

## **Barbara Nowak**

Youngest of five girls from a Polish father and Belgian mother, born and raised in Sint-Niklaas where also my twin sons were born. After obtaining my Master as Translator Dutch-English-Italian I lived and worked in Milan for three months to fine-tune my Italian tongue. Back in Belgium I started working as a Personal Assistant at Exmar in Antwerp, a naval company. Since 1989 I moved to Nutricia, now member of the Danone Group and based in Strombeek-bever, where I am PA of the Managing Director. Organizing company travel, events and meetings is a major part of my job and it's something I really enjoy because of its diversity, the enthusiastic people you meet and the many new places you discover. In my free time I enjoy yoga, chilling with friends and of course discovering new "places to be".

## **A quick bite**

I love Italian & Chinese food or a nice salad. Close to the office you have the well-known and very relaxed "In de Patattezak" also called "Pee Klak" in Strombeek-bever for spaghetti and nothing else, [www.hetfenikshof.be](http://www.hetfenikshof.be) in Grimbergen with a cosy terrace, <http://www.brasseriepergola.be> in Laken (great salads) and [www.parkcafe.be](http://www.parkcafe.be) in Wemmel.

## **Tete-a-Tete**

For a really serious tête-à-tête I would go for room service, but otherwise I can recommend the cuisine and ambiance of Château St-Gerlach in Valkenburg (also a great romantic hotel), especially in summer ([www.chateauhotels.nl](http://www.chateauhotels.nl)), [www.hofkevanbazel.be](http://www.hofkevanbazel.be) in the charming small town of Bazel, the roof terrace of [www.cospaia.be](http://www.cospaia.be) and the terrace of the Kolya restaurant at the Be Manos Premier hotel in Brussels ([www.manoshotel.com](http://www.manoshotel.com)). Also <http://sites.resto.com/lamaisonduboeuf> at Hilton Waterloolaan is high on my list!

In Ghent there is the cosy & trendy [www.kaai14.be](http://www.kaai14.be) and an earthly paradise in Merendree: <http://www.aardsparadijs.be>.

## **Business and pleasure!**

Some great restaurants I booked abroad (but unfortunately I was not lucky enough to try them myself): [www.elbulli.com](http://www.elbulli.com) in Roses and [www.oudsluis.nl](http://www.oudsluis.nl).

In Belgium there are many great restaurants, but to mention just a few I refer to [www.kasteeldiependael.be](http://www.kasteeldiependael.be), [www.restolola.be](http://www.restolola.be), [www.hetpomphuis.be](http://www.hetpomphuis.be), [www.korenleitwee.be](http://www.korenleitwee.be).

Abroad I can further recommend a charming little restaurant in an historical building on the tiny island of Vlieland: [www.armhuis.com](http://www.armhuis.com), while in Tallinn I was particularly charmed by both the food and the interior of the trendy restaurant [www.restoran-o.ee](http://www.restoran-o.ee)

## **Groups**

I'm not really into group restaurants; I prefer to rent a nice location (e.g. [www.oudemechelsevleeshalle.be](http://www.oudemechelsevleeshalle.be), [www.stuurboord.com](http://www.stuurboord.com), Kasteel Diepensteyn in Steenhuffel), use a highly recommended caterer [www.jmcatering.be](http://www.jmcatering.be) and with a loungy live band or DJ build a great party!

For small groups I like [www.belgaqueen.be](http://www.belgaqueen.be) (both in Brussels & Ghent), [www.quincaillerie.be](http://www.quincaillerie.be), [www.lecaillerdupalaisroyal.be](http://www.lecaillerdupalaisroyal.be) (great fish restaurant) and Château Neercanne ([www.chateauhotels.nl](http://www.chateauhotels.nl)) near Maastricht.

## **Abroad**

Discovering new cultures, speaking different languages, meeting locals is what makes travelling so exciting.

## **Hotel**

I prefer small design boutique hotels, often located in ancient buildings and reflecting the region's specific art & culture and who offer a personalized service and fine local cuisine.

My favourite hotels in Barcelona are: [www.HotelesCenter.es/CasaFuster](http://www.HotelesCenter.es/CasaFuster) in Passeig Gràcia and [www.hotellaflorida.com](http://www.hotellaflorida.com) uphill with a great view over the city centre!

Great business hotels in Tallinn:

[www.swissotel.com/.../Swissotel+Tallinn/.../Hotel+Description](http://www.swissotel.com/.../Swissotel+Tallinn/.../Hotel+Description) , [www.telegraafhotel.com](http://www.telegraafhotel.com) and the small boutique hotel [www.threesistershotel.com](http://www.threesistershotel.com) (where Bono once stayed).

In Prague: The New York Palace Boscolo hotel ([www.boscolohotels.com](http://www.boscolohotels.com)) .

Hotel Barceló La Bobadilla ([www.barcelo.com](http://www.barcelo.com)) in Loja, Granada, an ancient monastery and now boutique hotel located on a hill.

For an amazing relaxing and luxurious vegan spa experience amidst the jungle in the Philippines: [www.thefarm.com.ph](http://www.thefarm.com.ph) .

## **City**

Lively Hongkong, Montreal with its parks and network of underground shopping streets for the cold winters, Tiny Tallinn, a mix of old and new with so much to offer, unforgettable Rome for its culture, food, beautiful people, shops, ... and Antwerp for fashion & food.

## **Country**

Spain, Italy, Canada, the Philippines, Cuba.

### **Airline**

Lufthansa and Brussels Airlines offer good quality for money and are reliable partners.

### **MICE Secret**

Secrets are meant to be left unspoken.

### **MICE Personality**

I have met many interesting, inspiring, enthusiastic, creative people in the MICE business over the years and it would be unfair to name just one.

As far as DMCs are concerned I particularly have great memories of being pampered by [www.balticevent.com](http://www.balticevent.com) (Tallinn and Riga), [www.honeywell-incentives.com](http://www.honeywell-incentives.com) (Cyprus) and [www.maastrichtconventionbureau.com](http://www.maastrichtconventionbureau.com) , but there are many more worth mentioning.

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### **5 Likes**

Warm sunny days, quiet intimate places, champagne, yoga, travelling

### **5 Dislikes**

Faking & hypocrisy, long drives, crowds, politics in everyday life, waiting

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### **Top 10 People I would like to Meet or have Dinner with...**

The Dalai Lama, Madonna, my close family & friends, Koen Wauters, Jude Law.