

## 1. Moving in and around Brussels...



### *1.1 Arriving in Brussels*

**By air: Brussels National (Zaventem) Airport** is 14 km from the city centre. For information on airlines, flights, etc. call:

Tel.: 32 2 753 39 13 (7 a.m. until 22 p.m.)

<http://www.brusselsairport.be>

Trains from the airport run to the Gare du Nord, Gare Centrale and Gare du Midi every 20 minutes. Journey time: approx. 30 minutes. Fare: approx. 2.50 €.

**By train:** Brussels has several main stations (see section 1.2) and a dense rail network with regular trains and attractive fares.

- Brussels Midi is the main interchange for international services, particularly TGV (Thalys) and Eurostar.
- Discount fares are available for selected tourist excursions and in conjunction with some major national events.
- Train tickets are on sale at station ticket counters. Further details from Belgian Railways (SNCB/NMBS):
- Passenger information: <http://www.sncb.be>  
Tel. 32 2 555 25 25, in French  
Tel. 32 2 555 25 55, in Dutch.  
Tel. 0900/10 366 (18 BEF/min)  
International traffic (weekdays 7 a.m. – 9 p.m. – WE 7 a.m. - 6 p.m.)  
Baggage porter: 0,80 € per item on weekdays and 1 € per item at weekends.



### ***1.1.1. Lost luggage***

Damaged, lost and pilfered luggage at the airport must be reported within 24 hours upon arrival or baggage delivery to the Lost and Found office of BGS (Belgian Ground Services), Tel: 02 788 30 61, [www.bgsfc.be](http://www.bgsfc.be); or the Airport Authority (BIAC) 32 2 753 68 20.

### ***1.1.2. Flight Information***

Airport information ( <a href="mailto:info@biac.be">info@biac.be</a> )	Tel: 32 2 753 42 00
Emergency	Tel: 32 2 753 69 00
Iberia ( <a href="http://www.iberia.es">www.iberia.es</a> )	Tel: 32 78 18 00 11 Tel: 32 2 720 21 06
Lufthansa ( <a href="http://www.lufthansa.es">www.lufthansa.es</a> )	Tel: 32 2 745 44 55 Tel: 32 2 720 22 26
British Airways ( <a href="http://www.britishairways.com">www.britishairways.com</a> )	Tel: 32 2 717 32 17
KLM ( <a href="http://www.klm.es">www.klm.es</a> )	Tel: 32 70 22 27 47
Delta Air Lines ( <a href="http://www.delta.com">www.delta.com</a> )	Tel: 32 2 711 97 99 Tel: 32 2 753 22 23
American Airlines ( <a href="http://www.aa.com">www.aa.com</a> )	Tel: 32 2 711 9977 Tel: 32 2 711 9969

## ***1.2 Train Stations***

- Midi: Rue de France 2, 1070 Brussels.
- Centrale: Carrefour de l'Europe 2, 1000 Brussels.
- Nord: Rue du Progrès 85, 1210 Brussels.
- Quartier Léopold: Pl. du Luxembourg, 1040 Brussels.
- Schaerbeek: Pl. Princesse Elisabeth 5, 1030 Brussels (departure point for overnight car-trains).
- Schuman: Rond-point Schuman, 1040 Brussels (for the EU institutions).



### ***1.3 Transport***

#### **Metro, tram and bus**

Brussels PT operator: STIB/MIVB

Headquarters: Galerie de la Toison d'Or 20 (6th floor), 1060 Brussels.

Passenger information:

Tel: (32) 2 515 20 00

[cit@stib.be](mailto:cit@stib.be)

<http://www.stib.be>

Free metro map on request from the Belgian Tourist Information Office or from BITC

Signposts:

- Metro stations are identified by a white 'M' on a blue background.
- Tram and bus stops are identified by a red and white sign (all stops are "request" stops: hold your arm out in order to signal to an approaching bus to stop).

