

## Kick Off Meeting Tempus DESIRE, 28 - 30 January 2014.



Please be advised that you should keep all receipts, original tickets and boarding passes from your journey to Belgium and back again. You need to send these to the project coordinator, Dirk Van Merode, after the travel, along with your Mobility Report Document, annex 9. These documents are necessary for reporting these costs to the EU.

### Arrival to Antwerp, coming from Brussels airport and arriving at the accommodation 27/01 or 28/01.

If you arrive on the 28<sup>th</sup> of January, my colleague Nathalie Maes will be waiting for you in the airport. There are two arrivals, one at 11:30 and one at 12:30. She will be carrying a board with “DESIRE”. She will take the train with you to your hotel in Antwerp.

Estimated arrival time is around 15:00.

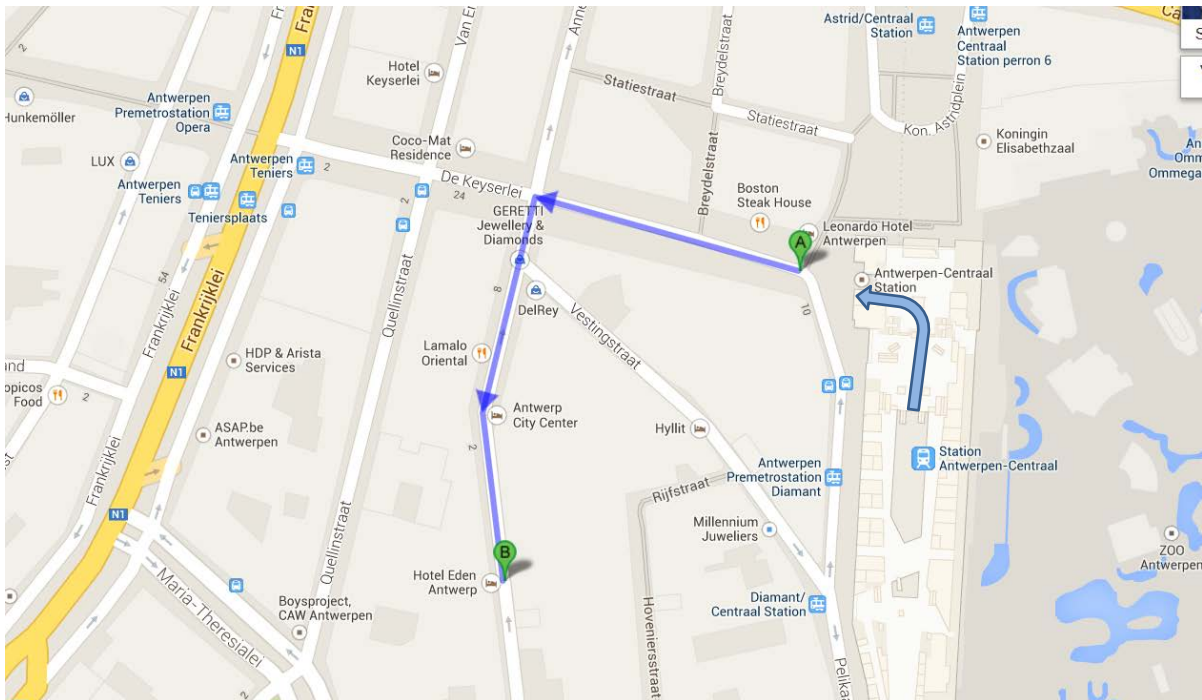
Dirk Van Merode will come to the hotel at 18:00 to welcome you and to do some administration. So in between there is some free time. And afterwards you are free as well.

If you arrive the 27<sup>th</sup> of January, you need to go to the hotel by your own means.

If you come from Brussels National Airport, you best take the train direction Antwerpen Centraal.

You can find the elevator in the airport in the far right corner when you come from luggage reclaim. Take the elevator all the way down, and you will find the railway station. The fee of going from Brussels to Antwerp is about €12.

Each hour, there are two direct trains to Antwerp Central Station (“Antwerpen Centraal”) from the airport, which takes you about 40 minutes. One is at 14 minutes after the hour and another at 44 minutes, so at xx:14 or at xx:44.



If you leave the station at Antwerpen Centraal, always keep the same direction of the trains. If you arrive at platform 24, you need to go up the escalators, 3 times before arriving at the ground floor. When arriving at platform 6, you need to go one down. In the central building, under the beautiful dome, turn right. Don't forget to take a good look at the station, it is voted one of the most beautiful in the world.

