, the streets are alive. This neighborhood is scattered with antique dealers, decoration and furniture stores, and many art galleries that characterize this area of the city.

Sunday flea markets

For those who prefer strolling outside, bargain shopping, and finding interesting objects, Sunday is the perfect day. The flea market in the Marolles on Place du jeu de balle is open every weekend until 3 pm, just like every other day of the week. But that's not all. The Westland flea market is awaiting you in Anderlecht every Sunday, just like the one on Place Saint-Denis in Forest. Every Sunday in Auderghem there's a lot of bargain shopping in many different places in this district.

Sunday markets

Dang it, you really want to cook up something good, but your grocery store is closed on this day of rest. After all Sunday is actually the only day you have time to spend in the kitchen! The markets in Brussels will be your solution. The best and most popular one is without doubt the Marché du Midi. You will find products from all over the world. The huge market in the Anderlecht slaughterhouse isn't bad either. Want to eat something organic? Go to Place Flagey from 8 am to 2:30 pm, to the Tricoterie from 10 am to 4 pm, to Place Homère Goossens from 9 am to 1 pm, or to the Tanneurs workshops from 10 am to 4 pm. Other markets include: Place Sainte-Catherine from 7 am to 5 pm, Place Reine Astrid in Jette from 8 am to 1 pm, Place communale in Watermael-Boitsfort



The 'Marché du Midi'
Here you'll find products
from all over the world.



flea market treasures



~ SUNDAY SHOPPING ~



from 9 am to 1 pm, Parvis Saint-Antoine in Forest from 8 am to 1 pm, or Place Jourdan until about 2 pm.

Where to replenish your library

The libraries in Brussels open up the last day of the weekend. A godsend! So if you have already devoured the last book in your personal library, your day of reading is not lost. Filigranes, Cook & Book, Passa Porta, Brüssel are just some of the many libraries open on Sundays.

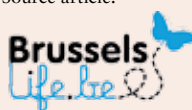
Where to window shop on Sunday

It is rare to find a place to spruce up your wardrobe on this day of the week. However every first Sunday of the month, the Brussels Vintage Market offers cool retro, second and clothing and many other vintage items. Outlets are good a place to go too. Maasmechelen Village is open every Sunday. The private sales outlet Caméléon is regularly open on Sunday too.

Brussels' Sunday Shopping guide

We have one more secret. Never leave the house without the "Brussels Sunday Shopping" guide for all youserial shoppers. From Saint-Gilles to Saint-Géry, to the Grand-Place, Mont des Arts, and the Marolles, every neighborhood has been scrutinized. You will know which streets have stores, restaurants, museums, markets, etc. open on Sunday! Order this booklet for free from Atrium Brussel Centrum.

Author: Olivia Regout
Translation: Olivia Davis
Source article:



~ COMMUNITY HELP SERVICE ~

Recently at a meeting of Abra, (the Association of Belgian Relocation Agencies) I met Rex Parker of CHS for the first time. He gave a presentation to the Arbra members of what his organisation stands for and how it came about.

Afterwards at the networking reception I explained him that this was substantial information I wanted to share with our readers of Follow Up.

So a couple of days later I was pleased to receive an email from Rex with a similar text presentation as the one he gave at Abra.

CHS, abbreviation for Community Help Service, is a non-profit organisation that provides information, support and mental health services to anyone in Belgium who needs help and prefers to speak English, regardless of nationality and circumstances.

It was set up in 1969 to provide support for people from the expatriate community but was mainly centred on those with English as their mother tongue. Brussels has changed considerably since then and the community wishing to use English has widened considerably. Many of those who need support from CHS are not only native English speakers, but use English as their first foreign language.

One of the key services offered by CHS is a 24 hour, 7 days a week helpline. This is an anonymous, confidential telephone service for children, adolescents and adults and is operated by volunteers who are trained, supported and supervised by professionals. It operates in the English language and provides general information, support and help in a crisis. During 2014, the helpline was called more than 3,500 times.

Another service that CHS offers is the Mental Health Centre where a professional team of clinical psychologists, psychotherapists and

psychiatrists offers confidential support and professional services. This support is not only given to the English speaking community but also to those who choose to use English as a common language. Individual members of the Clinical Team can also work in Catalan, Dutch, French, German, Greek, Hebrew, Romanian and Spanish.

The team deals with a wide range of problems, including but not limited to children's learning and behavioural difficulties, parenting issues, drug and alcohol addiction, Depression and anxiety, Acute distress and behavioural change, couple and family difficulties (including family mediation), bereavement, sexual problems and burnout. For children and adolescents, besides various therapeutic possibilities for the child and/or the family, the children's team is specialized in psycho-educational evaluation (testing), a service which is highly valued by various international schools in Brussels and Luxembourg.

Starting in 2016, CHS will offer such testing in French and German as well as in English. CHS also has an experienced child psychiatrist in the child/adolescent team for evaluation and treatment of psychiatric problems.

Different parameters may be considered in determining the cost of counselling.



95% of parents said BSB was their school of choice^{*}

“The French/English bilingual programme is what attracted us to BSB and has been an enriching experience for Chloë. She clearly enjoys going to school and has fun whilst learning in both languages.”



Mrs Nikla Lancksweert who chose BSB
for her daughter Chloë

**Your No.1
school of
choice**

^{*}According to a recent independent parent survey

To find out why, visit
www.britishschool.be/whyBSB


Following a discussion with the therapist, a consultation fee is decided on. In some cases, health insurance may help cover the cost. No-one is turned away for lack of funds.

In 2014 more than 700 new clients contacted the Mental Health Centre, of which 39 different nationalities. In 2013 CHS began working with Castle Craig Hospital, a Scotland based Addiction Treatment Centre. More information about them can be found on their website: www.castlecraig.co.uk

The CHS office, operated by volunteers, is open from 10.00 to 16.00 on Monday to Friday (10.00 to 13.00 during July and August). Therapists work outside these hours, some offering appointments in the evenings or on Saturdays.

The CHS Board is composed of a cross-section of the community with representatives from multinational corporations and small businesses, churches and community associations. The Clinical Director, Administrator and a representative from the Helpline are also on the Board. Board members provide an important link between CHS and the English speaking community in Belgium as they also offer support and guidance to the administrative office team. The total number of people involved in CHS, including Helpline, Administration, Board and therapists, is around 60. All these people are unpaid volunteers with the exception of the professional clinical team.

Unlike the 3 Belgian national language helplines, Tele-Onthaal (106), Tél  -Accueil (107) and Telefonhilfe (108)) which are subsidised by the various Belgian state authorities, the CHS receives no subsidy of any kind for its services to the English speaking community.



**Are you living away
from your home culture,
experience stress at work,
loneliness?**

**The CHS counseling team
can help.**

In order to maintain the Helpline and Mental Health Centre, the organisation relies on different sources of income. These are made by contributions from the CHS Clinical Team, donations and contributions from other organisations, sales of publications such as 'Retiring in Belgium – A guide for Expatriates' and an annual calendar. Also fund-raising events (e.g. concerts, quiz nights) and sponsorship support are an important factor for serving that organisation.

If you would like further information e.g. with regard to becoming a volunteer or providing financial or other support, please contact CHS at the address, e-mail or telephone number mentioned below.

The CHS 2016 calendar, which includes lots of information useful for expats, is also available - more information is available on the CHS website. The calendar costs €10 and helps to finance the 24/7 Helpline.

CHS Mental Health Centre

Avenue des Phal  nes 26 - 1000 Brussels
Telephone: 02.647.67.80
E-mail: chs@chsbelgium.org
Website: www.chs-belgium.org

CHS Helpline : +32 (0)2 648 40 14



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~ THE BATTLEFIELDS OF WATERLOO 1815 ~

Last year it was 200 years ago that the French, British, Dutch and Prussian armies gathered for one of the most famous battles in history

The Battle of Waterloo on June 18, 1815, saw over 250,000 men from at least seven nations in action. More than 11,000 were left dead and 33,000 wounded. It was one of the largest and bloodiest pre-twentieth-century European battles. Here France's emperor Napoleon Bonaparte was finally defeated by the Duke of Wellington, commander-in-chief of the allied armies.

Tourism at the battlefield started on June 19, 1815, when the upper classes arrived by coach from Brussels to take a look. It has continued ever since and last year's bicentenary was a high point.

A huge re-enactment was held near the memorial of Waterloo - the Lion's Mound - which King William I of the Netherlands ordered to construct in 1820. Thousands of spectators were treated on a telling performance of what this battle must have looked like, two-hundred years ago. 4000 soldiers, 300 horses and cavaliers and 500 assistants were involved in the show.

If you missed out on these events don't worry, there's still more to discover.

For the 2015 commemorations a brand new museum was constructed near the foot of the Lion's Mound.



The Lion of Waterloo
facing France



reenactment of the
Battle of Waterloo



The museum named The Memorial 1815 is a must to visit and is a very instructive place to understand the history of the battle of Waterloo. It has an impressive collection of objects, costumes and maps and it's also worth to watch the panoramic 4D film, which is the 21st century's version of the old panorama.