Buying tickets:

- available from metro stations, STIB/ MIVB offices, selected newsagents
- tourist reception offices (12-hour travelcard or 10-journey card)

Fares:

- Single ticket: 1,40 €; 5-journey card: 6,20 €; 10-journey card: 9,00 €; one-day travelcard (valid 12 hours): 3,60 €
- Honor system for fare collection, with random controls. 50 € fine for passengers without tickets.

Buses serving areas outside Brussels itself:

- Walloon Brabant -TEC, Place Henri Berger 6, 1300 Wavre  
Tel: 32 10 23 53 53 <http://www.tecw.com>
- Flemish Brabant - De Lijn, Rue Bara 107, 1070 Brussels  
Tel: (32) 2 526 28 28



Fares are in relation to the length of the journey (itself divided into fare zones - discounts are available with the “Z card”).

Federation of Belgian Coach Operators

- FBBA coaches: Tel: 32 2 245 35 70

## ***1.4 Taxi***

Taxis (metered) are **only** available outside the Arrivals Hall. The fare between the airport and the centre of Brussels is normally around **30 €**.

Taxis should be called or taken from designated areas. They are difficult to hail on the street.

Licensed taxis can be identified by the yellow and blue license emblem.  
**ALWAYS AVOID UNLICENSED TAXIS!**

Brussels regional taxi information is (32) 02 204 1404.

## ***1.5 Car Rental***

- Avis: 32 2 720 09 44
- Budget Rent-a-Car: 32 2 753 21 70
- Europcar: 32 2 721 05 92
- Hertz: 32 2 720 60 44
- National Car rental/Alamo: 32 2 753 20 60
- SIXT: 32 2 753 25 60

## ***1.6 Bike Rental***

### **The Cyclists' House**

Rue de Londres 15 /Londenstraat)

1050 Brussels

Metro: (near Trône - Troon metro station and Leopold train station)

[velotourisme@provelo.org](mailto:velotourisme@provelo.org); [chab@ping.be](mailto:chab@ping.be)

Tel.: 02-217-01-58

Calle Manuel Cortina 5 bis, 6º - D

28010 Madrid, (Spain)

Tels.: (34) 667-838-136; (34) 91- 446-4726

[www.eurointerns.com](http://www.eurointerns.com), [info@eurointerns.com](mailto:info@eurointerns.com)



## **2. If you get sick during your stay in Brussels...**

**EMERGENCY PHONE NUMBERS:** 100 and 101

### ***2.1 Hospitals***

**Centre Hospitalier Universitaire Saint-Pierre/  
Universitair Medisch Centrum Sint-Pieter**

Rue Haute/Hoogstraat 322

1000 Brussels

adult emergency 24/24:

Tel: (32) 2 535 40 55

children emergency 24/24:

Tel : (32) 2 535 43 60

**Centre hospitalier/Ziekenhuiscentrum César De Paepe**

Rue des Alexiens/Cellebroersstraat 11

1000 Brussels

Tel: (32) 2 506 71 11

### ***2.2 Medical Contacts***

You should check the terms and conditions on your insurance certificate before seeking health care.

#### ***Doctors***

(day and night)

Tel: (32) 2 479 18 18

#### **Dentists**

Tel: (32) 2 426 10 26

Embassies keep a list of doctors that work in a particular language, but most doctors have a good understanding of English.

### ***2.3 Emergency chemists - 24 Hours***

One pharmacy in each district stays open 24 hours; the roster is posted in all pharmacy windows. In an emergency call (32) 2 479 1818.

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## **3. To communicate with your family, friends etc. in your country.....**

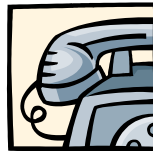
### ***3.1 Communication (post office)***

Centre Monnaie, Place de la Monnaie, is open 0800-1900 Monday to Friday and 0930-1500 Saturday.

Most other post offices are closed on Saturday, with the exception of the 24-hour post office at Avenue Fonsny 1e/f, near the Gare du Midi.

### ***3.2 Stamps (Standard letters): Stamps***

Stamps can be purchased at the post office. If you are not sure how much of a stamp you need or you think the letter is not standard size or weight, just ask the attendant to weigh it for you.