If you come outside, you arrive at the Keyserlei, a straight lane towards central part of Antwerp.

You have to take the first street to your left, this is the "Lange Herentalsestraat". Your hotel is at number 25.

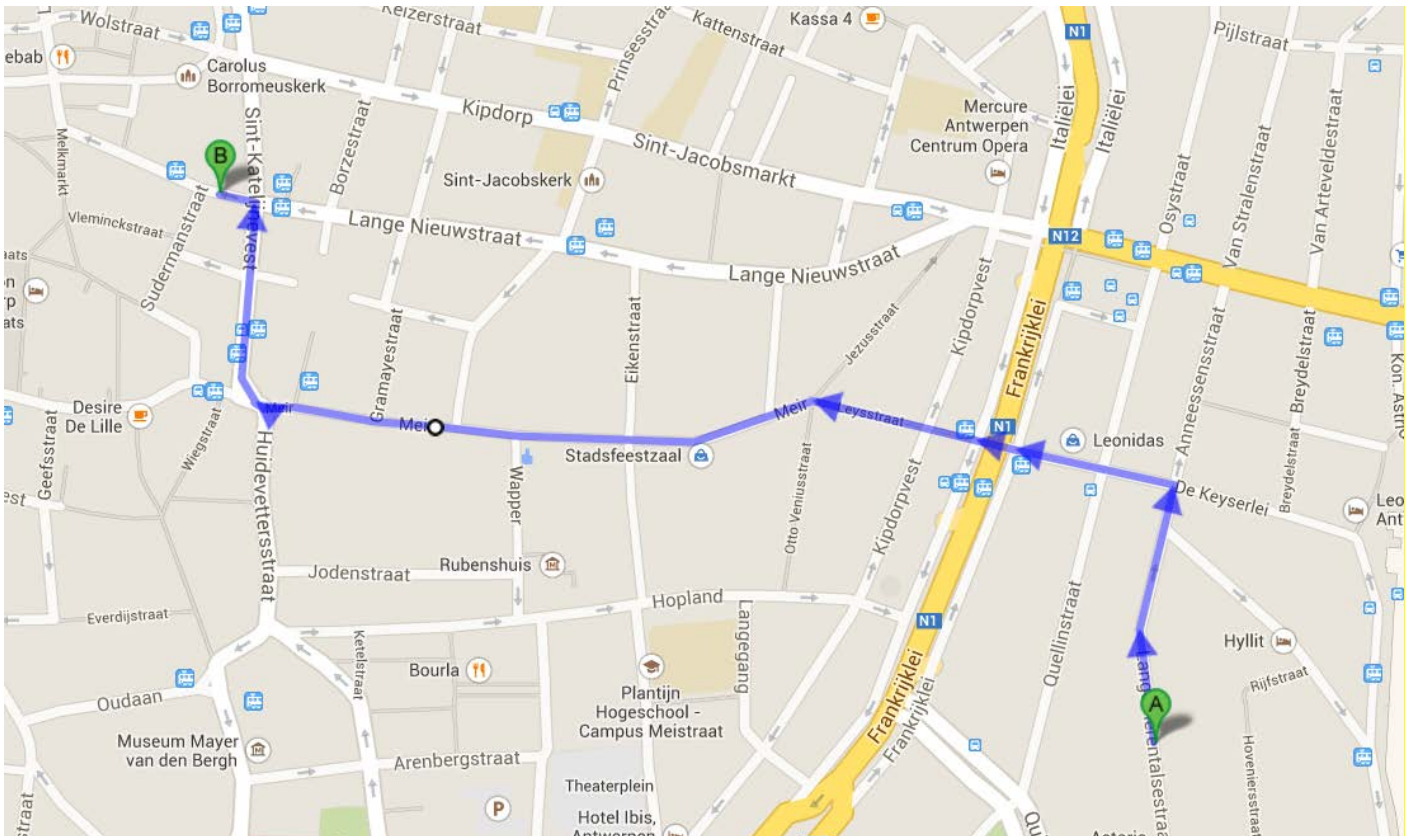
Hotel Eden Antwerp  
Lange Herentalsestraat 25  
2018 Antwerpen  
0032 3 206 96 90



### Kick off Meeting 29/01

Dirk Van Merode and Peter Arras will join you for the breakfast in the hotel at 7:15. They will guide you to the meeting venue at 8:00. The meeting will start at 8:30 and is held at Campus Carolus. This is a 1,4km walk.