The current site of the battle of Waterloo which stretches from Waterloo to Braine l'Alleud and from Ohain to Plancenoit is a remarkable place to discover. The Lion Mound itself is a steep 226 steps to the top of the tumult with fantastic views of the former battlefield. One can visit the old farm house Le Caillou, where Napoleon spent the night before the battle. Or the Wellington Museum which used to be the former Bodenghien inn and which was chosen by the British Military as headquarters for all the army staff and the Duke of Wellington who spent the night here on the 17th and 18th of June 1815.

Further smaller monuments and memorials are scattered throughout the battlefield, which has mostly returned back to ordinary farmland. The famous farms of Hougomont,

La Haye Sainte, Mont Saint Jean and war cemeteries in the area can be visited by a guided tour map.

And if you happen to find yourself in Waterloo on the 18th of June, you might see the traditional re-enactment which is a smaller scale version than the one organised at the bicentenary, but which is being held every year by passionate re-enactors from all over Europe.

Only 10 kms away in the back garden of Brussels it's easy to get here by public transport or by car.

Getting to the Hameau du Lion at the site of the Battlefield of Waterloo is easy by car or public transportation. By car, use exit 25 "Butte du Lion" on the Ring O motorway between Brussels and Mons / Charleroi. Free parking is available near the mound.

From Brussels and Waterloo, use bus W (stop Route de Nivelles) or bus 365 (stop Monument Gordon). Braine-l'Alleud is the closest train station – it is a 3 km walk or short bus ride (W) to the Hameau du Lion.

~ INTERVIEW AN EXPAT ~

ANJALI PRASAD



Follow Up: Hello Anjali, can you tell me which country you come from and when you arrived in Belgium?

Anjali: I'm from a small city on the banks of the Ganges in the north of India namely Varanasi. I came to Belgium in August 2011 and I have completed four years in this country now.

Follow Up: What is the reason of your stay in Belgium?

Anjali: I came to Belgium for a business project from my company Cognizant. They then provided me with a corporate apartment near my work in the city area.

Follow Up: Is this your first visit to this country?

Anjali: To this country yes, but I have been to Europe previously.

Follow Up: Can you describe us what your feelings and impressions were the first week or the first month you were staying in Brussels?

Anjali: I remember it very well. When I

arrived in August the weather was very dull which is supposed to be typical for Belgium (she laughs). When I was going to leave to a new country for a long stay, everyone I knew in India was hoping that I would be able to adjust here. Also my family and parents were a bit worried of the safety aspect travelling as single woman, as you can imagine.

Follow Up: Were there any fellow compatriots that you learned to know in Brussels at that time?

Anjali: Yes, it started with the people from my company but then gradually I started to get in touch with people from India, Romania and the USA who also stayed in my building. In 2012 I got married in India and my husband joined me here as well and now lives with me.

Follow Up: Was it it easy to integrate in Brussels or were there any obstacles?

Anjali: It was a mix. First obstacle was the language, especially at the town hall, as I don't know French or Dutch. But generally I found it quite easy because everybody I met was very friendly to me. I have lived in other countries in Europe but in my experience the people that I met in this country were the friendliest.

Follow Up: What actions did you take to mingle amongst the expat community and the social life of Brussels?

Anjali: I took some actions but slowly. Three months after I came over it was the Christmas season and it was much easier for me to get to know the area in which I was staying and also to meet people because of the Christmas markets and festivities. So gradually I started feeling

more comfortable in Brussels. With a group of expats from the UK we used to gather at the Cheese Cake Café near Place Brouckère where you can have breakfast amongst the expat community of Brussels.

Follow Up: So what are the things you have been enjoying in Belgium?

Anjali: We (me and my husband) were given a book about the Belgian artisan beers from my colleagues at client place Euroclear. So since then we have been trying out a lot of beers but the list we still have to try out is very long.

And now my husband is beginning to enjoy the Belgian beers even more than I am. (she laughs)

Follow Up: What do you find to be a cultur shock in this country compared to yours and what do you miss the most we don't have here?

Anjali: What I miss the most is my family. They came to visit us once here in Brussels, but when they are not here there are times I feel homesick. I go to visit them twice a year. And then off course there is a huge cultural difference between India and Belgium. Compared to most of the western part of India which is moving towards a European culture, where I come from it is a very competitive and hard world without a safety net as you have here in Europe. Life over here is much comfortable as where I come from. So that for me is the biggest culture shock.

Follow Up: What do you think of BBF and what do you find to be an advantage of a serviced apartment?

Anjali: BBF is like a home for us now and we feel very comfortable here. In the

last four years it was not required for us to come to the agency as we never had a problem. For people like us (expats) who don't know exactly how long they are going to stay, it is a very flexible solution.

Follow Up: Did you receive any information from other organisations to help you settle in?

Anjali: There is one organistaion called Inbelg that helps people from India to settle in and that organises discovery tours throughout Europe.

They also organise events for indian people here in Belgium sometimes combined with Indian food and delicacies.

Follow Up: Talking about food, do you cook in your apartment and if yes, what do you cook? Or do you prefer to go to a restaurant?

Anjali: It's a mix as well here. Sometimes I go out for dinner but most of the times I cook at home.

Follow Up: Ok, I can imagine that you prefer to cook indian food when you stay at home?

Anjali: I have tried cooking dishes from here as well and when we invite people over at my apartment I prefer to cook recepies that belong to their country. Last time we invited some Spanish people and I cooked them a Spanish meal. But it's true that there are so many good restaurants and we already tried all the ones in our neighbourhood.

Follow Up: Thanks for the interview Anjali and enjoy the rest of your stay in Brussels!

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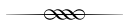


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~ THE BUSINESS OF RELOCATION ~



Relocating can be a stressful, confusing experience for even the most experienced of expats. Not only are you being dropped in an unfamiliar location where - chances are - you don't know a soul, but there are an infinite number of changes large and small to contend with too.

The road to your assignment may have kicked off with an interview with your new employer, but it takes many steps before you are finally settled in to your new home country. Finding the right accommodation, schools and other facilities has a major impact on the success of your assignment, which is why you want to ensure that your relocation is carried out by experienced professionals. You may have found the perfect place to stay with BBF, but not every expat has the same needs and wants for their stay abroad.

**All great adventures
start with something new.
Let Belgium be yours!**

Thankfully, there is a wide variety of services available to expats and employers that help new assignees hit the ground running. From dedicated expat desks in banking and insurance, to cultural or language training courses, even English-language media, it can be quite the job trying to make sense of what's out there and finding the right fit for you.

This is where ABRA members come in. ABRA, short for the Association of Belgian Relocation Agents, is the professional

association for relocation agents and other expat service providers. Dedicating their every move to helping you settle in swiftly and smoothly, these are the professionals that are at the top of their game.

Just as any other type of business, relocation as an industry is forever in motion. The face of expatriation changed for good following the global economic downturn of 2008. Where once the standard expatriation lasted an average of 3 or even 5 years, today we see a much greater variety of types of assignments.

From the manager who makes the weekly commute back home, to the expert "fire fighters" who come over for a few short weeks, we are looking at the greatest migration since the fall of the Roman Empire.

With an estimated 600,000 expats in Belgium alone and an expected 56.8 million expats worldwide by 2017 (0.77 percent of the total global population), the numbers quickly add up. An estimated 200 million people were living and working abroad in 2010, although this number includes people who have moved abroad permanently, whether to enjoy retirement in the sun or to go in search of better economic opportunities.

Staying ahead of the pack means keeping your ear to the ground and knowing what



**ABRA President
Isabelle Premont**



issues are important to both expats and employers alike. Which trends are growing and which approaches are fast becoming dated. Sharing experiences and approaches so that we may all continue to grow. Global and European conferences, national and local meetings; there's a lot going on in the world of relocation. All of it with one single aim: to improve your experience abroad.

So we hope you're enjoying your stay. Yes, the Belgians may take a little getting used to, but there is much to discover in the land of the Belges. Frites-mayonnaise may be the national dish, but we know how to do fine dining too. Whether you're looking for rich history and world class culture, a good rock concert, a cosy pub, the tranquility of the forest or the fresh air of the seaside, Belgium has it all.

All great adventures start with something new.
Let Belgium be yours!



ABRA members have made it their business to excel in all matters concerning relocation. From advising companies on their international mobility programmes to helping you and your family find the perfect home, our members will help you along every step of the way. Find out more about ABRA and its members by visiting www.abra-relocation.com

Images: Arne Jacobs SuperFoto®

~ WILD GEESSE ~

Located just a stone's throw from the European Commission in the heart of the EU Quarter of Brussels, The Wild Geese is a gastropub with history and stories amongst the expats of the European capital.

Now re-opened since December 2014 after a few years break by a young and passionate team, our aim is to provide outstanding seasonal food and great service while retaining a traditional pub atmosphere. Enjoy a tippie from The Geese's stellar range of beers, wines and award winning whiskeys, a tempting menu of moreish bar snacks and gastro classics adds to the experience.

We welcome diners and drinkers alike, with enough space to talk shop, celebrate with loved ones or watch your favourite team with

throughout the colder evenings.

Wholesome, fresh, hearty, food combines unpretentious modern pub flavours with classic french cooking styles inspired by seasonal influences, accompanied by a concise but delicious wine menu.

The Wild Geese Pub Restaurant offers a broad variety of Belgian and International beers, high end spirits and a wide-ranging menu of topnotch Whiskeys served in casual, relaxed and comfortable surroundings.



your best mates drinking a pint or two at our traditional bar counter.