### ***3.3 Phone lines***

Pay phones work with telecards, available in a number of denominations. It is best to buy phone cards to call foreign countries. These cards can be purchased at the post office, newsstands or telephone service centers. Most phone booths that accept telecards have a list indicating where cards can be bought. The cheapest way of calling is from one of the numerous Internet and Telephone service centers.

#### **Tourist information:**

Tel.: 32-2-513.89.40  
Fax: 32-2-513.83.20

English-language telephone assistance

Tel: 1405

Police:

Tel: 101

Police (Schaarbeek):

Tel: 02 243 87 11

Calle Manuel Cortina 5 bis, 6° - D  
28010 Madrid, (Spain)

Tels.: (34) 667-838-136; (34) 91- 446-4726

[www.eurointerns.com](http://www.eurointerns.com), [info@eurointerns.com](mailto:info@eurointerns.com)



Fire brigade & Ambulance:	Tel: 100
From mobile phone:	Tel: 112
Hospital St Etienne: Middaglijnstraat 100:	Tel: 02 225 99 00
Anti poison/toxins:	Tel: 070 245 245
Burns and Scalds:	Tel: 09 240 34 90 or Tel: 02 268 62 00
Aids telephone:	Tel: 078 15 15 15
Drugs, alcohol or medication problems:	Tel: 078 15 10 20
Card-stop (if you lost your credit card or EC-card)	Tel: 070 344 344

### ***3.4 Mobile Phones***

Mobile telephones are widely available in specialist shops and retail outlets. There are three major operators; Mobistar, Base and Proximus (Belgacom). All three operators have different formulas for payment, pre-paid cards being the most straightforward and easiest for shorter term service.

### ***3.5 Country codes***

To connect with the international network, you have to:  
Dial the 10 prefix, dial the country code and the area code except zero (if there is one) and then the number you find below.

\*Bear in mind that rates are lower at night, weekends and Bank holidays.

Austria	-43-	Ireland	-353-
Belgium	-32-	Italy	-39-
Canada	-1-	Netherlands	-31-
France	-33-	Switzerland	-41-
Germany	-49-	USA	-1-
Great Britain	-44-		

When you are calling domestically in Belgium, in place of the international country code 32, you dial 0. All phone numbers in Belgium begin with a 0. All cell phones begin with a 04 prefix. All fixed lines in Brussels begin with 02.



### ***3.6 Internet Cafes***

- Easy Everything claims to be the world's leading Internet café chain and the cheapest way to get online. It is open seven days a week from 8:00 am to 11:30 pm. Located outside the Brouckère Metro station.
- The Cyber Theatre, Avenue de la Toison d'Or 4 (Tel: (32) 2 500 7808), offers internet access as well as a free e-mail service.

There are many Internet cafes in Brussels, just ask which one is close to your accommodation. The prices vary but in general they are not expensive.

## **4. Day by day in Brussels...**

### ***4.1 Shopping timetable***

Shops are generally open from 9.00 till 18.00, supermarkets till 19.00 (20.00 on Friday). Nearly all shops are closed on Sunday, except some grocers and most bakeries. On Sunday morning you have a large market in Anderlecht (subway station Clemenceau). More info about markets and other topics are to be found on the first pages of the phone book.

### ***4.2 Money***

The monetary unit in Belgium is the Euro. You can change your money and checks at most banks. You can also use your credit card to pay in shops or to withdraw money. Another possibility is to go to one of the many Exchange Bureaux which are found in the center and open until late. There are also Exchange Bureaux at the airports, train stations, and in most four or five stars hotels.

### ***4.3 Banks***

You can also open a bank account here in Belgium. For example in:  
Dexia: Rogierlaan  
IPPA: Koningsstraat



Fortis: Nieuwstraat and Haachtsesteenweg 45

ING: Koningsstraat (in front of the Vlekho), Rogierlaan and Liedtsplein

KBC: Koningsstraat 128

Some banks offer special accounts for students but for a 2 or 3 month stay it might not be worth the red tape. Banks generally are open from 9.00 till 12.30 and from 14.00 till 16.30.

