

FÓRUM FASHION

ENGLISH VERSION
SPRING 2024

ROBUST DETAILS

*Variety is the
spice of life,
so let it speak
your mind.*

*Glamor
from head
to toe*

Vibrant colors,
precious metal
statement pieces,
and classics
that match
them all – all in the
spirit of spring.


Péter Elek

*“You can’t get away with any BS in the
framework of stage/audience.”*


#weareonline

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 @forumdebrecen



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HAJDUPRESS.HU!



THE SEASON OF VITALITY

It is just one of those things: the most thrilling season of the year has sprung with great intensity, sparkling colors, and several exciting programs. Shoppers in Fórum Debrecen's stores are met with vivid hues, comfortable cuts, and quality materials to help them with their springtime closet update – all in one place. The mall's events management team offers exciting programs adjusted to the vibrant trends. We open the season with our traditional Fashion Week, which is followed by Glamour and Joy Days. Save the date: on May 2 and 18 it's time to go on a super secret mission. In the warmest spring month anyone can play the part of a spy at "Top Secret," our interactive exhibition.

Let's come together and fill spring 2024 with content – see you at Fórum Debrecen Shopping Mall.

Ajtony Átányi

Mall Manager

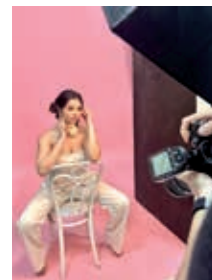
Fórum Debrecen Shopping Mall

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FÓRUM FASHION



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THE MAGAZINE CONTAINS PRICES THAT ARE AVAILABLE UPON GOING INTO PRESS. CERTAIN PRODUCTS ARE STILL BEING INTRODUCED.

THE LIST:

think pink



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



12.

11.

1. BAG PARFOIS 8995 HUF, 2. SUNGLASSES CROPP 3995 HUF, 3. HOODIE ZARA 7995 HUF, 4. EARRINGS THOMAS SABO - SMARAGD ÓRA - ÉKSZER 63 600 HUF, 5. SNEAKERS ADIDAS - CCC SHOES & BAGS 26 995 HUF, 6. NECKLACE PARFOIS 4795 HUF, 7. SNEAKERS NIKE - DEICHMANN 27 990 HUF, 8. SNEAKERS PUMA - CCC SHOES & BAGS 24 990 HUF, 9. PANTS ZARA 8995 HUF, 10. SNEAKERS CHAMPION - CCC SHOES & BAGS 19 995 HUF, 11. SNEAKERS HOUSE 8595 HUF, 12. SNEAKERS SPRANDI - CCC SHOES & BAGS 13 995 HUF



BLAZER H&M 15 995 HUF

Lili Vincze

Bright and playful – this is my definition of fashion this spring. 2024's palette is augmented by a rich display of hues as well as by memorable stylistic features from past decades. The past appears in a revamped form, peppering the season with excitement. Updated trends radiate a nostalgic feel and the broad range of historic pieces helps us find our own personality in fashion. Trends of the '70s, '80s, '90s, and 2000s are all with us, so we can ride the waves by integrating them in our own personal style. If the protean throng of stylistic attributes should prove to be stifling, FÓRUM Magazine's latest issue will serve as a guide, a "map to the trends," where novelties are presented in a manifold manner.



RING
PARFOIS
2495 HUF



BAG ZARA 11 995 HUF

SANDALS ZARA 19 995 HUF

DRESS
ZARA
11 995 HUF

EDITOR'S CHOICE

Petra Pulinka-Pikó



BAG
ZARA
16 995 HUF

It's spring at last! My favorite season, characterized by cheerfulness and energy. Its extraordinary magic is shown in the play of colors, and the world of fashion is no exception. When editing the magazine we strove to evoke the special feel of spring by combining soft, relaxing tones with vibrant, lively colors. My personal favorite is the hue called Peach Fuzz, which has a prominent place in this spring's fashion palette. It carries the soft yet lush tones of the eponymous fruit, creating a perfect equilibrium between elegance and freshness. Applying a broad palette in the magazine our goal was to ensure that everyone can find a style to their liking. Thanks to the varied shapes and stylistic attributes everyone is guaranteed to spot at least one special item, accessory, or book that best suits their personality. I feel lucky that to have been involved in the editing process, since year by year I have the opportunity to improve as a member of a motivating, supportive collective. Editing a magazine issue is long and hard work, and it has given me joy, sadness, exclusivity, freedom, friendships and love alike, so summing up I must say, each and every moment was worth it. Dear Reader! Make yourself comfortable and leaf through Fórum Fashion Magazine to enter the magical world of spring fashion!



SANDALS
ZARA
16 995 HUF



LIPGLOSS VELVET INK 008 (3,7 G) BOURJOIS - DOUGLAS 4990 HUF

Anna Novák

Spring revival! Yes, spring brings the feel of novelty, cheerfulness, and renewal. Stores are filled to the brim with new pieces and sets dreamed up by designers and clothes appear in the colors of the rainbow. The concept behind this spring issue was to show where this year's emphasis lies. 2024's color is Peach Fuzz, and its announcement has ushered in the birth of a new trend based on harmony. Furthermore, bows, frills, and textile wonders are gaining ground. Counterbalancing this peach-colored baby world we envisioned a rugged man on the cover. We have worked with Debrecen-based comic Péter Elek earlier, who we regard as an exciting character, so we didn't have to look any further to find someone for another session that showcases his versatility.

It is not an overstatement to say that my job is a love affair, as there is no greater gift than doing what you love. I sincerely hope you, the reader, will find what suits you in fashion, literature, or even by reading a dessert recipe. Have a pleasant time looking through our magazine issue. The motto of this season should be: "Glow and ride the waves of spring fashion!"



DRESS
INTIMISSIMI
28 990 HUF



AQUA ALLEGORIA
NEROLIA VETIVER EDT (75 ML)
GUERLAIN - DOUGLAS
43 990 HUF



WATCH PARFOIS 13 495 HUF



EARRINGS
PARFOIS
3495 HUF

FÓRUM PORTRAIT

PÉTER ELEK

Humor is like a painkiller: it alleviates the symptoms of gloomy, monochrome days and improves your mood. The most ingenious and witty humor, however, is like a heady dose of intravenous cocktail with long-term effects, which the recipient takes with them to the rat race so that they will have a means to take up the fight against negative impressions. Therefore, good comedians heal you, through your diaphragm. It is a great responsibility: finding the boundary between daring jokes and tasteless ones is like walking on thin ice, but whoever has found the golden mean will be able to boast sold-out shows and an audience with valuable feedback. Péter Elek has recently launched his own stand-up show, where he supplies his iconoclastic opinions in great doses. Just what the doctor ordered! We asked him about the analysis of humor, improvisation, fashion, and his relationship to drama.