Enjoy a drink and soak up the sun on one of our two terraces, one of which is also a winter terrace for smokers to relax and unwind even

Here we also show all the important sports events on several screens in a friendly, welcoming atmosphere.

Come in and join us for a champions league match or watch rugby and hurling with a cool pint of Guinness.



The Wild Geese Brussels , Gastro-Pub.

Avenue Livingstone 2-4, 1000 Brussels, Belgium

info@thewildgeese.eu, Phone +32 258 868 03

www.thewildgeese.eu

With a selection of over 200 Whiskeys and many different Belgian Beers, The Wild Geese is an Irish Pub like no other.

Our aim is to have the welcoming, friendly atmosphere that belongs to a typical Irish Pub but to take everything to the next level.

All our products from our fantastic food to our House Wines are products that you would normally associate with a pub but we have a much higher standard than a normal pub.

All our food is prepared fresh by one of our five top Chefs who make everything themselves, it may be a Fish & Chips that you order but it will be one of the best Fish & Chips that you will ever taste...

We have three seasonal menu's which change every month. We serve a lunch menu, Monday to Friday from 12:00 till 14:30, a dinner menu, Monday to Friday from 18:00 until 22:00 and a weekend menu, Saturday and Sunday all day from 12:00.

Live music is also a big deal here in the geese with Music often on the weekends and live Jazz with our Sunday brunch, follow us on Facebook to find out when our "gigs" are on.

A busy pub especially during the week, reservations are always available by calling or sending a email through the website.

Hope to see you soon,
Neil.

~ DISCOVERING BELGIUM BY GUIDED TOUR ~

With its mixed cultural communities and colourful history of political division, perhaps it should not surprise us that a closer look at quiet, unassuming Belgium reveals an impact on European and global art and culture of remarkable proportions.

Born and raised in Brussels, Erik Wauters has been a tour manager for more than 20 years. The last decade he has specialized as a local private guide in fascinating Belgium.

My philosophy is to guide in a light and pleasant way, informing my guests without boring them. With the warm sense of humour, which is typical for the people of Brussels. Never acting as “a comedian”, but never reciting as “a walking encyclopaedia” neither. “We guide private City tours in the beautiful cities of Brussels, Ghent, Bruges, Antwerp, Leuven and Mechelen, steeped in history and with great stories and anecdotes to tell. But we also organize tailor made special tours in the Museum or Art Nouveau district, castle tours, gourmet tours, chocolate workshops, lifestyle tours, beer and brewery tours.

And last but not least we created personalized Battlefield tours to Waterloo (see page 32 - 33), World War I tours in Flanders Fields near Ypres (Ieper) and the Battle of the Bulge tours (World War II) in the Ardennes near Bastogne.

City tours:

Brussels is much appreciated by foreigners for its lifestyle and it willingly reveals its charms to visitors who take the time to try and understand it. In this city of contrasts and paradoxes we organize walking and half driven / half walking tours. The classical walking tour incorporates all the main sights of Brussels city centre: the Grand Place, world famous Market Square, in the heart of medieval Brussels with

its incomparable City Hall and precious Guild Houses. The Galleries St Hubert, the “Îlot Sacré”, Cathedral of St Michel, the “Mont des Arts” with all his museums, the Royal district with the Royal Square and Palace, the Sablon district with countless antique dealer shops, the remains of the 12th Century City Wall and finally Manneken-Pis. The driven tour of Brussels adds more of the Downtown area, Little Manhattan, the European district – as the “European Capital” the city is home to the European Commission, the Council of Ministers of the EU and (the second seat of) the European Parliament – the Cinquantenaire park with its museums and Jubilee Arch, the District of Laken with the Royal Palace, Chinese Pavilion, Japanese Tower and of course the Atomium!

Ghent is an unassuming, un-touristy city filled with university students, linger-as-long-as-you-like cafes, well-priced restaurants and exudes vibrant energy. Ghent combines stellar medieval and other historic sites with touches of gritty urban reality and the bustling character of a genuine, living city. You'll get to view some of the best of all these worlds on a stroll through the Old Centre. Canal cruise is a nice way to marvel the sights. Under the watchful eye of Gravensteen Castle or Castle of the Counts, the city boasts an Opera House, 18 museums, 100 churches and over 400 historical buildings. The most visited site in Ghent is the famous St-Bavo Cathedral & its beautiful altarpiece, The Adoration of the Mystic Lamb painted by the brothers Jan and Hubert van Eyck in 1432. During your guided



Ghent is an un-touristy city



Bruges, known as the Venice of the North,



Antwerp

walk you discover all the most famous sites and monuments of the city.

Bruges, known as the Venice of the North, because of its peaceful canals is one of the most beautiful cities in Europe. It was a justified motive that prompted UNESCO in 2000 to include the entire historical city centre on the World Heritage list. The current city boundaries still coincide exactly with those of the medieval city centre, and the spaces and structures that were so typical of Bruges in the past have been preserved. Walking along the maze of winding cobbled alleys and romantic canals, you imagine yourself to be in medieval times. The wealth of museums is a striking image of this city's stirring history. Bruges is always beautiful, in the summertime as well as in the wintertime. Your guide will show you all the major highlights of this beautiful city.

Antwerp is a splendid city with numerous architectural highlights, most of which date from the 16th and the 17th century. Moreover Antwerp is the diamond centre of the World. If diamonds really are a girl's best friend, than a lot of ladies will not leave out a visit to the diamond district around the Railway Station. This area is also the Jewish district in the city where your guide will take you for a tour and will give you all the information you need to know. Walking through the narrow streets of this historic city centre, you will form a good idea of how the settlement developed into such a world famous metropolis.

Special tours as Museum, Art Nouveau and Castle tours; Gourmet tours and Chocolate workshops; Brewery tours, Trappist, Abbey Beer and Cheese tours; Historical tram and Biking tour are tailor made on demand mainly in the Brussels area, Bruges or on location.

For more information
contact Erik Wauters at :
Private Guided Tours Belgium
erikwauters23@telenet.be
+32 497 415 233

~ THE NEED FOR ENGLISH LANGUAGE PRESS IN BELGIUM ~

According to a recent report by the Brussels office for Europe & International Institutions and the city's tourism department visit.brussels, the composition of Brussels is changing drastically. The report titled "Brussels-Europe: The Figures 2016" points out that as many as 1 in 3 of Brussels' 1.2 million residents are non-Belgian citizens. And according to the Brussels Institute for Statistics and Analysis, (BISA), there are approximately an additional 400,000 living in the rest of Belgium.

According to a recent report by the Brussels office for Europe & International Institutions and the city's tourism department visit.brussels, the composition of Brussels is changing drastically. The report titled "Brussels-Europe: The Figures 2016" points out that as many as 1 in 3 of Brussels' 1.2 million residents are non-Belgian citizens. And according to the Brussels Institute for Statistics and Analysis, (BISA), there are approximately an additional 400,000 living in the rest of Belgium.

The establishment of the European Union and its many institutions and agencies in Brussels has indeed resulted in one of the expat densest cities in the world. And the additional presence of all the lobbying companies, consultancies, multinationals and NGO's around the European institutions has reinforced the trend.

Per capita, no other capital has such a large and significant expat community, and the majority of the people from this community use English as their daily language before French and Dutch.

Most international cities around the world have at least one established English language media. They are of great benefit to the local English speaking inhabitants and also serve as a window into the country for an international audience that may be interested in local,

economic and political affairs but cannot access other national press due to the language barrier. Examples include The Moscow Times, The Times of India, The Times of Israel, The Japan Times and many more.

The added value is indispensable as it helps to both integrate the local expatriate community and allow foreign investors, tourists and the worldwide international community to gain insight into the country. It also serves as a point of contact when international media quickly wants to receive some local insight or exchange information in a common language.

So, when Philippe Van Parijs, a well-known Brussels born philosopher, appeared live on BBC news in front of millions of worldwide viewers explaining the latest developments and sentiments on the "Brussels lockdown" last November with The Brussels Times logo next to him, it may not have raised many eyebrows. However, for the two brothers who initially started the media company some two years ago, it marked a symbolic milestone.

"We started this operation with merely 12,000 euros of savings and published our first magazine which in the beginning was called BxlConnect" says the older brother Jonadav Apelblat. "Everyone in the industry told us that we would be finished by the third issue of the magazine," the younger one Omry adds.

THE BRUSSELSTIMES

www.brusselstimes.com

Fast forward two years, the two brothers are overseeing the 18th edition of the magazine which by now has grown to a circulation of 20,000 copies and includes an editorial team of prominent economists, philosophers and artists. Jonadav says that by operating as a small, hard-working and flexible unit while always trying to improve the value proposition to the advertisers, they have been able to develop the business to where they are today.



The Brussels Times has become known in Belgium today as the country's English language press and media. The magazine is inside most of the hotel rooms in Brussels and is exclusively distributed to the EU institutions and foreign representations.

As for their digital news platform, the online newspaper provides daily news to thousands of readers in both Belgium and abroad. And the social media network has grown to become the largest one for the expat community with over 30,000 engaged fans on Facebook.

So what's next in line for the two brothers? "We believe that we have managed to fill an important function and are proud of what we have achieved. Up until now we have worked mostly with freelancers, but this year we plan on expanding both the editorial and sales team with a number of full time staff."