#### ***4.4 Embassies***

Finland, Rue des Trèves 100, 1040 Brussels	Tel: 02 287 84 11
Austria, Rue Abbaye 47, 1050 Brussels	Tel: 02 649 91 70
China, Avenue de Tervuren 443, 1050 Brussels	Tel: 02 772 37 45
Denmark, Avenue Louise 221, 1050 Brussels	Tel: 02 626 07 70
France, Rue Ducale 65, 1000 Brussels	Tel: 02 548 87 11
Germany, Avenue de Tervuren 190, 1150 Brussels	Tel: 02 774 19 11
Great Britain, Rue d'Aerlen 85, 1040 Brussels	Tel: 02 287 62 11
Italy, Clausstraat 28, 1050 Brussels	Tel: 02 649 97 00
Korea, Avenue Hamoir 3, 1180 Brussels	Tel: 02 375 39 80
Portugal, Guldenvlieslaan 55, 1060 Brussels	Tel: 02 539 36 91
Russia, Avenue Defré 66, 1180 Brussels	Tel: 02 374 68 86
Spain, Wetenschapsstraat 19, 1040 Brussels	Tel: 02 230 03 405

#### **4.5 Security...**

Belgium is relatively safe, even at night. Nonetheless, it is wise to avoid highway rest stops and sparsely populated metro stations at night. Although they are not likely to assault, tramps and derelicts tend to make train stations unsavory at night.

Beware of pickpockets, especially around tourist attractions, in public transportation, and in the airport. Even in restaurants, particularly those in tourist areas, keep an eye on your handbag or wallet. Lock your car. Do not expect a great deal of sympathy if you have been pick pocketed or burglarized. Local police make reports but usually investigate no further.

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#### **4.6 Restrooms**

It is the custom to pay to use restrooms in many public place so you will often find someone attending the area who will collect anywhere from 0,30 to 0,50 cents in restaurants, stores, museums, etc.

### **5. The Official Holidays in Brussels are...**

January 1: New Year's Day

April 1: Easter Monday

May 1: Labor Day

May 9 : Ascension Day

May 20 : Whit Monday

July 21: Independence Day

August 15: Assumption

November 1: All Saint's Day

November 11 : Veteran's Day

December 25: Christmas Day

### **6. Useful Internet addresses about Brussels:**

[tourism@brusselsinternational.be](mailto:tourism@brusselsinternational.be)

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

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

[www.musicinbelgium.net](http://www.musicinbelgium.net)



## 7. Tourism...

- **Belgian Tourist Information Center**

Grasmarkt 63 / rue Marché-aux-Herbes 63  
B-1000 Brussels

Tel.: +32-2-504.03.90

Fax: +32-2-504.02.70

Office de Promotion du Tourisme Wallonie Bruxelles - OPT

Website: <http://www.opt.be>

- **BITC Brussels International Tourism & Congress**

Town Hall – Grand Place / Grote Markt  
B-1000 Brussels

Tel.: 32-2-513.89.40

Fax: 32-2-513.83.20

E-mail: [info@brusselsinternational.be](mailto:info@brusselsinternational.be)

Website: [www.brusselsinternational.be](http://www.brusselsinternational.be)

Opening hours:

- Daily, 9 a.m. to 6 p.m.
- Sunday, summer 9 a.m. to 6 p.m., winter from 10. a.m. to 2 p.m;  
January 1st to February 28th, closed on Sunday.
- Closed: December 25th and January 1st

- **Brussels International Travel Service**

30, rue A.Diederich/straat

B-1060 BRUXELLES/BRUSSEL T.32.2.543.10.10 Fax : 32.2.538.12.94

[belgium@euromic.com](mailto:belgium@euromic.com) - [www.euromic.com](http://www.euromic.com)

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28010 Madrid, (Spain)

Tels.: (34) 667-838-136; (34) 91- 446-4726

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## 8. In your leisure time.....

### 8.1 Top Sights

If you want to catch as many of the sights as possible, here is our recommended list.