BLAZER 4_SKANDINAVIA 53 990 HUF
VEST 4_SKANDINAVIA 30 990 HUF
SHIRT 4_SKANDINAVIA 18 990 HUF
TROUSERS 4_SKANDINAVIA 30 990 HUF
SHOES CCC SHOES & BAGS 18 995 HUF
POCKET SQUARES 4_SKANDINAVIA 6990 HUF
BAG MK LEDER BÖRDÍZSMŰ 31 980 HUF



ZIP-UP HOODIE GUESS 39 500 HUF
JOGGER GUESS 39 500 HUF
SNEAKERS DEICHMANN 17 990 HUF
RING SMARAGD ÓRA - ÉKSZER 105 100 HUF

Thanks to your job, you are not unfamiliar with cameras. Yet you played a new role at Fórum Fashion Magazine's photoshoot as a model. How did you like it?

Very much! I have worked with Fórum's team on several occasions, so it was a delightful session even though posing and modeling is not my cup of tea. But truly it was nice.

Did you get stage fright?

Not in the least, unfortunately, which can become unfavorable in such situations. My sensory threshold is higher than average – probably owing to doing stand-up – and my mind wanders, especially in new or slightly uncomfortable scenarios. When something feels alien, I tend to choose an escape route by being silly. This is probably my way of processing new information.

How important is fashion in your private life or in your work? Is it vital to have a certain look on stage which contributes to your overall presence?

I'm not crazy about fashion, but presence is important. I put emphasis on shaping my body. The goal is to work out with an intensity that even the lamest clothes will look good on me. This is the school I adhere to: I am on the "jeans and gray T-shirt" team. You know, like Bruce Willis in Pulp Fiction: a tight white tee with a pair of comfortable jeans, I don't think there is a better and more comfortable combination. I only put on a shirt when it is absolutely unavoidable, but then, too, I prefer to go with the Terence Hill-type checked shirts that just feel right to wear. I am wary of smart pieces, probably because of the latent prole living inside me.

Now that we have mentioned the stage, let's talk about your work. Your own stand-up show entitled Male Intuition was launched not too long ago. Where are you with this right now?

We take it to rural venues, 2 or 3 towns per month, and I do a show in Budapest every month. I was awarded a certain freedom on the stage by *Dumaszinház* and the viewers, and I wish to make good use of it and provide good service, to put it bluntly.

How long did it take you to construct your show?

A few weeks or months, but it is still being shaped, because I tend to review it all the time. I still don't consider it to be as stable as to regard it as a final product. Now I

feel like crossing out at least a third of the material and adding something else because I am constantly trying to get the best possible end result. I think you can't write stand-up by putting a full stop in the Word document: you must always reshape it, because the whole thing can always become more elaborate and better.

What is your take on improvisation? Do you get an opportunity to use it? How much wiggle room do you have?

Well, I improvise a lot, but I add that to the running time, so that I have a fixed and stable basis for the show, and the rest of it is improvisation, which I will do anyway. Improv, for that matter, is always very gratifying, audiences love it. Something that feels unwritten always has a greater dramatic effect because it is demonstrably happening there. Someone is sitting there with, say, a yellow umbrella, and I say something to her that makes the audience laugh, and we can go from there. This is a constant feature, I do it regularly, but of course you can't rely on only that, because very soon "the king would be naked." It would mean that the comic had not prepared but was only riding impulses.

István Verebes said something important that I can fully agree with: whatever criticism he got from anyone that had seen his show had something important about it, even if it came out as pure malice.

Why is your show called Male Intuition?

Because I wanted to present things from my perspective to other people. Very often I deliberately place myself in opposition to certain viewpoints on topics that many people shy away from. I talk about a lot of taboo subjects, and persistently stand by my own perspective, which may be interpreted as a plea by a "suppressed and suffering man."

Are taboos more easily accepted when they are wrapped in humor?

Only in that way can they really be taken in. Everything can become the subject of a joke if it is closer to being funnier than to being offensive: that's the most important rule of thumb. A joke is tactless and tasteless when a tragedy is very close to us in time. Perhaps it was Gergely Litkai who said that humor is basically tragedy multiplied by time. So when a lot of time has passed, we can laugh about it. Obviously, the more overwhelming the tragedy, the more time needs to pass, but I like to talk about taboo subjects because I get more audience reaction. Sometimes people don't show it, but you can still see that they are touched by this or that topic, they recognize



DENIM SHIRT PEPE JEANS 40 700 HUF
SHIRT PEPE JEANS 29 600 HUF
JEANS ZARA 11 995 HUF
SNEAKERS CCC SHOES & BAGS 24 995 HUF

themselves in the jokes, start to relate to them, and when you have that the task is to build it up cleverly. I don't talk about things that seem like they have been included in the show just to be funny. It is much easier to grasp a controversial subject matter and people feel, "wow, he really put his foot in it!" This is evidently risky business, especially when someone brings up a topic before a lot of people that they don't otherwise discuss even with a narrow circle of friends: they can quickly lose credibility. You must take care not to become offensive with your message, so I always try to flavor those big and difficult bites in a way that everyone can swallow them.

Can you give me some examples? I feel like we are skirting the issue of taboo without putting our finger on it...

The topic of sexuality definitely comes up in my show, but not in an explicit way: the point is not to be obnoxious but to be bold and intellectual about things. Most of the jokes can sound strange at first, but when the audience keeps up and follows the logic, they usually realize there is a reason I'm bringing things up, and I like it very much when we reach the "he's right after all" phase, which can be near cathartic. Yet I'm annoyed to talk about topics that feel alien to me, because the show won't be authentic. As Gyula Bodrogi said, "the audience is a genius," it intuitively understands everything, especially when you're faking it, which is magnified by the stage. You can't get away with any BS in the framework of stage/audience.

Who are those people sitting before you in the audience?

There are all kinds of age groups and sexes, although in comparison with the audiences that older colleagues get, they are somewhat younger on average. Of course, this doesn't entail that there are no viewers from the 50s/60s age group, but the mean value is lower than that. One thing is sure: those with a taste for '90s comedy shows are not sure to find anything amusing about my special. One time, however, there was an older, strict-



MODEL: PÉTER ELEK, PHOTO: BOGI BOGNÁR, LOCATION COURTESY OF FORGÁCH KASTÉLY

SHIRT GUESS 35 900 HUF
LEATHER JACKET GUESS 70 990 HUF
JEANS GUESS 39 500 HUF
SNEAKERS DEICHMANN 17 990 HUF
SUNGLASSES HERVIS 6490 HUF
NECKLACE BIJOU BRIGITTE 7990 HUF
BAG MK LEDER BÖRDÍSZMŰ 66 980 HUF

T-SHIRT GUESS 23 900 HUF
JACKET ZARA 29 995 HUF
PANTS ZARA 16 995 HUF
BRACELET SMARAGD ÓRA - ÉKSZER
CHECK IN STORE
SCARF ZARA 8995 HUF



faced guy in the audience directly in front of me, and I was convinced that he would hate me and it would prove too much for him. Ultimately, he was one of the those who roared with laughter.