They have learned to do all the tasks themselves. And coming from a finance background, a lot of it was fairly new to them when they first started out as publishers. But running a newspaper is not only about editing and writing - it's also about general entrepreneurial drive and attention to detail, they emphasise. "I remember when we drilled a magazine stand to a concrete block in Schuman metro. It was a Saturday night 12 o'clock and passers-by were cheering us on in a combination of encouragement and sympathy that we had to work so late. But it was really great fun and we were happy to also get some physical exercise as part of the work routine, besides the satisfaction to build something of value".

"We take nothing for granted and we want to improve and grow much more, so there is lots of work to do," Omri concludes.

BRUSSELS EVENTS

YEAR ROUND

Nature

If you would like to discover the Belgian countryside and the green belt surrounding Brussels on foot or by bike, then the nature walks map provided by the Zuid-Dijleland nature reserve is the ideal tool for you. With 300kms of paths and small roads you can plan your route, stopping for refreshments at local places along the way.
www.toerismevlaamsbrabant.be/en www.groenegordel.be

Observatory

The observatory MIRA in Grimbergen is open to visitors every Wednesday and Sunday (except bank holidays) and organizes regular lectures on astrology and the cosmos. Look at the sun through special telescopes, admire the Milky Way and become a stargazer!
www.mira.be

Film - Cinematek

The Royal Belgian Film Archive was founded in 1938 as a charitable foundation with the aim of establishing and maintaining a collection of movies with a particular aesthetic, technical and historical value. Expect great art house, suspense and film noir classics such as Luchino Visconti's 'Death in Venice' or Paul Michael Glaser's 'Running Man'. Daily showings at various Brussels locations.
www.cinematek.be

Bicycle

Join the Cactus & Co network and get cycling in Brussels. They organize regular events in Brussels, at time of going to press no event dates are available, but 2012 events included a flash mob in Brussels Central Station, so if you're game to discover a different side of

Brussels, be sure to check them out during your stay.
www.cactus-co.be/english

Brussels Greeters

Get to know your new home turf with a local. Through the sustainability project Brussels Greeters local residents who love their city will take you off the beaten track and invite you to see the capital through their eyes. Expect to be taken to favourite spots and original destinations as the Greeters welcome you to share their passion for the city during an authentic, genuine and free encounter.
www.brusselsgreeters.be

Brussels Card

The Brussels Card is the best way to discover just about everything the capital of Europe has to offer. The card offers you free entry to over 30 museums for a period of 24, 48 or 72 hours. Additionally you get unlimited free use of trams, buses and underground in Brussels as well as exclusive offers in designers boutiques, shops, exhibitions, restaurants & attractions. Buy your card online at:
www.visitbrussels.be

JANUARY

Saturday 30 January Manneken-Pis and the Oruro Carnival

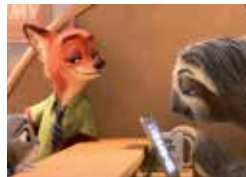
On Saturday 30 January 2016, from 9 am till 6 pm, Manneken-Pis will wear the costume of the Bolivia Diablada. Manneken-Pis, the symbol of Brussels folklore, gets a costume at major events. On 30 January he honors the Carnival of Oruro (Bolivia).

FEBRUARY

From 5 to 7 February Salon du Chocolat

Third Belgian edition of the chocolate fair with Belgian and international participants. The Salon du Chocolat will offer once more a large chocolate experience to visitors, including: demonstrations of chocolate recipes and tastings, a chocolate Fashion Show, the presence of the best chocolatiers and pastry chefs, exhibitions, chocolate sculptures and much more.
www.brussels.salon-du-chocolat.com

From 5 to 14 February ANIMA 2016, Festival of cartoons and animated films - Flagey Centre



The International Animation Film Festival is for all of the family, with more than 300 different animation movies from around the world.
www.animafestival.be

MARCH

Saturday 5 March Museum Night Fever

MNF is about 24 museums coming out of their usual context for an evening. Daring, lively, cheerfully iconoclastic and 100% relevant to its time. Featuring performances, live music, dance, workshops, videos, installations and guided tours. All 24 museums will open between 7pm and

1am. MNF will end with a great afterparty at Bloody Louis.
www.museumnightfever.be

Saturday 19 and Sunday 20 March - 24 hours cycling at the Bois de la Cambre

The 30th edition of the '24 hours cycling in the Bois de la Cambre' is one of the most important gatherings of scouts and guides in Belgium. For 24 hours they ride tours on a bicycle in the Bois de la Cambre. Each group registers 1 or 2 bikes that will be riding on the asphalt track around the lake in the forest.
www.24heuresvelo.be

From 5 to 13 March Eurantica Fine Art Fair Mechelen

This indoor fair features collection objects presented by 150 antique dealers and art galleries from all over Europe. The eclectic range of objects includes furniture, sculpture, clocks, weaponry, glasswork, ceramics, art nouveau, art deco, coins, and pre-Columbian art.
www.eurantica.be

Saturday 12 and Sunday 13 March - Made in Asia Brussels Expo



Having drawn in more than 160 exhibitors and 43,800 visitors in a single week-end in 2014, Made in Asia is the biggest meeting place of young people in Benelux passionate about manga, video games, Asian culture, Lolita and Kawaii fashion, Cosplay and all the newest high-tech trends.

APRIL

Nature in April & May

The Haller woods are 552 hectares and are the remainders of the Coal wood that grew in the area during the last ice age. You will find a great variation of trees and wildlife in the green belt surrounding Brussels. From the middle of April until the start of May the wild forest hyacinths will be in full bloom covering the forest in a beautiful blue carpet. Alternatively visit the castle grounds of Groot-Bijgaarden in Dilbeek where 1,5million bulbs are planted every year.
www.natuurenbos.be

Opening of the Royal Greenhouses - Laeken



Designed by the architect Balat (Victor Horta's teacher), these greenhouses are one of Brussels' most remarkable monuments. This magic place will please both aficionados of 19th century architecture and green-fingered plant enthusiasts. These highly impressive greenhouses with their soaring ironwork are home to a wide range of flora and many rare species.
www.monarchie.be

Ends 10 april - Exhibition Modernika - Atomium



The Modernika exhibition offers visitors an opportunity to (re)discover Modernist and International Style architecture. Taking as its starting-point the legendary Expo 58, with its contribution to spreading the American way of life in Belgium, the exhibition demonstrates the various ways in which the American dream manifested itself.
www.atomium.be/modernika

Wednesday 13th April Brabantse Pijl

Fans of bicycle racing will love the 54th Brabantse Pijl, this semi-classic race goes through much of Flemish- Brabant and the competitors will certainly be grateful for your support!
www.debrabantsepijl.be

Sunday 24 April 10 km of Brussels

The 10.000m is one of the most important races of the Memorial. Of the 50 fastest 10km races ever run, 24 (!) of those took place in Brussels. After a beautiful course through the parks of Heysel follows a spectacular indoor finish in the concert hall Palais 12.
www.sport.be/brussels10k

Saturday 23 and Sunday 24 April - Brussels Design Market indoor Tour & Taxis

THE BRUSSELS DESIGN MARKET

The Brussels Design Market is a flea market that is exclusively dedicated to design. There are pieces from the 50s to the early 80s.
www.designmarket.be

Sunday 24 April - Cultural Heritage Day

A celebration of our Cultural Heritage, traditionally held on the first Sunday after the Easter Holidays, focusing on the movable (objects) and the intangible (stories, traditional techniques and skills).
www.faronet.be

MAY

From 28 April to 2 May Brussels Tango Festival - various locations in Brussels

The festival is an annual get-together with contemporary creation from all over the world. Lots of cultural and artistic events are planned in the city.
www.brusselstangofestival.com

From 6 to 8 May Food Truck Festival City centre

Fifty Belgian, Dutch, French and Luxembourgish food trucks descend in the centre of Brussels for this gourmand festival. Starting at 11 a.m. (until 11 p.m.), take the time to treat yourself to hamburgers, hot-dogs, organic food, yoghurts, Belgian and world cuisine, chocolate, insects, mojitos, tajines, and the list goes on!
www.brusselsfoodtruckfestival.be

Saturday 7 and Sunday 8 May - Iris Celebration - various locations in Brussels

Concerts and fireworks displays on the Place des Palais the whole weekend. Sunday is dedicated to the Street Festival: dozens of artists, mostly from Brussels perform in themed situations during the day. The area around Rue du Lombardstraat, seat of the Brussels parliament, is home

to a relaxed bash aimed at (but by no means restricted to) the capital's one million inhabitants. Under the aegis of the iris, the city's mascot flower, a host of mini-festivals will offer pop-rock, jazz, and classical music as well as street entertainment for children and their parents.

www.fetedeliris.be

Saturday 21 May Zinneke Parade

The Zinneke Parade is a bien-



ennial festival that takes place in Brussels every other year (on the even years) in May. Zinneke is the nickname for the people of Brussels, who get together to devise the theme of each festival. It is a colourful carnival with music performed without amplification.

www.zinneke.org

From 6 to 28 May KunstenFestivalDesArts Various locations in Brussels

For a three-week period, the festival takes over around twenty theatres and arts centres in Brussels, as well as various other venues in the city, which kindly open their doors to the festival. The Kunstenfestival-des-arts comprises a selection of artistic work created by Belgian and international artists: remarkable new works which translate a personal vision of the world today that the artists would like to share with audiences who are prepared to challenge and broaden their perspectives.