#### 1. Grand Place

The Grand' Place is as close to the heart of Brussels as one can get. French playwright Victor Hugo called it "the most beautiful square in the world." With its 14th-century Baroque guild houses, and its magnificent spire-capped city hall, the town square has the feel of another era.

#### 2. Centre belge de la bande dessinée (Belgian Cartoon Centre)

Some of the greatest talents in this art form are from Belgium, and to commemorate their contribution the Belgian Centre for Cartoons was founded! Tintin, Astérix and Obélix, Lucky Luke, the Smurfs (the *Schtroumpfs* in French)... all these cartoon characters share something in common: the imagination of Belgians!

#### 3. Cathédrale de Saint-Michel et Sainte-Gudule (St. Michael's and St. Gudula's Cathedral)

This is where the Belgian Royal Family's members are married and have funerals, among other things. It is dedicated to the Archangel Michael (protector of Brussels who features on the city's flag, as well as to Saint Gudula whose relics were kept in a church that stood on the same spot.

#### 4. Atomium

The Atomium is a gigantic model of a molecule of iron. (Why *Atomium* then? don't ask.) The icon of the 1958 exposition, the Atomium, still stands but is in bad repair. Only this and some exhibition halls remain of the fair, but new entertainment centers (including a multiplex cinema and an IMAX theatre) have replaced the pavilions and monuments. If you put yourself in the 1950's frame of mind, you can understand the idea: the technological revolution at the time was the taming of the atom. Take a look around it, but save yourself the time and money of going up.



### **5. Mini-Europe**

At

a scale of 1:25, it is a miniature version of Europe (at least of its most prominent landmarks) such as London's Big Ben, Berlin's Brandenburg Gate, the Leaning Tower of Pisa, and the Bull Ring in Seville (complete with simulated sounds of fans yelling *!Olé!*). Also, more modern emblems of continental achievement such as the Channel Tunnel and the Ariane rocket. Meanwhile, Mt. Vesuvius erupts, gondolas float around the canals of Venice, and a Finnish girl dives into the icy waters of a northern lake.

### **6. Basilique Sacré-Coeur (Sacred Heart Basilica)**

Wanting to out-do Paris's grandiose basilica of the same name, King Leopold II commissioned the building of what became one of the world's largest churches. Its style is neo-Byzantine with Bauhaus among other influences. The view from a panoramic deck atop the church is one of the best the city can offer. On a clear day one can even see the cathedral of Mechelen, some thirty kilometers away!

### **7. Parc du Cinquantaire**

Built to commemorate the fiftieth anniversary of the Belgian kingdom, and mostly paid from the King's personal wealth which he earned in the exploitation of his empire in the *Free Congo* state. The exhibition buildings are now home to permanent national museums.

### **8. Manneken Pis**

This bronze statue of a little boy and a fountain was designed in 1619, and has become a familiar symbol of the city. Most people are surprised by how small he is. He owns a wardrobe of **more than 600 costumes**, which are all preserved in the City Museum at the Grand-Place. Among the more special costumes are an Elvis Presley outfit and a Mickey Mouse costume.

### **9. Horta Museum (Musee Horta)**

This is not a museum in the traditional sense: the museum itself is actually the house that Victor Horta built for himself in the late 1890s, which truly exemplifies the Art Nouveau style that made Horta into one of the most acclaimed architects in Belgium.

### **10. Place du Grand Sablon and the Church of Notre-Dame au Sablon**

Dominating the beautiful Sablon Square in the center of Brussels, this church (1436) truly exemplifies the Brabantine gothic style of architecture.



## ***8.2 Museums***

### **The Art and History Museum:**

Jubelpark / Parc du Cinquantenaire, 10  
1040 Brussels

Metro station: Schumann or Merode

From 9.30 - 5 pm (closed on Mondays)

From 10 -5 on Saturdays, Sundays and public holidays

Admission charged

This Museum has an important collection of art objects from civilizations all over the world. It offers an overview of the history of human settlement in the five continents from prehistoric times until today.

### **The Museum of Modern Art (Part of the Royal Museums of Fine Arts)**

Koningsplein / Place Royale, 1-2

1000 Brussels.

Admission free.