You mentioned the name of Louis C. K. as a model in several interviews. Who are some of the others that inspire you?

I'm always influenced by those comics that I'm studying. Some time ago I analyzed the Dumaszinház comedians on the screen, I typed up shows by Showder Klub, and highlighted lines where the laughter was louder. It was a slightly scientific approach; I tried to find the Holy Grail of humor.

And have you found it?

Yes, I have. The answer is that there is no such thing. There are professional requirements, but the software is an own, individual style, which varies. I basically researched the amount of laughter with respect to the different comics, and what I found was that we deem those comedians better who are laughed at often and loudly. Why that is, is another question. This is exactly why I can't pinpoint any one artist as a role model. I learned a lot from Ádám Kiss and Péter Jankovics, for instance. The latter is teaching me how you can provide undiluted, ecstatic entertainment. No frills, but only the dialog, all of it acted out. It also interests me to see how a one-man show can be so visually impressive on the stage, because he does that. From Gergely Litkai I am learning to serve up humor from thousands of different perspectives, but I could go on about others. Another one is András Hajós, who I haven't studied very closely, but still is a great favorite from the Hungarian scene. His style and line of humor is perhaps the closest to mine, a certain insolent but intellectual approach. Since I started playing piano and guitar on stage I have had people call out "Hajós" on several occasions.

Who criticizes you? Who do you take it from?

István Verebes said something important that I can fully agree with: whatever criticism he got from anyone that had seen his show had something important about it, even if it came out as pure malice. There is always a reason for the person articulating that opinion, emphasizing something negative. All of these points can be traced back to some valid argument when you lose the spitefulness. I can take criticism from any member of the audience. There are some opinions that I take with a pinch of salt. Obviously, I am keenly observant of comments from my mentors, but an opinion of the average viewer counts as much.

What is your feedback like?

Luckily, I mostly receive good feedback, but if there is any bad, I start investigating it. I don't take negative reviews too

hard, since this is a product that can be criticized when it is bad, and the criticism can help me improve. What kind of stand-up comedian would I be if audiences only praised me from the first minute? People need to be queried about the bad. When I invite a friend to a show my first question to them is always about what they didn't like.

Are you so analytical about everything?

I would say I'm more intuitive than analytical. But when I want a good result, I go to my inner analyst. There are very few areas where it is needed, but this is one of them.

How much do you rely on your personal experiences and environment when writing your material?

There is nothing else I rely on more. Of course, I take care not to offend anyone too much. Being true doesn't automatically make something funny. So I am inspired by my surroundings, and I don't think people resent that, but audience reaction is really important in this sense, too. For instance, if I start to rant and take it out on my mother, the audience won't like that. Similarly, if I expose her too much, the audience, too, will feel uncomfortable, and it won't work on the stage. Reality is not the point, but rather that it isn't too much. This is something that gets taken care of organically.

What are your plans for the future?

I want to do the same but better, at a higher level of efficiency and intensity.

The blitz five:

For recreation do you prefer streaming or the cinema?

Streaming.

When on a trip, do you prefer sightseeing or the beach?

Both. If I had to choose, then a beach holiday with sightseeing.

When on a date, do you prefer a walk or a light dinner?

Dinner, because I like eating, but it doesn't really matter what I'm doing when I'm with someone I feel comfortable with: we might walk, have dinner, or pluck a chicken.

In clothing, do you prefer elegant or sporty?

Sporty, easy-going.

In films, do you prefer serious or comedy?

Definitely the more serious stuff. If I want to laugh my go-to place is memes or *Family Guy* and co.

JACKET HERVIS 22 999 HUF
PANTS HOUSE 9995 HUF
BOOTS HERVIS 24 499 HUF





COAT PEPE JEANS 88 800 HUF
SWEATER PEPE JEANS 33 300 HUF
POLO SHIRT PEPE JEANS 29 600 HUF
PANTS ZARA 16 995 HUF
SNEAKERS DEICHMANN 17 990 HUF

ROBUST DETAILS



IT'S TIME SHOP 15 990 HUF



CASIO - IT'S TIME SHOP 20 990 HUF



ORIENT - IT'S TIME SHOP 114 900 HUF



ICE WATCH - IT'S TIME SHOP 27 900 HUF



ORIENT - IT'S TIME SHOP 145 000 HUF



IT'S TIME SHOP 15 990 HUF



SMARAGD ÓRA - ÉKSZER
51 600 HUF



SMARAGD ÓRA - ÉKSZER
59 600 HUF



SMARAGD ÓRA - ÉKSZER
59 600 HUF



ROAMER - IT'S TIME SHOP
159 900 HUF



CASIO - ITS' TIME SHOP 27 990 HUF



BL ÓRASZALON 31 900 HUF



BL ÓRASZALON 51 900 HUF



BL ÓRASZALON 31 900 HUF



ROAMER - IT'S TIME SHOP
299 900 HUF



SMARAGD ÓRA - ÉKSZER 51 600 HUF

Glamor from head to toe



DRESS ZARA 11 995 HUF, TIGHTS CALZEDONIA 2995 HUF, SCARF BIJOU BRIGITTE 3990 HUF, SANDALS ZARA 10 995 HUF,
EARRINGS SWAROVSKI - IT'S TIME SHOP 44 500 HUF, NECKLACE PARFOIS 4995 HUF, BRACELETS LIZAS JEWELLERY - IT'S TIME SHOP 1990 HUF/PIECE,
BRACELET WITH BLUE STONE SWAROVSKI - IT'S TIME SHOP 34 500 HUF, WATCH COMO MILANO - BL ÓRASZALON 63 900 HUF,
WATCH COMO MILANO - BL ÓRASZALON 39 900 HUF, WATCH TISSOT - BL ÓRASZALON 169 900 HUF

This spring dictionaries are dropping the entry “too much.” Nothing will be “too radiant,” “too loud,” or “too spectacular.” Vibrant colors, precious metal statement pieces, and classics that match them all – all in the spirit of spring. Accessorize your look with stylish jewelry and dress yourself in glamor from head to toe.