www.kfda.be

From 13 to 22 May Les Nuits Botanique

A unique location, au coeur de Bruxelles, with a line-up to die for! A festival that makes discovering and reinforcing musical careers its top priority. Ten days of concerts with established, up-and-coming, and unheard-of artists – all good. Music and food available outdoors if the weather permits – the first barbecue of the year, you could say.

www.botanique.be

JUNE

Jazz Jette June Different venues in Jette

This annual jazz festival in the Brussels borough of Jette, launched in 1990, attracts about 5,000 spectators every year.

www.jazzjettejune.be

From 17 to 24 June Brussels Film Festival Flagey

Now a regular fixture in the Flagey building the Brussels Film Festival features a mixture of short, medium, and full-length films, with a special emphasis on new work.

www.brff.be

From 30 June to 25 September - 50 Years of Hyperrealistic Painting Musée d'Ixelles

Following the success of the 2014 exhibition dedicated to the American hyperrealist sculptor Duane Hanson, AMERICAN PHOTOREALISM highlights the generation of hyperrealist painters from the 1960s and the late 1980s. In the aftermath of Pop Art, hyperrealists portrayed and criticised the American consumer society in a fascinating semi-photographic style. This

exhibition has already proved a success at the Museum of Bellas Artes in Bilbao and the Thyssen Bornemisza Museum in Madrid.

www.museedixelles.be

JULY

From 1 July to 7 August Les Bains, Brussels



The months of July and August see 'Les Bains' organised along the banks of the canal. A free festival that turns the city's waterfront into a fun and funky beach; the perfect place to sip a Mojito or two after a hard day's work.

www.bruxelleslesbains.be

From 1 to 3 July Couleur Café Festival, Brussels

The Annual Brussels Couleur Café Festival at Tour & Taxis is one of the hippest places to be. This three day festival offers more than 50 concerts on 5 stages in the heart of Brussels. Featuring the very best in funk, hiphop, reggae, dance, dub, soul, latin, blues, dance and rock from around the world and with 50 world food restaurants, this event is not to be missed.

www.couleurcafe.be

Royal Park Music Festival Parc Royal, Place des Palais

The Royal Park Music Festival is July's Sunday rendezvous in the Park of Brussels. A family festival with free entrance and concerts at 11.00am & 02.30pm - Jazz, blues, cool

slam or hip-hop, classics, and local and European artists.

www.royalparkmusicfestival.be

11 July Brussel danst - City centre

As is customary, Flanders Day on 11 July is celebrated in style in Brussels. This is the third edition of 'Brussels dances'. A wonderful - and free - festival that takes the capital city as its backdrop, and where everyone welcomes the arrival of summer at their own pace

www.brusseldanst.be

21 July Festivities for the National Day - Parc de Bruxelles / Parc royal



Belgium is celebrating its independence (and has done so since 1830) and the whole of Brussels is in festive mood! There are organized activities everywhere: games for children, merry-go-rounds and foodie stalls in the Park of Brussels, a military parade, and concerts. The grand finale to this day of jubilation is a fireworks display that gets more creative every year.

July & August Midi Fair



The Midi Fair, one of the oldest Brussels summer events, is traditionally held in July and

August. Extending along the small ring road, on the Boulevard du Midi, near the Midi train station, the Midi Fair has a long history. In 1880 the city council decided that the 3 fairs which took place simultaneously at the Grand-Place, the Place des Martyrs and the place Marché aux grains had to be combined. One big fair was born, taking place in the first weekend before the national holiday of 21 July. The tradition still exists today.
www.zuidfoor.be

July - September Plants on your plate walk in Meise

The National Botanic Gardens in Meise holds 18.000 kinds of plants. In the Plant Palace, you can experience plants from around the world no matter what the weather is; from carnivorous plants to succulents... The Castle regularly houses exhibitions that can be viewed at no extra cost. A stroll through the northwest part of the domain will reveal enchanting oak, conifers, magnolia, hydrangea, rhododendron, maple and wild rose collections. Discover everything about edible plants and learn what you can expect to find on your plate.
www.plantentuinmeise.be

AUGUST

12-15 August Flower Carpet Grand-Place



This huge carpet of begonias covers the Grand-Place every

two years. The cut flowers are arranged directly on the pavement of the square by specialist horticulturalists from Ghent. The resulting pattern of colours can be viewed from the balcony of the town hall.
www.flowercarpet.be

SEPTEMBER

Friday 9 September Memorial Van Damme King Baudoin Stadium

The 40th edition of the Memorial Van Damme is the last of 14 Diamond League meetings, the most important competition in athletics. After Shanghai, Oslo, Rome, Paris, London, Zurich,... the best athletes will meet in Brussels.

The Belgian beer weekend



The Beer Weekend includes ceremonies in the cathedral and the town hall, but it is the "interactive" side of the event that attracts beer-lovers in their thousands to the Grand-Place/Grote Markt, where Belgian breweries of all sizes will have stalls. There will also be a parade of historic brewery carts and beer wagons. Check the 2016 dates at:
www.weekenddelabiere.be

Festival Kanal

This relatively new festival was created to provide an exploration into the Brussels canal zone through art and cultural projects. Held over five days in the area between Sainctelette Square and the Anderlecht Abattoirs, visitors are invited

to a range of activities and entertainment. Check the 2016 dates at www.festivalkanal.be.

OCTOBER

1st October Nuit Blanche Different places in Brussels

Brace yourself for a sleepless night in Brussels with hundreds of cultural, sporting, musical and festive activities to (re)discover and shed a new light on the city. One of the specific aspects of Nuit Blanche is its call for projects aimed at artists, and also at cultural and associative stakeholders. It hence encourages new themed projects to see the light of day. In short, Nuit Blanche is an inspiring initiative which fosters the development of cultural and artistic sensibilities in all the districts of town.
www.nuitblanchebrussels.be

NOVEMBER

During the Autumn holidays - Film'on Different locations

When the autumn leaves start to get the most magnificent colors, you know it's time for Film'on! It takes place in a wide range of cinema's and other public spaces. If you're older than 2, than this is the festival for you. There will be more than 100 movies, a lot of creative workshops, cinema concerts, a panel of teenagers who will judge the newest movies in a competition, and a lot of directors who will present their work.
www.filemon.be

DECEMBER

Winter Wonders Different places in Brussels

The City of Brussels came up with the idea of Winter Wonders to console those who suffer from winter blues! The magical illumination of Grand-Place, the Christmas market of an invited region in the heart of the city, the merry-go-rounds on Place Saint-Catherine, the big wheel and the ice rink, dozens of stalls for stocking up on gifts and treats... An explosion of delights follows in quick succession over 2 km, in a city all dressed up in festive garb. It is a trail that brings joy and wonder by the bucketful: adults treat themselves to seasonal delights, children stare with eyes and mouths wide open at the magic of Christmas at work and everybody socks away fresh emotions.

December Christmas Market

Christmas Markets will be open in Brussels and all major cities in Belgium during the



month of December. Be sure to visit at least once, the jenever (flavoured gins) and Glühwein (mulled wine) make for excellent Christmas spirit.

Please note that all these dates and programs may be subject to changes.

USEFUL ADDRESSES

BRITISH EXPATS

British junior Academy of Brussels

83, Bld St. Michel
1040 Brussels
www.bjab.org

British & Commonwealth WG Woman's Club Brussels

95, Rue au Bois
1150 Brussels
Tel: 02/777 53 13

British Decorative and Fine Art Society of Brussels

Tel: 02/725 78 51

Brussels Madrigal Singers

1, Avenue de la Faisanderie
1160 Brussels
Tel: 02/772 37 15

Brussels Shakespeare Society

Tel: 02/767 98 67
www.shaksoc.com

Caledonian Society of Brussels

46, Avenue du Gris Moulin
1310 La Hulpe

Lions Club of Brussels Heraldic

497, Avenue Louise
1050 Brussels
Tel: 02/640 92 07

Royal British Legion

10, Poenaardlaan
3090 Overijse
Tel: 02/688 25 55

RESTAURANTS, BISTRO'S AND PUBS

*recommended by BBF

Archiduc

(Cosmopolitan Jazz monument of a pub with a big history)
6, Rue Dansart
1000 Brussels
Tel: 02/512 06 52

A La Bécasse

(19th century Brussels cafe)
Taborastraat 11
1000 Brussels
Tel: 02/511 00 06

A la Mort Subite

(Typical Brussels pub known for its Geuze beer - no food)
7, Kruidenbergstraat
1000 Brussels
Tel: 02/513 13 18

*Belga Queen

(Gastronomic Belgian & French)

Rue Fossé aux Loups, 32

1000 Brussels

Tel: 02/217 21 87

Brussels Grill

Place Rogier, 21
1210 St. Joost-Ten-Noode
Tel: 02/274 13 30

Ca va se savoir

(Maghreb)
Rue Saint-Henri, 61
1200 Woluwe St. Lambert
Tel: 02/733 33 70

Chez Léon

(Typical Belgian food)
18, Rue des Bouchers
1000 Brussels
Tel: 02/511 14 15

Cité du Dragon

(Chinese)
1022, Chaussée de Waterloo
1180 Uccle
Tel: 02/375 80 80

Da Mimmo

(Italian)
Av. du Roi Chevalier, 24
1200 Woluwe St. Lambert
Tel: 02/771 58 60

*Dupont Café

(French, Belgian)
151, Avenue du Cimetière de
Bruxelles - 1140 Evere
Tel: 02/726 29 01

*Fat Boys

(American sports bar)
7, Place du Luxembourg
1050 Brussels
Tel: 02/511 32 66

*t Goudblommeke van Papier

(Historic little Brussels pub near Sablon - no food)
Cellebroerstraat, 55
1000 Brussels
Tel: 02/511 16 59

Guignol

(Belgian brasserie)
Rue Voot, 32
1200 Woluwe St. Lambert
Tel: 02/772 88 14

Kafeneio

(Greek)
Stevinstraat, 134
1000 Brussels
Tel: 02/231 55 55

*La Fattoria

(Italian food)
1, Bld. du Souverain



A La Mort Subite

Today, the fourth generation continuous to serve you these delicious Gueuze beers in the same establishment which also retains the original 1928 decor.