Tues.-Sunday 10-1 and 2-5. (closed on Mondays and public holidays).

Admission charged

Housed in a building that is an amazing feat of modern architecture that burrows seven floors underground around a central light well, this collection holds mainly Belgian and French Art of the past 100 years.

### **Musée d'Art Ancien (Part of the Royal Museums of Fine Arts):**

Rue de la Régence 3. This Museum is next to the Museum of Modern Art.

Tues.-Sunday 10-noon and 1-5. (closed on Mondays)

Admission charged. Artists united to form powerful guilds in the 15th century. They turned the cities in the Low Countries into centers of European Art.

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28010 Madrid, (Spain)

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## 8.3 Food and drink

**Tipping:** A service charge is included in restaurant and hotel bills, and tips are also included in the amount shown on the meter in taxis. Additional tipping is unnecessary unless you wish to say thank you for very good service

**Breakfast:** 7.00h to 10.00h. Most people eat a light breakfast, consisting of toast and coffee before heading off to work.

**Lunch:** 12.00h to 14.00h. Lunch generally constitutes a quick sandwich from a local “snack”. Sandwiches are served on a Baguette, filled with a choice of tuna or crab salad, with a side of chips (French fries).

**Dinner:** 18.00h to 20.00h. Dinner is the main meal in Belgium. Typical Belgian dishes you might want to try are "biefstuk met friet" (steak and chips) "friet met stoofvlees" (stoofvlees is a meat dish made with a sort of beer sauce), "appelmoes met bloedpens" (applesauce and blood sausage), paling in t'groen (veal in parsley sauce, eaten cold). Brussels is famous for mussels (mules) which are prepared in different ways at numerous seafood restaurants. As for desserts, cheesecake and chocolate mousse are the favorites.

**Snacks:** Any time of day is a good time for Belgian waffles. There are the Brussels waffles with whipped cream and the Luikse's waffles, which are a lot sweeter; both are to be eaten while hot. There are waffle stands throughout the city. The best places to get chocolates are the Leonidas shops which is a little cheaper than the world famous Godiva and of equal quality.

**Dining Out:** To avoid some linguistic pitfalls, here are some tips for deciphering the menu: *entrée* in French is the first course or starter (literally, the entry course), and not the main course as it is known in North America; the main dish is the *plat/schotel*. *Fondue parmesan* is fried

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cheese squares, and nothing at all to do with the melted cheese dish North Americans call fondue. *Entremets* is another word for sweet or dessert. Don't worry about *cuckoo*, it's actually a chicken cooked in clay. A *bombe* is a fancifully decorated ice cream concoction. "Scotch" on a menu is a type of beer, not whisky. And anything *américain* is served raw. If in doubt, don't hesitate to ask the waiter what something means or how a dish is prepared.

Water is only served on request, and then it is usually bottled water for which there is a charge. Water - which comes chilled but without ice - can cost as much as beer or a soft drink.

Dogs of all sizes are allowed in most restaurants, even fine ones. They usually sit quietly under the table of their owner, but from time to time you will see one sitting at the table and feasting on tidbits from its owner's plate. Don't ask for a doggy bag for your own pet pooch at home. The custom is unknown here.

To attract the attention of the waiter/waitress, raise your hand slightly or try to catch his or her eye. Don't shout, whistle or snap your fingers. If she or he passes by, say *Pardon* or *S'il vous plait/Pardon* or *Alstublieft*.

## ***8.4 Lifestyle***

Belgians work to live, rather than live to work. The working day tends to start at 8am and finish at 4-5 pm, with one hour for lunch. The average working week is 35 hours, the shortest in Europe. The strength of unions is probably the single most important reason why working hours are relatively short.

- Do not snap fingers as it is considered a vulgar gesture.
- Talking with your one hand in your trouser pocket is rude.
- Never point your index finger at anyone.
- Always maintain an arm's length distance when talking to another person.
- Above all, avoid gesturing! It's better to appear formal and restrained.