MODEL: AMIRA SZILÁGYI, PHOTO: NORBERT PORCZIO, MAKEUP: KATE Klapka, HAIR: NORBERT KORPAI



DRESS ZARA 11 995 HUF, TIGHTS CALZEDONIA 2995 HUF, HEELS ZARA 11 995 HUF, LILAC NECKLACE SWAROVSKI - IT'S TIME SHOP 54 500 HUF, LILAC EARRINGS SWAROVSKI - IT'S TIME SHOP 59 500 HUF, BRACELET WITH STONES SWAROVSKI - IT'S TIME SHOP 95 000 HUF, BRACELET AND CHARMS THOMAS SABO - SMARAGD ÓRA - ÉKSZER CHECK IN STORE, ORANGE BRACELET LIZAS JEWELLERY - IT'S TIME SHOP 1990 HUF/PIACE, RING THOMAS SABO - SMARAGD ÓRA - ÉKSZER 47 600 HUF, EARRINGS THOMAS SABO - SMARAGD ÓRA - ÉKSZER 63 600 HUF, PINK NECKLACE THOMAS SABO - SMARAGD ÓRA - ÉKSZER 39 200 HUF, NECKLACE AND LOLLIPOP CHARM THOMAS SABO - SMARAGD ÓRA - ÉKSZER CHECK IN STORE, STATEMENT RING BIJOU BRIGITTE 4490 HUF, WATCH SWAROVSKI - IT'S TIME SHOP 120 000 HUF

TRADEMARK

Your outfit, intonation, and laugh are all part of the picture by which the outside world knows you, and it's all framed by your smell. A fragrance is linked to your personality in the long run, it is something that others can remember you by, it enhances your appeal and contributes to a more complex picture of you. It is just like a trademark. Choose your trademark at Fórum and you'll be sure to leave a trace wherever you are.

1.



2.



3.



4.



5.



1. L'EVIDENCE EDP (60ML) YVES ROCHER 17 990 HUF, 2. AQUA ALLEGORIA FORTE ROSA ROSSA EDP (75 ML) GUERLAIN - DOUGLAS PARFŰMÉRIA 50 490 HUF,
3. FULL MAGNOLIA EDP (75 ML) THE BODY SHOP 15 990 HUF, 4. ALIEN HYPERSENSE EDP (30 ML) MUGLER - DOUGLAS PARFŰMÉRIA 34 990 HUF,
5. THE SCENT ELIXIR EDP (30 ML) HUGO BOSS - DOUGLAS PARFŰMÉRIA 36 990 HUF



1. AWAY WEEKEND EDT (30 ML) ABERCROMBIE & FITCH - DOUGLAS 18 990 HUF, 2. THIS IS HIM! UNDRESSED EDT (100 ML) ZADIG & VOLTAIRE - DOUGLAS 42 990 HUF,
 3. KISTNA EDT (100 ML) THE BODY SHOP 9990 HUF, 4. BLUE MUSK EDT (60 ML) THE BODY SHOP 12 990 HUF,
 5. LUNA ROSSA OCEAN EDP (50 ML) PRADA - DOUGLAS 40 290 HUF

Soft contours

Your face is like a canvas – use easy but determined brush strokes to draw contours on it to emphasize your best features. Paint your own portrait with spring hues, powder your own canvas in a way that not even art experts can look away.

LOVE AT FIRST BLUSH (133 G)
PAT MCGRATH LABS - DOUGLAS
23 790 HUF

BLENING BRUSH
THE BODY SHOP
5990 HUF

POWDER BRUSH
YVES ROCHER
3990 HUF

POWDER BLUSH (5 G)
H&M
3595 HUF

FOUNDATION BRUSH
YVES ROCHER
3990 HUF

ÜVEGCIPELLŐ
HIGHLIGHTER (42 G)
H&M
3595 HUF

02 ROSEWOOD (4,2 G)
CLARINS - DOUGLAS
18 790 HUF

004 BACKSTAGE (10 G)
DIOR - DOUGLAS
23 490 HUF

BRUSH
BENEFIT COSMETICS -
DOUGLAS
14 290 HUF

MAKEUP BAG
WOMEN'S SECRET
9895 HUF

BLENDER
H&M
1795 HUF

GRANIT ROSE (5,9 G)
YVES ROCHER
6490 HUF

CORAL CRAVING BLUSH STICK (7 G)
H&M
3595 HUF

PEPTALK LIVE LOUD (4 G) THE BODY SHOP 5490 HUF

PEPTALK SHOW LOVE (4 G) THE BODY SHOP 5490 HUF

HOT LIPS

ROUGE ELIXIR 05 (3,7 G) YVES ROCHER 6490 HUF

ROUGE ELIXIR 04 (3,7 G) YVES ROCHER 6490 HUF

LIP BLUSH 314 CHERRY ON TOP (3 ML)
KYLIE COSMETICS - DOUGLAS 9290 HUF

LIP SHINE LACQUER DON'T @ ME 416 (2,7 G)
KYLIE COSMETICS - DOUGLAS 9290 HUF

A RIOT of color

This spring dump your black eyeliner and find joy in coloring beyond limits. Spice up your look with radical pinks, vivid purples, or charming blues so that your admirers lose themselves in your eyes.

63 SEA BLUE SOON (1,20 G) BOURJOIS PARIS - ROSSMANN 2499 HUF

09 PINK (10 G) EVELINE COSMETICS - ROSSMANN 1699 HUF

ITS GIVING JAD (0,28 G) NYX PROFESSIONAL MAKEUP - ROSSMANN 2899 HUF

38 ALL YOU NEED IS LAV (0,28 G) ESSENCE - ROSSMANN 679 HUF

A fresh palette

The spring of 2024 knocked on our door with a message of diversity. There are no rigid rules of color use, no must-have hues. The only guideline is: dare to try it all! So paint your nails to fit your mood and don't wallow in dullness. Variety is the spice of life, so let it speak your mind.



QUICK DRY (10,5 ML)
A.S.A.P - H&M
2495 HUF



CHEEKY ORANGE (10 ML)
DOUGLAS
2290 HUF



QUICK'N CRAZY - 640 (7 ML)
S-HE - DM 599 HUF



QUICK'N CRAZY - 800 (7 ML)
S-HE - DM
599 HUF

LUCKY CHARM (8 ML)
H&M
1795 HUF



SAILOR JUMPER (10 ML)
DOUGLAS
2290 HUF



THE PAMPERING YOU deserve

Did you know that our relationships with others are primarily defined by our well-being and peace of mind, our relationship with ourselves? When was the last time you considered your inner individual? Was it long ago? Mental well-being is not only about big discussions, crying to release the pressure, or laughing with abandon, but also about grooming your body, sinking down into your psyche, and focusing inward. It's all easier than you think. You don't need to visit a wellness hotel to prioritize yourself: just put yourself in focus, so that no one else is heading the list for that short period of time. Look around in Fórum's stores for quality spa products and create a little island of peace in your home for the person that is the most significant to you: YOURSELF! Believe it or not, people around you will thank you, too, because inner harmony radiates outwards and sparks self-focus in others. Enjoy your alone time!



