

First day

Afternoon 15:00 – 18:00

Arrival, Welcome & Registration

Grand Café de la Paix

Evening session 20:00 – 21:30

Introduction Evening

room - A

Late evening 22:00 – 24:00

Cafè de la Paix



Menu

Dinner
18:00 - 19:00

Soup
Creamy sweet chickpea soup

Meal
Calasparra rice with sweet rice
Summer evening tofu
Hiziki with daikon and shitake
Sauerkraut carrot apple salad
Crispy Chinese cabbage

Dessert
Fresh fruit kanten

The menus
have been
specially designed for
people from
different cultures
by **Wieke Nelissen**

The recipes of the dishes served for breakfast, lunch and dinner during last year's Summer Conferences, including soups and desserts, are available in a cookbook:

The International Macrobiotic Summer Cookbook

by Wieke Nelissen

is available in **Deshima Shop**

We will announce during the week when Wieke will be available, together with other authors, for signing the books.

The greatness of a nation can be judged by the way it's animals are treated
- Ghandi