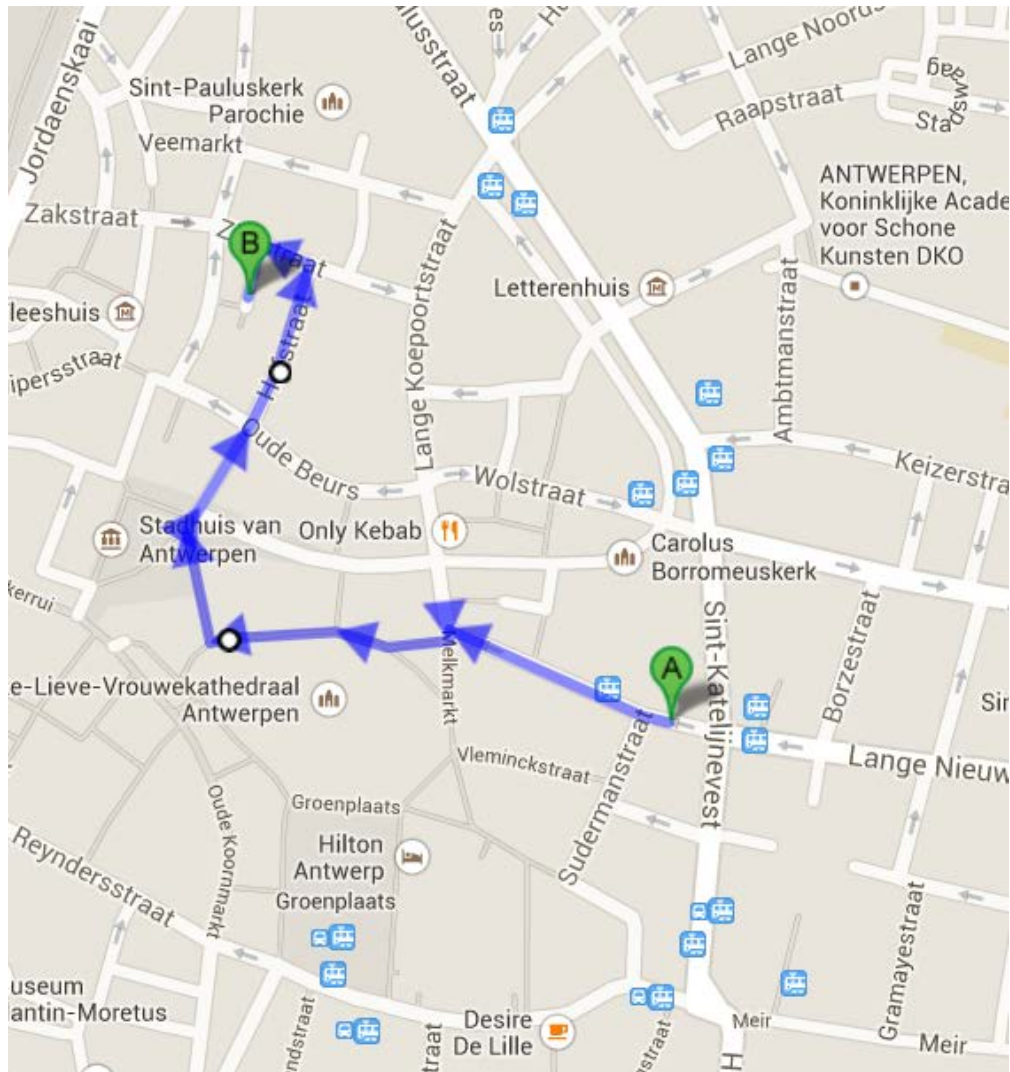
- A: Hotel Eden Antwerp  
Lange Herentalsestraat 25  
Antwerp
- B: Campus Carolus  
Korte Nieuwstraat 33  
Antwerp



Consortium dinner is held at “In de Gloria”, after a guided tour through Antwerp.