1. HAIR BRUSH THE BODY SHOP 2090 HUF,
2. PEELING PAD THE BODY SHOP 3390 HUF,
3. EYELASH CURLER DOUGLAS MAKE-UP - DOUGLAS 4790 HUF,
4. BODY OIL (100 ML) RITUALS - DOUGLAS 9790 HUF,
5. HAIR BRUSH EBELIN - DM 2999 HUF,
6. FACE ROLLER DOUGLAS ACCESSORIES - DOUGLAS 7790 HUF,
7. EXFOLIATING BODY SCRUB MITT THE BODY SHOP 2690 HUF,
8. HAIR CLIP H&M 1795 HUF,
9. FACE ROLLER DOUGLAS ACCESSORIES - DOUGLAS 9290 HUF,
10. GUA SHA EBELIN - DM 2699 HUF



SHAPING WAX (8 G)
ANASTASIA BEVERLY HILLS -
DOUGLAS
14 290 HUF



EYEBROW PENCIL 01D3 (1 G)
YVES ROCHER
3690 HUF

EYEBROW PENCIL
CARAMEL BROWN (1,7 G)
H&M
1495 HUF



TWEEZERS
DOUGLAS ACCESSORIES -
DOUGLAS
2290 HUF

BROW FREEZE APPLICATOR
ANASTASIA BEVERLY HILLS -
DOUGLAS
9790 HUF

BROW POWDER (3 G)
THE BODY SHOP
5690 HUF



The perfect shape

Arch them, dye them, pluck them, or tone them – you may emphasize your eyebrows any way you want now. Whether you prefer soft curves or well-defined lines, this year’s motto is “stay natural.”



EYEBROW POMADE
(4 ML)
THE BODY SHOP
6990 HUF



BROW POWDER TAUPE (2x0,8 G)
ANASTASIA BEVERLY HILLS -
DOUGLAS
16 290 HUF

EYEBROW POWDER BLONDE (2x0,8 G)
ANASTASIA BEVERLY HILLS -
DOUGLAS
16 290 HUF



EYEBROW MASCARA 04 (2,5 ML) YVES ROCHER 3890 HUF



EYEBROW PENCIL 01M1 (1 G)
YVES ROCHER
3690 HUF



The Wild Wild West!



This year all cowgirls will ride high in the saddle because earth colors have finally taken the reins of fashion, alongside leather substitutes and western style cuts. Get your lassos ready and break in those wild western sets.

BOOTS STRADIVARIUS 29 995 HUF

NECKLACE PARFOIS 4995 HUF



LEATHER JACKET ZARA 99 995 HUF



HAT PARFOIS 7995 HUF



CARDIGAN ZARA 19 995 HUF



DRESS H&M 20 995 HUF



LEATHER BELT ZARA 11 995 HUF



BANDANNA SCARF PULL&BEAR 3995 HUF



SUNGLASSES STRADIVARIUS 3995 HUF

TOP ZARA 9995 HUF



SKIRT ZARA 14 995 HUF



BOOTS PULL&BEAR 18 995 HUF



BAG PULL&BEAR 11 995 HUF



BALLERINAS H&M 15 995 HUF

Peach fuzz

Charming, romantic, soft, and easy on the eye – the list goes on: such is the pleasant fusion of orange and pink. Peach fuzz is a must-have hue in this year's closet, with elegant assistance from whites, reds, and beiges. This year peach tones are jumping off the fruit stalls to move into the stores and into your own closet.



DRESS H&M 12 495 HUF
BOOTS PARFOIS 25 995 HUF
BANDANA PEPE JEANS 13 000 HUF



TOP ANDS PANTS RINASCIMENTO 55 590 HUF
EARRINGS PARFOIS 3995 HUF
CHOKER SCARF BIJOU BRIGITTE 4990 HUF

MODEL: AMIRASZILÁGYI, **PHOTO:** NORBERT PORCZIÓ, **MAKEUP:** KATE Klapka, **HAIR:** NORBERT KORPAI



DRESS PEPE JEANS 44 400 HUF
DENIM JEANS ZARA 16 995 HUF
CLOGS ZARA 16 995 HUF



TOP ZARA 16 995 HUF
VEST ZARA 10 995 HUF
JEANS STRADIVARIUS 11 595 HUF
SNEAKERS ZARA 9995 HUF

Charming and top-notch

Bodysuits, thin caps, soft toys, onesies, baby shoes: the list goes on when you're welcoming a newborn into the family. What's more, quality is key when choosing babies' items as the little ones have very sensitive skin. At Fórum you'll find everything in one place when you're looking for high-standard as well as trendy items for the light of your life.

1.



2.



3.



4.



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6.



7.



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12.



13.



11.



1. KNIT BONNET WITH OPENWORK ZARA 4995 HUF, 2. BODYSUIT ZARA 7995 HUF, 3. SLEEP BAG H&M 9495 HUF, 4. BOTTLE COVER ZARA 4995 HUF, 5. KNIT 2-PIECE COTTON SET C&A 7995 HUF, 6. FLORAL CROCHET JUMPSUIT ZARA 7995 HUF, 7. TROUSERS ZARA 5995 HUF, 8. ANIMAL-SHAPED WASH MITT H&M 1795 HUF, 9. FLORAL BRIEFS WITH EMBROIDERY ZARA 4595 HUF, 10. SOFT TOY H&M 5195 HUF, 11. 3-PACK TOYS H&M 9495 HUF, 12. 3-PACK RIBBED COTTON LEGGINS H&M 6495 HUF, 13. COTTON BOOTS ZARA 7995 HUF



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



1. ELMA VAN VLIET: ANYA & APA, KÉRLEK...MESÉLJÉTEK RÓLAM! - BABANAPLÓ AZ ELSŐ ÉV EMLÉKEIRŐL LIBRI 3999 HUF, 2. KNITTED COTTON ALL-IN-ONE SUIT H&M 8995 HUF, 3. COTTON BOOTS ZARA 6595 HUF, 4. 3-PACK BLANKETS C&A 4495 HUF, 5. ADJUSTABLE-FIT SET H&M 5995 HUF, 6. HEDGEHOG SHAPED RATTLE H&M 3595 HUF, 7. BATH TOWEL H&M 5195 HUF, 8. 3-PACK RIBBED TRIANGULAR SCARVES H&M 3495 HUF, 9. BABY OUTFIT C&A 5995 HUF, 10. 3-PACK WRAPOVER BODYSUITS H&M 4995 HUF, 11. 2-PIECE COTTON SET H&M 1995 HUF

Cool things for cool teens



MÁTÉ
HOODIE ZARA 11 995 HUF
PANTS ZARA 16 995 HUF
SNEAKERS DEICHMANN 19 990 HUF

PANNA
VEST SUGARBIRD 69 990 HUF
SWEATER STRADIVARIUS 7995 HUF
PANTS STRADIVARIUS 10 995 HUF
SNEAKERS DEICHMANN 11 990 HUF
EARRINGS STRADIVARIUS 3295 HUF

Adolescence is a time of self-exploration. It's easier to find your own way and style when wearing comfortable items. This year jeans are sweetened with stripes and freshness so the only ingredient missing is YOU!