L'Archiduc

Longtime favorite L'Archiduc is located right in the center of Brussels. Famous for it's classic cocktails, so grab your favorite and sit in the courtyard with a full view of every angle of the bar.



La Quincaillerie

Once upon a time there was an ironmonger's shop on this site. Since 1903, to be more precise, hence the countless drawers that adorn the restaurants' walls...

1170 Brussels
Tel: 02/672 27 61

La Pineta

(Italian food)
2A, Rue Franklin
1000 Brussels
Tel: 02/736 57 05

La Porte des Indes

(Indian food)
455, Avenue Louise
1050 Brussels
Tel: 02/647 86 51

*La Quincaillerie

(French, Belgian)
45, Rue du Page
1050 Brussels
Tel: 02/533 98 33

L'Anchois Vert

120, Rue Stevin
1000 Brussels
Tel: 02/280 02 78

Le Bar a Pates

590, Chaussée de Roodebeek
1200 Woluwe St. Lambert
Tel: 02/735 59 16

*Le Chalet Robinson - Bois de la Cambre

1 Sentier de l'Embarcadere
1000 Brussels
Tel: 02/372 92 92

Le Pré aux Clercs

42, Av. de la Renaissance
1040 Brussels
Tel: 02/735 15 08

Le Rubis

(Vietnamese)
22, Av. de Tervueren
1040 Brussels
Tel: 02/733 05 49

*L'Huitrière & Eole

(Delicatessen)
33, Av. Henri Dunant
1140 Evere
Tel: 02/726 93 60

Le Lion Belge

(French food)
1002, Chaussée de Louvain
1200 Woluwe St. Lambert
Tel: 02/705 83 17

*Les Brasseries Georges

257, Av. Winston Churchill
1180 Uccle
Tel: 02/34721 00

Les Saveurs d'Evere

(Belgian-Spanish)
106, Rue St. Vincent

1140 Evere
Tel: 02/243 06 05

Modus Operandi

(Italian food)
12, Rue Voot
1200 Woluwe St. Lambert
Tel: 02/779 84 26

Moeder Lambik

(Typical beer cafe)
8 place Fontainas
1000 Bruxelles
Tel: 02/503 60 68

Paradise of India

(Indian)
85, Rue Godefroid Kurth
1140 Evere
Tel: 02/241 26 97

Passage to India

(Indian)
223, Chaussée de Louvain
1210 Brussels
Tel: 02/735 31 47

Rick's Bar

(Trendy Anglo-American Bar)
344, Av. Louise
1050 Brussels
Tel: 02/647 75 30

*Spicy Grill

102 rue Stevin
1000 Brussels
Tel: 02/512 25 05

*Stockmansmolen

164, H. Henneaulaan
1930 Zaventem
Tel: 02/725 34 34

Tagawa

(Japanese food)
279, Av. Louise
1000 Brussels
Tel: 02/640 50 95

Takesushi

(Japanese food)
21, Bld. Charlemagne
1000 Brussels
Tel: 02/230 56 27

*Villa Lorraine

28, Chaussée de la Hulpe
1000 Brussels
Tel: 02/374 31 63

*Volle Gas

21, Place Fernand Cocq
1050 Brussels DM
Tel: 02/502 89 17

*Yama Sushi

(Japanese food) Very good lunch!
223, Avenue Georges Henri –



Belga Queen-ly yours

Antoine Pinto's desire to create getaway spaces which offer a gastronomic trip throughout Belgium is the foundation of the Belga Queen brasserie adventure.

In a landmark building dating from the 18th century (previously housing the Hôtel de la Poste and then the Crédit du Nord bank) Antoine Pinto created an establishment breaking away from the traditional brasserie, elbow-to-elbow style. Contemporary architecture and gastronomy meet each other in an amazing way.

At Belga Queen the Belgian cuisine is adapted to today's taste, lightened and given a very national touch through the addition of beer to numerous dishes. Original, high-quality products are chosen with care from Belgian artisans who still have respect for the soil. The wines come from Belgian producers and the Ponti coffee is from a selection of 'pure Arabica' coffee beans from various continents and roasted locally.

All these characteristics make the brasserie Belga Queen the ambassador of "made in Belgium".

Belga Queen Brussels SA

Rue fossé aux loups 32, 1000 Brussels

Phone: +32 (0)2 217 21 87, Fax: +32 (0)2 229 31 79

<http://www.belgaqueen.be/>

1200 Woluwe Saint Lambert
Tel: 02/772 20 98

This is only a small selection of many restaurants in the neighbourhood

CINEMAS

Kinepolis (IMAX) Brupark
Av. du Centenaire (Atomium)
1020 Brussels
Tel: 02/478 04 50

UGC-de Brouckère

38, Place de Brouckère
1000 Brussels
Tel: 0900/10440

UGC-Toison d'Or

18, Galerie Toison d'Or
1050 Brussels
Tel: 0900/10440

Vendôme

18, Chaussée de Wavre
1050 Brussels
Tel: 02/502 37 00

EDUCATION

BEPS Brussels

280, Chaussée de Waterloo
1050 Brussels
Tel: 02/358 56 06

Brussels English Primary School

23, Av. Franklin Roosevelt
1050 Brussels
Tel: 02/648 43 11

British School of Brussels

19, Leuvensesteenweg
3080 Tervuren
Tel: 02/766 04 30

Brussels American School

12, John F. Kennedylaan
1933 Sterrebeek
Tel: 02/717 95 52

European School of Brussels

75, Av. Oscar Jespers
1200 Brussels
Tel: 02/774 22 11

European School of Brussels

46, Av. du Vert Chasseur
1180 Brussels
Tel: 02/373 86 11

European School of Brussels

135, Bld. du Triomphe
1050 Brussels
Tel: 02/629 47 00

European School of Brussels

30, rue Joseph II
1048 Brussels
Tel: 02/295 37 46

Deutsche Schule Brüssel

Lange Eikstraat, 71
1979 Wezembeek-Oppem
Tel: 02/785 01 30

Japanese School of Brussels

Avenue des Meuniers, 133
1160 Brussels
Tel: 02/672 10 38

Scandinavian School of Brussels

Square d'Argenteuil, 5
1410 Waterloo
Tel: 02/357 06 70

Nederlandse School Prinses Juliana

19, rue d'Oultremont
1040 Brussels
Tel: 02/733 86 16

World International School

47, Chaussée de Waterloo
1640 St. Genesius Rhode
Tel: 02/358 56 06



The Royal Museums of Fine Arts of Belgium, a prestigious collection of 20,000 works of art

The Museums' collections trace the history of the visual arts - painting, sculpture and drawing - from the 15th to the 21st centuries. They preserve the works of the Flemish Primitives, of Pieter Bruegel, Peter Paul Rubens, Jacques Jordaens, Jacques Louis David, Auguste Rodin, James Ensor, Paul Gauguin, Ferdinand Khnopff, Henry Moore, Paul Delvaux, René Magritte, Marcel Broodthaers, Jan Fabre and many others.

This jewel among Belgium's cultural institutions is comprised of several entities: the Musée Old Masters Museum, the Musée Modern Museum, the Musée Wiertz Museum and the Musée Meunier Museum, the Musée Magritte Museum and the new Musée Fin-de-Siècle Museum.