A: Campus Carolus  
Korte Nieuwstraat 33  
Antwerp

B: In de Gloria - restaurant  
Kleine Koraalberg  
Antwerp



### Doctors in medicine:

1. Verhagen / Eveline  
Van Boendalestraat 13  
2000 Antwerpen  
03 231 33 20
2. Dokter B. De Bruyker  
Keizerstraat 78, 2000 Antwerpen  
03 233 19 96

3. D'Aes / Hugo  
Van Stralenstraat 10  
2060 Antwerpen  
03 233 89 50
4. Apotheek (drugstore)  
Internationale Apoteek nv  
Appelmansstraat 11  
2018 Antwerpen  
03 231 67 98

### Tourist info:

Belgium is known for its beer (400 brands) and chocolates.

Traditional food included: mussels (seafood) with French fries, “stoofvlees” with fries (some kind of goulash), “konijn met pruimen” (rabbit with prunes), “forrel” (some kind of fresh water fish), “bloemkool met worst” (coli flower with sausages), “Gentse waterzooi” (soup with chicken and vegetables).

Belgium was conquered many times in history, and all conquerors left some archaeological heritage. Some of the prettiest cities nearby are marked here:

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

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

### Other practical matters:

- Currency: euro (1 euro = 1.25 US\$), divided in 100 eurocent
- Some standard prices:
  - o 1 bread (800gr) = 2.20 euro
  - o 1 litre of milk = 1 euro
  - o Hot meal at university = 5 euro.
  - o A beer in the pub: 2.00 euro
- Telephone number of police: 101
- Telephone number in case of emergency (ambulance, doctor, fire brigade): 112
- It is safe to walk around in Antwerp.
- It is also safe to drink water from the tap in the hotel.
- You are obliged to always carry your passport.
- Carrying weapons (knives included!) is forbidden in Belgium.
- If you are really lost, contact Dirk Van Merode

### Contact information:

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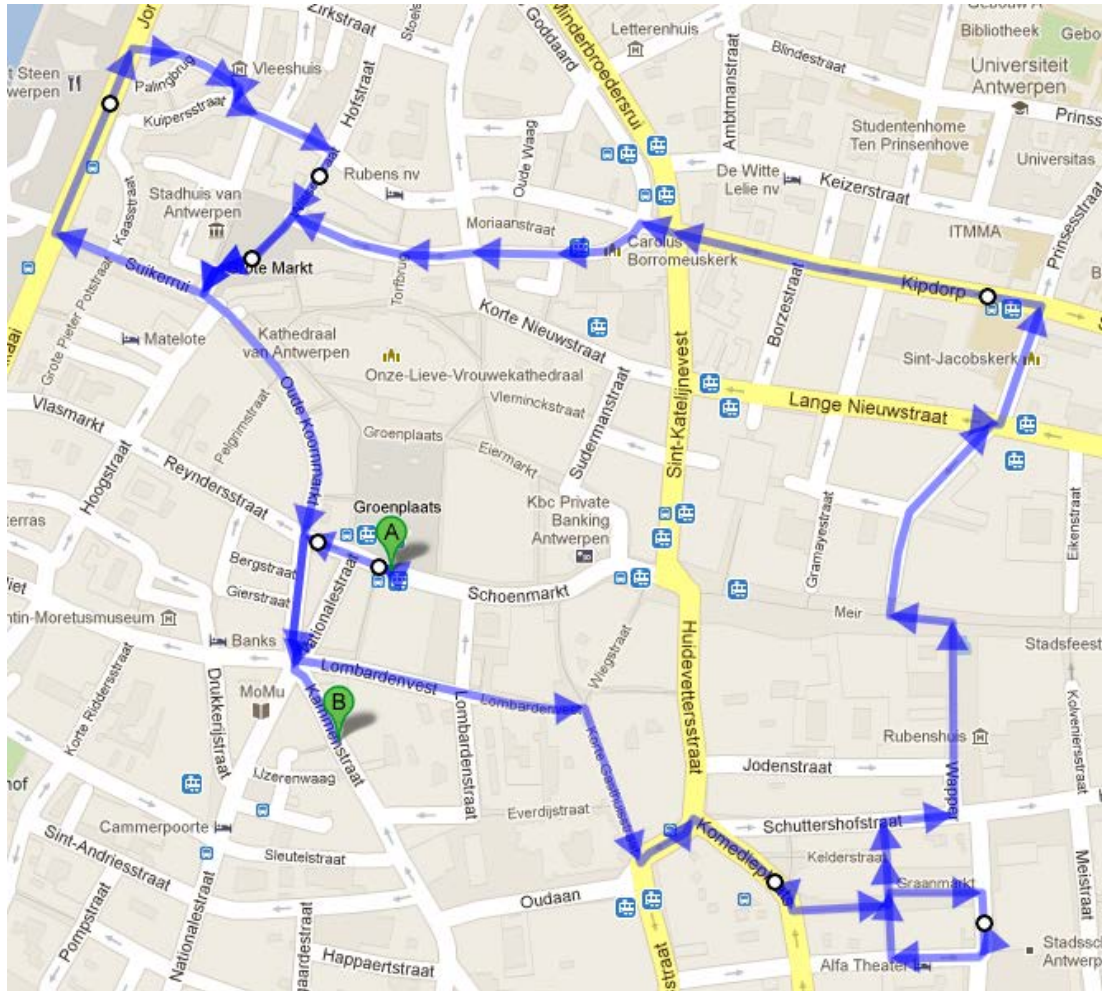
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## Antwerp