PANNA

SWEATER HOUSE 6595 HUF

DENIM DRESS HOUSE 13 995 HUF

SOCKS H&M 2995 HUF

SNEAKERS DEICHMANN 27 990 HUF

BAG DEICHMANN 7990 HUF



MÁTÉ

SWEATER PULL&BEAR 8995 HUF

JEANS H&M 12 495 HUF

SNEAKERS DEICHMANN 24 990 HUF

MODELS: PANNA, MÁTÉ, PHOTO: NORBERT PORCZÓ, MAKEUP: KATE Klapka, HAIR: FANNI SZLÁGYI

MÁTÉ

HOODIE HOUSE 11 995 HUF

JEANS HOUSE 9995 HUF

SNEAKERS DEICHMANN 24 990 HUF

PANNA

CARDIGAN ZARA 9995 HUF

BERMUDA SHORTS STRADIVARIUS 9995 HUF

SOCKS H&M 2995 HUF

BALLERINAS HOUSE 6995 HUF

PANNA
CARDIGAN H&M 9295 HUF
TOP H&M 6995 HUF
SKIRT H&M 6995 HUF
TIGHTS CALZEDONIA 2995 HUF
HAIR CLIP STRADIVARIUS 2495 HUF
BALLET FLATS STRADIVARIUS 11 995 HUF



MÁTÉ
SHIRT H&M 9295 HUF
SWEATER H&M 9995 HUF
TROUSERS ZARA 10 995 HUF
SNEAKERS CCC SHOES & BAGS 12 995 HUF

#BookBoard

You always have a choice...

There's a risk in recommending books, because the experience of reading is always subjective. Tastes vary not only in clothes or food, but also in books.

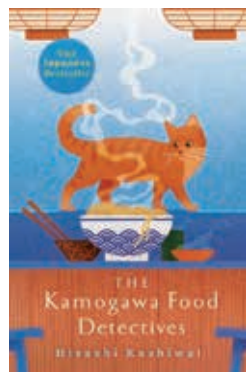
Even though I feel that the popularization of reading is a mission, I am a little headstrong and run ahead of trends. What often happens is I come across the season's most popular book, which is all the rage, but never choose it. Then, having second thoughts, I pick it up with the inner drive to see if it is really all that bad. This spring I decided not to overcomplicate my choices and not



to pick books on the basis of thorough and strategic deliberation. Rather, I let myself be inspired by the color of the year; the powdery tone “Peach Fuzz,” which has a positive value, radiates happiness, promotes acceptance and empathy, and makes you featherlight with its ethereal quality. This is what we need! No complications, just magical, color covers and surprise content. At the outset I was sure that no heavy-handed horror stories would be published within such covers, yet I was sometimes surprised. So let's see what the peach-colored covers have in store for us:

CSILLA TÖRÖK-PAPP

Alföld Television Business unit manager



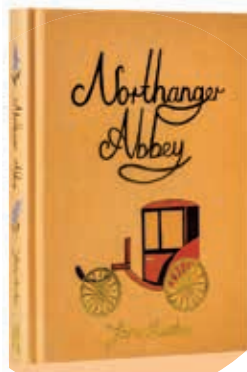
**HISASHI KASHIWAI:
The Kamogawa Food Detectives**

Is there a dish that you would do anything to taste once more?

There is a special restaurant in a quiet backstreet in Kyoto where a father and a daughter, in addition to serving extravagant dishes, help others to recreate lost family recipes that could provide a key to recalling forgotten memories or finding happiness in the future. We are gradually acquainted with six lives during six investigations into lost dishes. The entire book is suffused with the peculiar feel of Asian culture. Flavors, prayers... and spices unknown to me are the focus. Parallel to Nagare's investigations I, too, browsed the Internet for places to purchase the ingredients from. The way of self-knowledge through cuisine raised my interest in the writer, too, who was born in 1952, and works as a dentist and appears in TV shows and magazines. Immediately I understood the source of my fascination.

FAVORITE QUOTE:

“Fate is a strange thing: it gets people together, because you will meet whomever you need to meet. In the same way, I have no doubt that people who have something to do with us will find their way here.”



**JANE AUSTEN:
Northanger Abbey**

In an unusual way, this book is the English-language original, but it landed in my cart not only because of its “Peach Fuzz” cover. Libri bookstore in Fórum has these classics on the shelves with new, youthful designs that look like canvas covers but are in reality bound in what's called “structured art paper,” and I am more than happy about that. I recommend reading *Northanger Abbey* (1818) when you are already familiar with the rest of Austen's stories and regard “Jane” as an old friend, because this one is a satirical piece loaded with self-irony. Here Austen allows herself to address the reader in quaint “asides,” and she's right to do so. This work, like so many others, was published only after her death. Even though it is relegated to the end of the list by critics, it boasts a voice that we rarely hear elsewhere, and this in itself shows Austen's greatness. I can only recommend it, while reinforcing the peach-scented spring mood.

FAVORITE QUOTE:

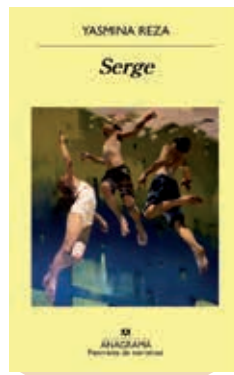
“Modesty, and all that, is very well in its way, but really a little common honesty is sometimes quite as becoming.”



KATHRYN STOCKETT:
The Help 1-2

This book is another instalment in the genius “Capsule Library” series launched in 2021. The popularization of reading is not primarily about feeding our children the canon of “compulsory reading,” but much rather about reading material that is both idiomatically and cognitively exciting, yet also entertaining, and describes our world in a witty and spellbinding manner. These two books are like that. '60s American small town Jackson is swept away by the wind of change: whites no longer believe in segregation and blacks no longer fear saying what's on their mind. This historical period has something to teach those who have a problem with acceptance. The story unfolds through the eyes of three main characters, Skeeter, Aibileen, and Minny, which variable narrative perspective can remain exciting and humane throughout the 700 pages. The only downside is the small print that is a direct consequence of the book's length.

FAVORITE QUOTE:
“That's fine,' he'll say. 'You fine?'
'I'm fine,' I say.
'Fine, then.'”