## ***8.5 Shopping***

**Most shopping centers are on the outskirts of the city.** In the immediate center you can find two supermarkets near the Stock Exchange building. Sunday is market day in Brussels. On the Sablon square is the Antiques market (Saturdays from 9 A.M. till 6 P.M. and Sundays from 9 A.M. till 1.30 P.M). Every day there is a flea market at the 'Place du Jeu de balles / Vossenplein' near the palace of Justice. On Sundays there are numerous food-markets. The most important ones are situated near Place Bara (Midi station) and at the Slaughterhouse (Abattoir) of the suburb of Anderlecht. All through the year different flea markets take place at different intervals in the entire Brussels area. The cheapest supermarket in the center of Brussels is the Lidl; near the Bourse. The biggest and most well stocked are the Delhaize supermarkets found throughout the city.

## ***8.6 Sports***

**Royal Charles-Quint Tennis Club** ([www.charlesquint-tennis.be](http://www.charlesquint-tennis.be))

159, Vandervekenstraat B-1083

Ganshoren Belgium

Tel: (32) 2 468 01 50

**ICG Golf Club** (<http://golf.be/igc>)

Tel: (32) 3 825 73 00

**Le Centre Sportif de la Woluwe**

Tel: (32) 2 762 85 22

Practice all kinds of sports

Mounierlaan 87, Brussels, 1200

## ***8.7 Dance***

**Brigitte Leher Dance School**

Avenue des Petits Charnus 2b, 1410 Waterloo

Tel: 02 354 77 46

All ages: classical, jazz, funk, salsa, afro dance, oriental, rock, etc.

**Tinne-Holly School**

Polyclinic center, 3rd floor

Rue des Fripiers, 24b, 1000 Brussels

Calle Manuel Cortina 5 bis, 6º - D

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## ***8.8 Gyms***

### **World Class Health Academy**

Fitness, aerobics, swimming pool  
Renaissance Hotel, Rue du Parnasse 19

Tel: 02 551 5990

### **Aspira Health Club**

The View Building, Rue de L'industrie 26

Tel: 02 508 0800

### **Fitness First ([www.passage.be](http://www.passage.be))**

Rue St. Michel 29, 1000 Bruxelles

Tel: 02 229 5210

## ***8.9 Swimming Pools***

### **Bains de la Ville de Bruxelles**

Rue du Chevreuil, 28 1000 Bruxelles

Tel: 02 511 2468

### **Piscine de l'école royale militaire**

Rue Hobbema, 8 1000 Bruxelles

## ***8.10 Bookshops***

### **Waterstone's**

71-75 Boulevard Adolphe Max,  
1000 Brussels

Tel: (32) 2 219 27 08

### **Sterling Books**

38 Rue du Fossé-aux-Loups,  
1000 Brussels

Tel: (32) 2 223 62 23

### **Gourmet Food and Gifts**

186 Rue Stevin,  
1000 Brussels

Tel: (32) 2 735 11 38



## ***8.11 Cinema***

Most movies in Brussels run in two different versions. 1. The original version with Dutch and French subtitles, 2. The version dubbed in French. 3. If you want to see the original version look out for the films marked VO (version originale) at the entrance of the movie theatre.

### **Kinopolis**

Bruparck

02-474-2600

Daily shows: 258, 10:30pm

Admission charged.

Said to be the world's largest cinema complex, Kinopolis has 24 wide screen theaters and an IMAX screen seven stories high. All have a THX sound system. Films are shown in their original language (usually English) with Dutch and French subtitles.

UGC De Brouckère: Brouckèreplein

UGC Toison d'Or: at the Naamsepoort

Vendôme-Le Roy: at the Naamsepoort

Actor's studio: Korte Beenhouwersstraat 16

Arenberg: Koninginnegalerij 26

Aventureu: Centrumgalerij 57

Nova: Arenbergstraat 3

Styx: Gewijdeboomstraat 72

## ***8.12 Press***

News from and about Belgium and Brussels in English.

[www.belgiumpost.com](http://www.belgiumpost.com) (En)

## ***8.13 Magazines***

**Vlam** ([www.vlam.be](http://www.vlam.be))

The most prominent classified ad magazine. Available at newsstands every Saturday.