The Royal Museums of Fine Arts of Belgium are pleased to share this unique heritage with an ever wider audience.

www.fine-arts-museum.be/

FITNESS AND WELLNESS

Aspria Brussels

26-38, Rue de l'Industrie
1040 Brussels
www.aspria.be
Tel: 02/508 08 00

Aspria Louise

71B, Avenue Louise
1050 Brussels
Tel: 02/610 40 66

David Lloyd

41, Drève de Lorraine
1180 Uccle
Tel: 02/534 90 00

John Harris Fitness Club

21, Avenue du Boulevard
1210 Brussels

Health City

47-49, Av. des Arts
1000 Brussels
www.passage.be
Tel: 02/551 08 30

Health City

Woluwe St. Lambert
Avenue Marcel Thiry, 79
1200 Brussels
Tel: 02/774 45 10

Relax Sport Club

65, Avenue de Roodebeek
1030 Brussels
Tel: 02/734 40 70

Royal La Rassante

56, Rue Sombre
1200 Woluwe St. Lambert
Tel: 02/609 19 02

Triton Swimming Pool

260, Av. des Anciens
Combattants
1140 Evere
Tel: 02/727 06 90

LANGUAGE SCHOOLS

EF

117 Rue de Stassart
1150 Brussels
Tel: 02/513 30 30
www.ef.be/

English Academy

156, Rue Louis Hap
1040 Brussels
Tel: 02/734 80 73

Europa Language School

717A, Chaussée de Waterloo
1180 Brussels

Vickman

15 B7, Rue de la Charité
1210 Brussels
Tel: 02/217 37 47

MOVERS

Allied Arthur Pierre

328, Brusselsesteenweg
3090 Overijse
Tel: 02/689 27 11
www.alliedarthurpierre.com

Capital Worldwide

149, Av. Louise
1050 Brussels
Tel: 02/535 74 30
www.capital-worldwide.com

Ziegler Moving Division

160, Rue Dieudonné Levlèvre
1020 Brussels
Tel: 02/422 25 56
www.ziegler.be

MUSEUMS ARTS

Contemporary Arts

3, Regentschapstraat
1000 Brussels
Tel: 02/508 32 11

Modern Arts

3, Regentschapstraat
1000 Brussels
Tel: 02/508 32 11

Constantin Meunier

59, Abdijstraat
1050 Brussels
Tel: 02/508 33 20

Wiertz

62, Rue Vautier
1050 Brussels
Tel: 02/648 17 18

Belgian Comics Museum

20, Rue des Sables
1000 Brussels
Tel: 02/219 19 80

Horta Museum

25, Rue Américaine
1060 Brussels
Tel: 02/543 04 90

Magritte Museum

135, Rue Essegheem
1090 Brussels
Tel: 02/428 26 26

MUSEUMS HISTORY

African Museum

13, Leuvensesteenweg
3080 Tervuren
Tel: 02/769 52 11

Jubelpark Museum

10, Jubelpark
1000 Brussels
Tel: 02/741 72 11

Musical Instruments

2, Hofberg
1000 Brussels
Tel: 02/545 01 30
www.mim.be

Natural Historic & Sciences

29, Rue Vautier
1000 Brussels
Tel: 02/627 42 11

OTHER MUSEUMS

Tram Museum

Avenue de Tervueren, 364
1150 Brussels
Tel: 02/515 31 08

Autoworld

11, Jubelpark
1000 Brussels
Tel: 02/736 41 65

Brewery Museum

10, Grand Place
1000 Brussels
Tel: 02/511 49 87

Erotics and Mythology

32, Rue Sainte-Anne
1000 Brussels
Tel: 02/514 03 53
www.m-e-m.be

Toy Museum

24, Rue de l'Association
1000 Brussels
Tel: 02/219 61 68
www.museedujouet.eu

Musical Instruments

2, Montagne de la Cour
1000 Brussels
Tel: 02/545 01 30
www.mim.be

POLICE

Division Evere

9, Square Hoedemaekers
1140 Evere
Tel: 02/249 22 00

Division Woluwe St. Lambert

15-17, Rue F. Debelder
1200 Woluwe St. Lambert
Tel: 02/788 92 00

Division Schaerbeek

15, Av. Georges Rodenbach
1030 Schaerbeek
Tel: 02/249 24 00

Division Schaerbeek

66-68, Avenue de Roodebeek
1030 Schaerbeek
Tel: 02/249 25 00

Division Ixelles

30, Kolenmarkt
1000 Brussels
Tel: 02/279 77 25

MOSKS

Great Mosque Brussels

Jubelpark, 14
1040 Brussel

INTERNATIONAL CHURCHES

First Church of Christ Brussels

(Scientist)
Tel: 02/647 64 56

Cornerstone International Church

Brusselsesteenweg, 466
3090 Overijse
Tel: 02/657 22 53

International Baptist Church of Brussels

76-78, Lange Eikstraat
1970 Wezembeek-Oppem
Tel: 02/731 99 00

International Protestant Church

19, Kattenberg
1170 Brussels

Tel: 02/673 05 81

St. Anthony's Parish

(Roman Catholic)
23-25, Oudstrijderslaan
1950 Kraainem
Tel: 02/720 19 70

St. Paul's Anglican Church

24, Hoornzeelstraat
3080 Tervuren
Tel: 02/767 34 35

Swedish Church

2, Chaussée de Charleroi
1420 Braine-l'Alleud
Tel: 02/767 34 35

Synagogue of Brussels

Tel: 02/512 43 34

The Church of Jesus Christ of Latter Day Saints (Mormon)

Tel: 02/736 99 33

RELOCATION AGENCIES

ABC Relocation

81, Sterrebeeklaan
3080 Tervuren
Tel: 02/767 29 96
www.andrewsroe.com

AM & PM

Interleuvenlaan 5
3001 Leuven
Tel: 016/58 94 90
www.am-pm.be

Art of Living

59, Av. Ernest Solvay
1310 La Hulpe
Tel: 02/653 00 37
www.artofliving.be

FRS

Av. Herman Dubroux 15b
1160 Brussels
Tel: 02/253 20 05
www.frs-relocation.com

Brussels Relocation

3, Bld. Henri Rolin
1410 Waterloo
Tel: 02/353 21 01
www.brussels-relocation.com

Core Relocation

2, Kwikstraat
3078 Everberg
Tel: 02/254 31 00

Crown Relocation

Vliegenveld 748
1820 Steenokkerzeel
Brussels

EZ-Relocation

5, Zegeplein
2930 Brasschaat
Tel: 0475/276 764
www.ez-relocation.com

MAP Relocations

410, Brusselsesteenweg
1160 Brussels
Tel: 02/658 80 80
www.map-relocations.com

Settler International

72-74, Av. Gustav Demey
1160 Brussels
Tel: 070/663 10 46
www.settler.be

NOVA Group

Bosdellestraat 120, Box 8
1933 Zaventem
Tel: 02/785 09 85

Team Relocations

2B, Budasteenweg
1830 Machelen
Tel: 02/253 25 50

THEATERS

Theatre Royal du Parc

3, Rue de la Loi
1000 Brussels
Tel: 02/505 30 30

Theatre du Rideau

23, Ravensteinstraat
1000 Brussels
Tel: 02/507 83 61

Theatre Royal de la Monnaie

Place de la Monnaie
1000 Brussels
Tel: 070/23 39 39

Theatre Royal des Galeries

32, Koningsgallerij
1000 Brussels
Tel: 02/512 04 07

Theatre de Poche

1, Chemin du Gymnase
1000 Brussels
Tel: 02/649 17 27

Theatre National au Palais

85, Bld. Anspach
1000 Brussels
Tel: 02/203 53 03

Theatre Toone

66, Rue du Marché aux Herbes
1000 Brussel
Tel: 02/511 71 347
www.toone.be

~ BBF GUIDELINES ~



**Important
information and tips
for new arrivals at
BBF Serviced
Apartments.**

First of all we would like to thank you for renting an apartment with BBF and we wish you a wonderful experience in Brussels. In order to inform you in the best way before or during your stay in your BBF apartment, we recommend you to read these paragraphs with practical information concerning rental procedures, courtesy rules, emergency numbers and technical information. This information should help you to settle in to your new home and to ensure a hassle free stay. More detailed information can be found on our website www.bbf.be via the login (MyBBF) for tenants (see paragraph 1).

To facilitate your stay it is advised to know your contact person from BBF. This should be the person who established your lease and who assisted you in renting your apartment. Every time you will need any information or you have an issue during your stay, this person will address and help you. It will also be useful to know your local agency and the reference of your apartment (specified in the lease).

Please keep in mind that there are 3 (geographical) BBF agencies depending on the location of your apartment:

Airflats agency

(Evere, Woluwe, Brussels Airport and NATO area)
Avenue H. Dunant 50 - 1030 Evere
airflats@bbf.be

Schumanflats agency

(European area)
Rue Stevin 105 - 1000 Brussels
shumanflats@bbf.be

Cityflats agency

(City Centre, Watermael Boitsfort and Louise area)
Rue du Pélican 47 - 1000 Brussels.
cityflats@bbf.be

1. TENANTS LOGIN CODE FOR MY BBF

Once your rental agreement with BBF has been reg-

istered you should receive a login code (login + password) from your contact person, to access your personal information in the tenants corner. This is a partition dedicated to residents on the www.bbf.be website which is only accessible via MyBBF login (top right hand corner). Here you will find the form to send requests concerning technical, cleaning or internet support in your apartment. You will also have access to crucial information concerning the lease, find necessary documents for the check in, the customer survey and other general information.

2. HOW TO GET YOUR KEYS

Once your rental agreement with BBF has been registered you can retrieve your keys either during office hours at the agency (Monday to Thursday: from 9.30am to 1.00pm and from 2.00pm to 6.00pm, Friday from 9.30am to 1.00pm and from 2.00pm to 4.00pm)

Our offices are closed during weekends and bank holidays, alternatively keys can be picked up outside office hours and during the weekend/bank holiday in one of the safe-boxes (strongboxes) situated in the entrance hall of some buildings.

If your booking has been registered and confirmed by BBF, you should find a notification of the procedure for opening the safe within the booking details. The agency should have provided you with a special key code to retrieve your keys.