YASMINA REZA:
Serge

I have read a lot of different books about Jewish people and I'm afraid they often come after the same pattern: they write about the greatest disgrace in human history, and the writing rips off the band-aid. Now comes a book which tells us about a Jewish family and possibly rips off another band-aid: it focuses on the family tradition that the siblings can't or simply won't carry on irrespective of their Jewish descent. This story is about sibling love and rivalry, the difficulty of family relationships, the so-called band-aid in many people's lives. Yasmina Reza wrote a tragicomedy where the functionality of the family as an institution is teetering, black humor colors the siblings' disheveled relationships, and although questions are posed, answers are not always found, to my mind. My subjective opinion is: the story calls for a darker cover design.

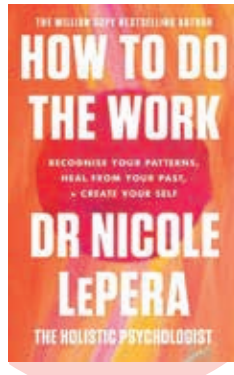
FAVORITE QUOTE:
“I don't get why Grammy had her remains cremated. Isn't it strange that a Jew would want her remains to be cremated? I decided to visit Oswitz this year...”
'AUSCHWITZ! Serge exclaimed. 'Oswitz! Are you a goy or what? Learn to pronounce it properly! AuschwitZ! AuschhhhhwitZ! Shhhh!'"



TOVE DITLEVSEN:
Childhood
(Copenhagen Trilogy 1)

This book appeared on Hungarian shelves only in 2023 despite the fact that the writer had died in 1976. The reminiscences take us back to her childhood. The work is ahead of its time and the contemporary classics of autofiction. This novella on the borderline of autobiography and fiction has a peculiar yet predictable language born from own traumas. Instead of the Danish royal family, we see the life of the petit bourgeoisie, and the petty weekdays of factory workers and people in odd jobs, through the eyes of a child “born in the wrong place.” Her life is painful and abusive, and if you know her poems, you might believe that the experiences were “true.” If judging by the cover you expect light reading, you will be disappointed. The next part of the trilogy, *Youth*, is already in the bookstores, and the writer is finishing the third part entitled Dependency.

FAVORITE QUOTE:
“Wherever you turn, you run up against your childhood and hurt yourself because it's sharp-edged and hard.”



DR. NICOLE LEPERA:
How to Do the Work

No psychology books can be a substitute for work with an expert, but they can help you make the first step. A well-structured self-help book can shed light on many aspects of our self-knowledge, and this collection is of that kind. “Heal your soul, your mind and your body through holistic psychology,” says LePera, who, according to her, wasn't a traumatized child, she was simply raised in an alternative way. Holistic psychology strives to reinstate the equilibrium of the body and the nervous system and to heal unprocessed psychic injury by focusing on the mind, the body, and the psyche. The expert's Instagram page has over two million followers worldwide, where she shares practical advice such as you may find in her book. Pick up this book to dust off your knowledge if the following words ring familiar: ego story, trauma bond, abuse education. If they do not, there's a perfect reason to get acquainted with this book.

MY FAVORITE QUOTE:
“The subconscious mind loves existing in a comfort zone.”

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and services.

LET'S GO!

Find your new favourite in our store!

05.04.2024 – 30.04.2024

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REMINGTON HC5150 ALPHA HAIRCUTTER

- Pro Power Motor
- New generation stainless steel coated cutting knives
- Mains or battery mode

Article number: 1069890



8999^{Ft}

REMINGTON

REMINGTON MB3000 STYLE SERIES B3 BEARD TRIMMER

- Self-sharpening ComfortTip cutting knives
- Detachable, washable cutting knives
- Different shear lengths (0.4mm-18mm)

Article number: 1317212



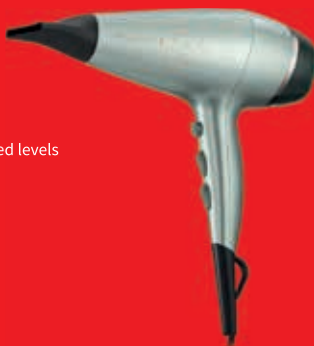
9999^{Ft}

REMINGTON

REMINGTON AC5860 BOTANICALS™ HAIR DRYER

- Ionic conditioning
- Power: 2300 W
- 3 temperature levels, 2 speed levels

Article number: 1399695



19999^{Ft}

REMINGTON

REMINGTON S5860 BOTANICALS™ AIR STRAIGHTENER

- digital temperature control with 10 setting options
- ultra-fast heating
- Special, rounded shape

Article number: 1399697



24999^{Ft}

REMINGTON

REMINGTON AS5860 BOTANICALS™ ROTATING HEAD HOT AIR HAIRSTYLER

- Power: 800 W
- 2 temperature levels, 2 speed levels
- Cool Shot

Article number: 1399687



28999^{Ft}

The offer is valid from 05.04.2024 to 30.04.2024, but up to the stock level in the MediaMarkt store in Debrecen. The offer does not apply to online purchases. Prices include VAT. We only serve household quantities. We are not responsible for printing errors. Some of our products are illustrated with a symbolic photo. The offer cannot be combined with other promotions or other discounts that reduce the purchase price of the product, and is not valid for the purchase of products in the current advertising magazine.

LET'S GO!

Health is *trendy*

How about a light smoothie after your morning jog? Or a protein shake after cycling to work? Your favorite song lists chiming away in the background to drive you to maximum performance? We'll supply the necessary equipment and outfit to help you focus on your lifestyle choices.



1. VEST HEAVY TOOLS 24 990 HUF, 2. CAP HEAVY TOOLS 5990 HUF, 3. GALAXY WATCH 6 CLASSIC 43MM BT SAMSUNG EXPERIENCE STORE 169 990 HUF, 4. CYGNUS ROLLER HERVIS 31 999 HUF, 5. JACKET BUDMIL STORE 24 990 HUF, 6. DRESS BUDMIL STORE 22 990 HUF, 7. BAG HEAVY TOOLS 18 990 HUF, 8. HAMA CONNECT STEREO BLUETOOTH HEADSET MEDIA MARKT 7399 HUF, 9. BUCKET HAT BUDMIL STORE 8990 HUF, 10. BRAUN MQ3025 MIXER MEDIA MARKT 14 299 HUF, 11. PROTEIN PANCAKE (1036 G) SCITEC NUTRITION 7990 HUF, 12. 100% PURE WHEY PROTEIN DRINK (1000 G) BIOTECHUSA 11 990 HUF, 13. MULTIVITAMIN FOR MEN (60 PIECES) BIOTECHUSA 6290 HUF, 14. SNEAKERS BUDMIL STORE CHECK IN STORE, 15. BAG BUDMIL STORE 16 990 HUF



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Ramson cream soup

with smoked beef tongue and poached eggs

Ingredients:

- 2 bunches of fresh ramson
- 300 g potatoes (peeled)
- 80 g butter
- 1 tbsp oil
- salt and pepper
- 1.2 l vegetable stock
- 200 ml cream
- juice of a quarter lemon
- 1 smoked beef tongue
- 4 eggs
- 2-3 tbsp vinegar



Directions:

Boil the tongue until completely tender. Use a sharp knife to nick the boiled beef tongue on the sides, then peel off the skin. Let it cool, then slice thinly.