**The Bulletin** ([www.ackroyd.be](http://www.ackroyd.be))

Tel: (32) 2 373 99 09

The capital of Europe's leading English newsweekly.

Calle Manuel Cortina 5 bis, 6° - D

28010 Madrid, (Spain)

Tels.: (34) 667-838-136; (34) 91- 446-4726

[www.eurointerns.com](http://www.eurointerns.com), [info@eurointerns.com](mailto:info@eurointerns.com)

# EuroInterns



## **8.14 Music**

### **Palais des Beaux-Arts**

Rue Ravenstein 23, Brussels

Tel : 02 507 8200

Palais des Beaux-Arts, is the Horta-designed principal venue for classical music concerts.

### **Royal Conservatory**

Rue de la Regence 30, Brussels

Tel : 02 507 8200

Royal Conservatory hosts intimate chamber music concerts and recitals.

### **New York Cafe Jazz Club**

Chaussee de Charleroi 5, Brussels

Tel: 02 534 8509

The New York Cafe Jazz Club is a jazz-lover's hangout.

### **La Tentation**

Rue de Laeken 28, Brussels

Tel: 02 223 2275

La Tentation hosts world music performers in a superb venue.

### **Fool Moon Theatre**

Quai de Mariemont 26, Brussels

Tel: 02 410 1003

Fool Moon Theatre headlines artists playing drum'n'bass, trip-hop and other funky sounds, continuing into the night as a dance club.

### **Le Botanique**

Rue Royale 236, Brussels

Tel: 02 218 3732

Le Botanique, which hosts rock and pop acts, has a superb 10-day festival, *Les Nuits Botanique*, in September.



## 9. Did you know.....

- Belgium is unique in that it has two official languages; Dutch and French. There is a language frontier that runs from east to west, separating the Dutch speaking region to the north from the French speaking region of the south. Brussels is officially bilingual; you will notice that all services, signage and products are written in both languages. 85% of the population in Brussels is French speaking.
- Belgium is the size of the American state of Maryland.
- Its total population is 10 million, which makes it the second densest country in Europe after the Netherlands.
- The population of Brussels is 1 million of which 80% are foreigners in the center city.
- Belgium is a world leader in the brewing of great beers, and produces over 450 different ones.
- Belgium has produced some of the world's greatest innovations in the arts, science and industry.
  - **Anatomy.** The science of anatomy was founded by Andreas Vesalius of Brussels, who wrote the first complete textbook of human anatomy.
  - **Atlas.** The world's first collection of maps in book form was published by Abraham Ortelius of Antwerp.
  - **Chicory.** Also know as Belgian endive, chicory was accidentally produced by a Belgian farmer in the 19<sup>th</sup> century.
  - **Dynamo.** The dynamo was invented by the Belgian scientist Zénobe Gramme.
  - **Praline.** The filled chocolate was invented by Jean Neuhaus, whose 19<sup>th</sup> century shop is still standing in the Galeries St. Hubert in Brussels.
  - **Saxophone.** The saxophone is one of several musical instruments invented by Adolphe San of Dinant.
  - **Tintin.** Millions of cartoon fanatics have enjoyed the adventures of Tintin, created by the Brussels cartoonist Hergé.

# EuroInterns

• **Whooping cough vaccine.** Children's health has been vastly improved thanks to Jules Bordet's invention of whooping cough vaccine.

- The Nobel Prize for Peace has been won by Belgians three times.
- Famous Belgians such as Jacques Brel, René Magritte, Audrey Hepburn, Johnny Halliday, Liz Claiborne, Diane von Furstenberg, Justin Henin-Hardenne or Kim Clijsters are often mistaken for French or Dutch.
- Albert II is King of Belgium. He is married to Italian born Queen Paola. They have 2 sons, Philippe and Laurent, and a daughter, Astrid. Philippe, who is first in line to the throne, is married to the popular Princess Mathilde. They have a daughter, Elisabeth, born in October, 2001.

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Note: Please let us know if the information included is not up-to-date or if you have any suggestions.