Safe boxes are situated in:

Dumonceau Residence

(Rue Dumonceau, 1-5 - 1000 Brussels)

Manhattan View Residence

(Av. Emile Jacqmain, 142 - 1000 Brussels)

Century Gardens

(Avenue Henry Dunant, 50 - 1140 Brussels)

Eurogardens

(Avenue de Roodebeek, 78 - 1030 Brussels)

Madou Residence

(Rue Léopold Lenders, 6 - 1210 Brussels)

Europark Residence

(Rue Stévin, 105 - 1000 Brussels)

3. KEYS

The set of keys should consist of:

1. One key to open the main entrance hall and your apartment
2. One key for your mailbox
(situated in the entrance hall of the building)
3. One key for the parking area
(if you booked a parking space)

Notice: cards instead of keys are provided for some buildings / some parkings are accessible with the same key as the one that opens your apartment

4. CHECK-IN

Check-in time in your apartment is from 4.00pm. During your check-in you are kindly requested to complete the remarks document according to the inventory list according to your type of apartment (which you can find under documents in the menu at My BBF).

Once this document has been completed you are required to hand it over at your local agency or drop it in the BBF letterbox in the entrance hall of your building.

Not handing in the remarks list within two days of your arrival signifies that you agree with the existing description in the inventory, which may lead to being held responsible for any missing or damaged items.

5. CHECK-OUT

Check-out time of your apartment is 11.00am at the latest. During check-out you are kindly requested to hand over the keys at your local agency before 11.00am.

Alternatively, you can drop them in the BBF letterbox in the entrance hall of your building. For any further administrative or financial matters (such as reimbursement of the rental guarantee), please contact your local agency and/or your account Manager.

6. INTERNET AND TELEPHONE CONNECTION

Your apartment has an internet connection. Please connect your computer with the LAN cable or look for the wireless network name (either located on top of your wireless router or underneath it). Once the network has been found (MAC address) and the Password or PIN is typed in, you should be connected. Please do not install a Wi-Fi router without our assistance! All costs to repair the network problems caused by self installed Wi-Fi routers will be charged. For a telephone connection an activation by Destiny is required. For internet connection problems or to activate your phone line please contact Destiny (your internet provider) at **+32 2 401 97 00** or send a mail to: bbf@staff.destiny.be

7. TECHNICAL OR CLEANING ASSISTANCE

The standard cleaning schedule provides 2 cleanings per month. Should you prefer weekly cleanings this is possible upon request, at a supplementary cost. Please contact your local agency or your contact person for more information. During the cleaning the bed linen and towels will also be changed. In case the cleaning team will require excessive additional time to clean your apartment we will need to charge the extra hours. In order to give you the best cleaning service we kindly invite you to pay attention to the following:

- Please leave the floor cleared before the cleaning team arrives (no objects on the floor)
- Furniture will be clean more easily when there are no items lying on them.
- We kindly request to clean the kitchen and its

appliances on a regular basis after usage, as you would do at home.

- This to avoid difficult removal of remains of grease on the electrical cooking plates, the kitchen walls and tiles.
- Help us and yourself to keep the apartment cleaner by putting your garbage regularly in the rolling containers in the basement (see paragraph 11).
- In case of technical defects or cleaning issues, please complete the technical or cleaning assistance form on our website via My BBF (see paragraph 1)
- It is essential to report these issues via our website in order to have them resolved ASAP by our technical and cleaning team.

8. EMERGENCY NUMBERS

The emergency telephone numbers are BBF hotlines which can be used if you want to report a problem. (For medical or fire emergencies other numbers such as the national emergency numbers 101 should be used!) The BBF emergency numbers are only to be used during weekends and after office hours (see our office hours at <http://www.bbf.be/contact>). Every action that cannot be considered as a real emergency can be charged at the rate of €0/hour.

A €0 lock out fee is required before we can give access to the apartment. Should the key be lost additional costs will be invoiced for a new key and/or lock.

Office Avenue Dunant: +32 (0) 496 160 795

Office Rue du Pélican: +32 (0) 475 823 158

Office Rue Stevin: +32 (0) 475 823 158

9. HOSPITALITY TOWARDS YOUR NEIGHBOURS

We kindly request residents to keep the noise down between 10pm and 8 am. BBF house rules requests tenants to keep their doors shut especially while cooking or playing music. Smoking in any part of the building is prohibited. We also kindly ask parents not to let their children run and play in the hallways of our buildings at any time.

10. WASTE AND GARBAGE DISPOSAL

Special containers are located in the basement of most of our buildings (if they are not located in the basement, please ask your local agency). You are kindly requested not to leave your waste in the other common parts or outside the building. Since 2010 it is compulsory for people residing in the Brussels Region to sort all household waste. To do so, it is important to understand that each type of waste has its own set of rules. You will find this information via the MyBBF login or at your local BBF agency.

Yellow bag for paper and cardboard



Yellow containers: Paper and cardboard, these items may be placed loose in this container. You can also use the special "Bruxelles-Propreté yellow bags" to dispose of your recyclable paper and cardboard.

Blue bag for plastic and metal



Blue containers: All cans, tins and plastic bottles have to be placed in this container. If you wish to use blue PMD "Bruxelles-Propreté bags" to put them in this container, you are welcome to. Please use this bin only for: plastic bottles, plastic containers, milk and juice cartons.

Green containers for Glass



Black containers for your non recyclable waste



What constitutes residual waste? Any non-recyclable household waste is residual waste. Only place waste that cannot be recycled in the grey/black containers. Please put this waste in a plastic bag when disposing of your residual waste, this will help us keep the bins cleaner.

11. SMOKING POLICY

Smoking is not allowed in your apartment or anywhere in the common parts of this residence. A €250 fine will be charged if anyone is caught smoking, this fine will be used to clean the curtains and all the fabrics in your apartment for the next tenant. Thanks for your comprehension.

12. PET POLICY

Sorry, but pets are not allowed in the apartments and common parts of the buildings due to hygiene and security reasons.

13. PARKING POLICY

If you rented an underground parking you will receive a code/key for your parking space which is also indicated in your rental agreement. Please be courteous and do not park in any other parking spaces than the one which is booked for you. If a car is not parked correctly a wheel-clamp can be placed. The cost to have it removed is the equivalent of one month's rent (€150). Thank you for your comprehension.

14. OVERCONSUMPTION AND DAMAGES

As mentioned in your rental contract, overconsumption will be charged upon your departure so it is important to pay no-tice to the usage of energy and water.

Tip: turn off the heating when leaving the apartment. Make sure the taps and the lights are off too. Ask your BBF agency regularly for an update of your electricity and water indexes, they will be pleased to inform you about eventual overconsumption.

Cooking plates

You are kindly requested to maintain and clean the cooking plates to keep them in good working condition.

Tip: Avoid spilling water on them. If liquid drips inside the cooking plates, the general electricity fuse will switch off automatically or worse: the cooking plates

will need to be replaced.

Bathroom

Thank you for keeping your shower and bathroom furniture in a clean condition.

Tip: Please avoid water on the wooden furniture. Water will rot the wood.

In case of specific damage or poor general condition of your apartment while we do the check-out, BBF has the right to retain the deposit or part of it.

16. BEEKIND TOILETRIES

In order to assist our customers before purchasing all the necessities needed in the apartment they will find a set of toiletries in the bathroom. The BeeKind Travel Pack with the convenient 1oz. portions come in handy tubes, including 1 shower gel, 1 conditioning shampoo, 1 body lotion, 1 Skincare Bar (wrapped) and 1 Skincare Bar (carton). These items will be provided only once in the beginning of the lease and will not be replenished when the initial pack is exhausted.

BeeKind is as soothing as it is stylish. One of the main reasons BBF chose to use BeeKind is that a portion of the net profits of this product supports honey bee and sustainable pollination research.

Your BBF-team



~ 10 TIPS FOR EXPATS ~



1 Join expat groups by all means but remember that Belgians exist too, and many expats make the mistake of never getting to know them properly.

2 One of the fastest ways to meet people is to sign up for a class. For instance sign up to take a cooking class to learn more about Belgian cuisine. What better way to make friends than over a home-cooked dinner.

3 Brush up on your French or Dutch so you can speak with your neighbours, it's important to learn the language of the country you move to, whatever one says.

4 Throw a party. Even if you're still struggling to understand all the nuances of entertaining in the local style, when you get people together in a room with food, a little wine or beer, music, and a festive attitude, good things tend to happen.

5 Do what the locals do, eat and shop where the locals shop and be prepared for the unexpected local logic.

6 Learn how to feel at home in a foreign country, whether you're there for a weekend, a year, or a lifetime.

7 Learn local business customs. Spend time talking to others in your company and your field to find out what to expect.

8 If you'll be out on the town, find out what the locals drink are and you might just discover something new. Bartenders are usually happy to describe their offerings and identify what other people around you are ordering.

9 You don't need a car to survive. Walking is the most practical form of transportation in many places, especially small cities and towns. It's a great way to get around, enjoy some exercise, and become acquainted with your new community.

10 If you do have a car take extra care when travelling locally, the roads can be dangerous. It's always advised to know the traffic regulations.

Looking for a safe investment?



Discover an alternative to your sleeping capital:

- International business rentals stand for **high rental prices** and therefore a safe investment
- Strategic locations** secure an added value to our realisations
- Our rental service, BBF, market leader for over 25 years, is our commitment for a **worry-free investment**
- Since 1989 **expert in investment real estate:** business flats and student flats





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your banking and insurance needs.
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