Chop the ramson and peeled potatoes, and fry in a mixture of butter and oil for 3-4 minutes, sprinkling them with salt and pepper. Add the stock, then cook until the potatoes are soft. Add lemon juice to the mass and use a blender to pulp it. (If you find it too stringy, strain it through a sieve.) Add the cream, then boil until done.

Boil water in a pot and add vinegar and salt. Stir the water to make a mini “whirlpool,” then break the eggs and pour them into the eye of the “whirlpool” from up close. Cook them slowly for 3 minutes.

When it's all done, arrange the tongue slices and the eggs, and gently pour the cream soup over it all.

GRILLED SALMON WITH SKIN

*in hollandaise sauce, with spring vegetables
and fresh chervil*



Ingredients:

- 80 dkg salmon
- 4 egg yolks
- 10 dkg butter
- salt and pepper
- 200g tender green peas
- 200 g baby carrots
- 100 g asparagus
- 1 bunch of radish
- 3 tbsp olive oil
- 2 cloves of garlic
- 1 bunch of chervil
- 2 lemons

Directions:

Clean and chop the vegetables, then make a mixture of 3 tbsp olive oil, salt, 2 cloves of garlic, mashed, half a bunch of chervil, chopped, and the peel and juice of a half lemon. Fold the vegetables in the sauce so that it covers them all. Spread the paste on baking paper and bake for 25 minutes at 200 degrees.

Divide the salmon into 4 pieces. Fry both sides for 2-3 minutes, then lay the pieces in a baking pan, sprinkle with salt and pepper and lemon juice, then bake at 200 degrees in a preheated oven for 12 minutes until done. Melt the butter and let it cool. Add 1 tbsp cold water to the egg yolk and beat until frothy.

Stir the egg yolk with a whisk above steam continually for 3-4 minutes until nice and thick. Remove it from the steam and add butter slowly, gradually, drop by drop. When all the butter is added, sprinkle with salt and pepper, then season with lemon juice.

Serve the vegetables and salmon with warm hollandaise sauce on the side, sprinkled with fresh chervil.

PISTACHIO TIRAMISU



Ingredients:

- 3 eggs
- 100 g sugar
- 500 g mascarpone cheese
- 200 g pistachio cream
- 250 ml espresso
- 30 sponge cake fingers
- 1 tbsp Dutch cocoa powder
- 100 g pistachios

Directions:

Mix the eggs and the sugar for the custard, heat up over boiling water, then whisk until cool.

Add mascarpone and pistachio cream to the custard. Layer the cream, the sponge cake fingers dipped in coffee, the cocoa powder, and the chopped pistachios in a bowl. Repeat until the ingredients run out. Finish off with a layer of custard, then sprinkle some cocoa powder and add coarsely chopped pistachios on top. Finally, let it cool in the fridge for 3-4 hours so that it sets nicely and the flavors ripen.



COURTESY OF
LEROY CAFÉ DEBRECEN

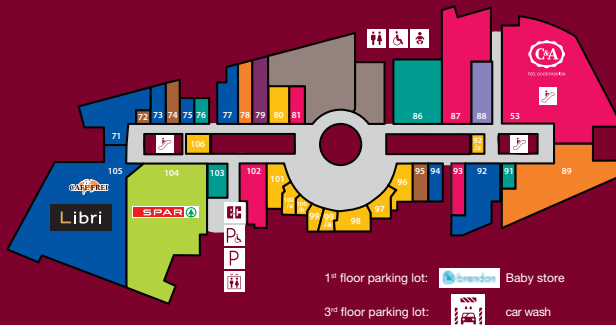
*THE DISHES HAVE BEEN CREATED
BY ENIKŐ BÖKÖNYI,
CHEF OF LEROY CAFÉ DEBRECEN.*

FASHION BUZZ TOGETHER

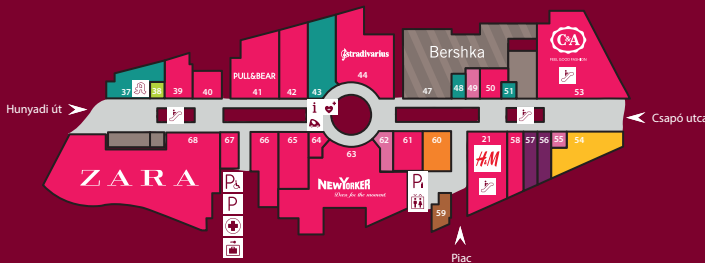
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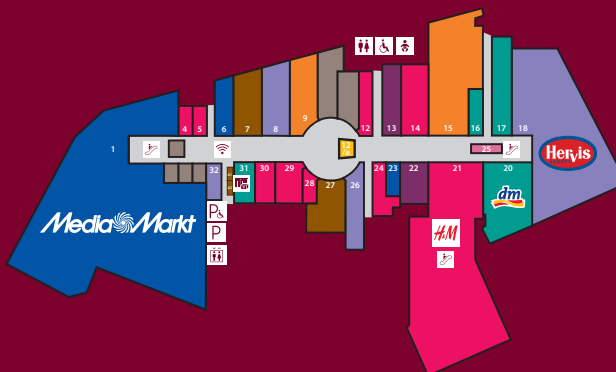
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ELECTRONICS, BOOKS, PAPER, TOYS, GIFTS

- 73 First Phone
- 94 IKEA
- Tervezőstúdió
- 75 Inmedio
- 23 iStyle
- 71 Játéknet
- 105 Libri
- 1 Media Markt
- 6 Muyoso
- 92 Pirex
- 77 Samsung

RESTAURANTS, CAFES

- 98 Burger King
- 101 Bellozzo
- 100/a Bistro restaurant
- 105 Café Frei
- 12/a Coffee Cup
- 106 Cortesi
- 100/b Döner King
- 96 KFC
- 54 Leroy restaurant
- 92/a OXO Bubble Tea
- 97 Purple Panda
- 99 Simon's Burger
- 80 Starbucks
- 99/a WOK 'n' Go

FOOD

- 104 SPAR
- 38 Stühmer



Luggage storage



Male/Female Toilet



ATM



Changing room



Disabled Toilet



Car wash



Disabled parking



Information



First Aid Point



Escalator



Elevator



Parking lot office



Little Car



First Aid Point



Package sending machine
GLS, Foxpost



Free WiFi



Pharmacy



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