### City Hike

If you want to visit Antwerp in your free time, we have included some touristic high lights of Antwerp.

If you want to have a small city hike, you can follow the small route. A part of this tour will be visited after the meeting.



### How to get there?

The easiest way is to go by metro or on foot, via “de Meir”.

Metro station “Opera”, direction “linkeroever” or “Zwijndrecht”, stop “Groenplaats”.

“Opera” and “Meir” are the two stops before “Groenplaats”.

When you come out of the metro, you will find the **Groenplaats** at your right-hand side.

In the center of the square there is the statue of the famous painter Pieter Paul Rubens.

This square used to be a graveyard, but the Austrians ordered it to be moved outside the city walls.



Here you can see some **old maps of Antwerp**. If you compare them with the new city map, you see that new structures were built over the old ones. The new ring way

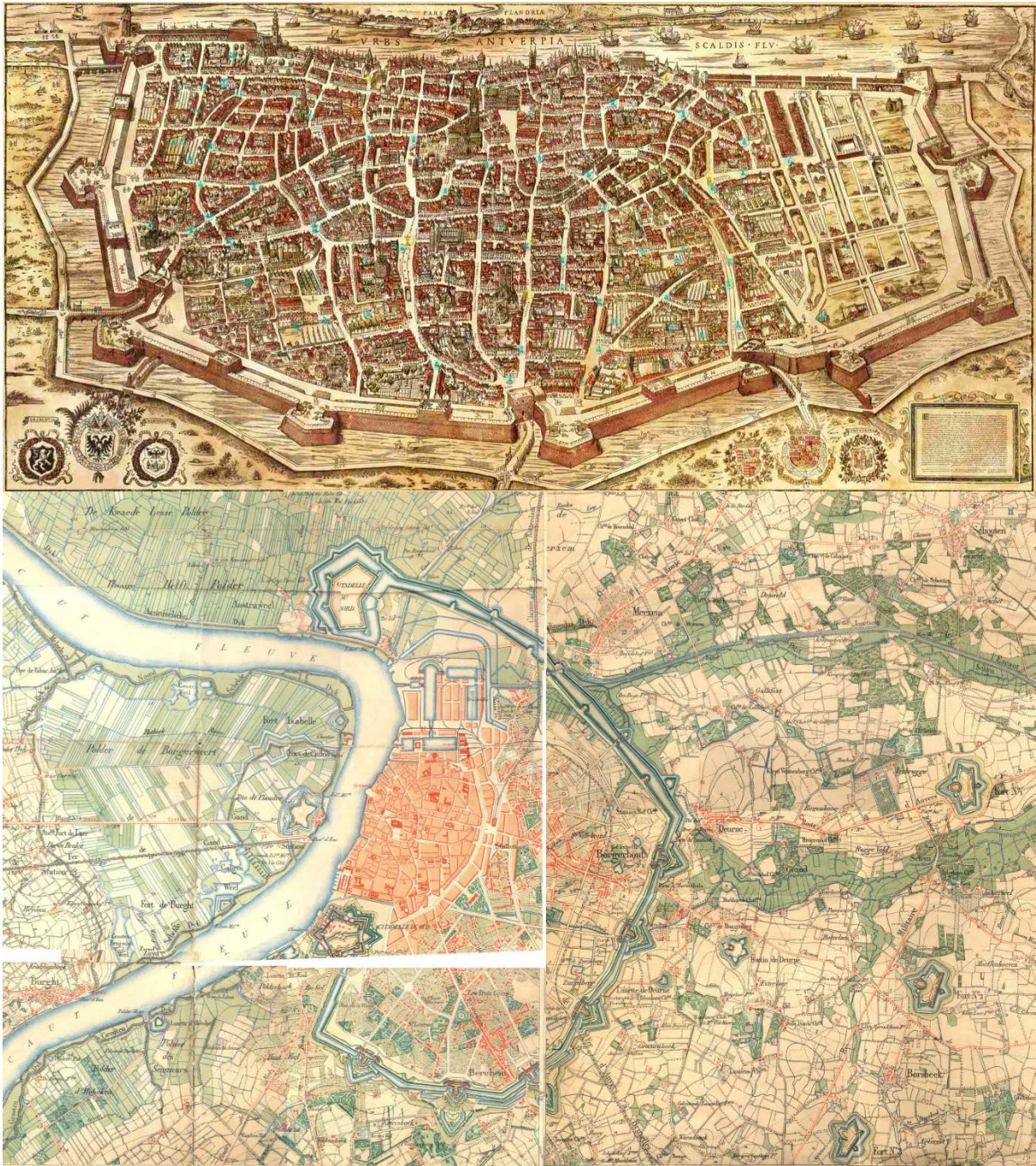


around Antwerp was placed over the city walls. Water ways running through the city were covered to make way for new streets. All with the name “Rui”, “Vest” or “Vliet” refer to these old water ways. Compare this with Venice. They underground waterways can still be visited.

If you were poor, you could not stay within the city walls after dark. There was a bell, “cloche” in French, who ordered them to go outside. We still call these poor people, with no home, “clochards”.

Antwerp people are called Sinjoren. And sometimes Pagaders. If both your parents were from within the city walls, you are a Sinjoor. If one comes from outside the city walls you are a Pagader. If none come from Antwerp, you are not that important ;-)





From the Groenplaats you go up to the Cathedral, at the far left corner of the square. Notice that you can eat a good pizza on the corner at Da Giovanni's.

If you go a further to the cathedral, you will see some statues grouped together at you right side. If you look at their postures, they clearly don't match. They were put their in honor of some king visiting Antwerp and they found some statues in a warehouse and put them together.



Take the time to look at the marvelous **cathedral**. The tower is 123m high and actually is part of twins, but the other one didn't make it that high. The northern tower is the highest church in the Benelux.

