

*Impermanence is a principle of harmony. When we don't struggle against it, we are in harmony with reality.*

Pema Chodron

Harmony has some simple rules. And, you should know a couple of things when visiting. Not to bother anyone, but just to make life agreeable and fun. Don't worry; it is less than one page. If something is unclear, please ask. Usually there is an answer and we can sort out things.

Sustainability is key. Therefore:

- Please do not forget to turn off the lights when you leave a room or the house.
- Do not turn the heating too high. Usually '3' is more than enough in winter time, unless it freezes or so. Please turn the heating down when it gets warmer outside.
- We sort garbage and separate paper, organic waste, plastics, glass, and rest (well, basically everything is recycled in Flanders). This is explained when you arrive, but ask if something is unclear as I know that this might be confusing for visitors.
- We try to minimize food waste. So if we have left-overs, we can share stuff. Please try to avoid throwing away food. Also, minimize plastics.
- I am a flexitarian, meaning that I seek to minimize meat and most other animal-products. So, I do not like to see my fridge full of meat, dairy-products, and other junk food. Although not (yet) vegan or vegetarian, I avoid animal based food. So vegetarians and vegans are more than welcome (might learn something from you!). And sometimes it happens that I prepare some food for guests (or I enjoy their food 😊).
- Drugs are not allowed in the house or its surrounding. Smokers are friendly invited to visit the garden (another option is not to smoke); do not throw ashes or butts on the ground. The only drug-exception to this rule is alcohol (also a drug). Yet, but I do not like drunk people in my house.

With the exception of the owner's private spaces, the first floor and the upper floor, you can use every space, including the kitchen, the TV- and living room, the rooms on the second floor, and the garden. When using the kitchen, leave everything tidy and put your stuff in the dishwasher.

A cleaning person will take care of your room, the bathroom and the rest of the house (usually on Wednesday morning). Please be kind to her (she is really good)! Although you will not have to worry much about cleaning, keep things in order and clean up your stuff when you leave.

Harmony tries to be a queer-friendly and sex-positive environment, open to people with all sorts of orientations and cultural backgrounds. Respect is key!

Importantly, enjoy Antwerp! I have lived here for most of my life and I am not planning to leave soon. So, I know the city pretty well. If you have questions on restaurants, sport facilities, history and culture, interesting shops, parks, unique neighborhoods, or museums... please ask. I enjoy an active lifestyle with traveling (visited several continents), long distance running, and interesting conversations. Ah, and I speak Dutch, English, and French.