The cathedral is a gothic cross church, built between 1352 and 1521.

There is not much left from the original interior. In the Reformation the "Beeldenstorm" raged through the cathedral. Glass windows, statues, relics, monumental graves and dozens altars were massacred and destroyed by Calvinists.

Two famous triptychs from the Flemish painter Rubens, *De kruisafneming* from 1612 and *De Kruisoprichting* from 1609-1610.



**A dog of Flanders:** In the 19th century novel *A Dog of Flanders* by Ouida a poor boy Nello and his dog Patrasche visit the Antwerp cathedral and fulfill an old dream by looking at a painting of Pieter-Paul Rubens. In Japan this book is a literary classic and a lot of Japanese tourists therefore visit the cathedral, to also look at this painting.

If you leave the square, passing the well of Quiten Matsijs, notice the figure on top. This is **Silvius Brabo** a nephew of Julius Caesar. In his hand he has the hand of Druon Antigoon, a giant who lived in Antwerp and cut off the hands of captains who couldn't afford the entrance fee he demanded. Brabo slayed the giant and thus freed Antwerp port to get free access with their ships.

On the right you will see "Paters Vaetje", where you can buy a lot of **Belgian Beers**. Watch out, many of them are quite strong.



If you pass through the alley in front, you will arrive at the main square, “**Grote Markt**”.

### **a) Guildhalls**

This old Frankish square is cornered by old 16th and 17th century guild halls and reconstructions of these old houses. The authentic houses have gone through firm restorations. Other houses are reconstructions of 19th and 20th century, according to old paintings and testimonies. Original houses are de numbers 24, 38 en 40.

De biggest house is called “Het Pand van Spanje”, Spanish House, and dates from 1580/1582. On top there is the horse man statue of Jef Lambeaux. He provided more statues on the facades. St. Joris is depicted, when piercing the dragon.



### **b) City Hall**

City Hall was built between 1561 and 1564 after a design of Cornelis II Floris de Vriendt. It is a masterpiece in which Flemish and Italian influences are integrated.

The statues are placed afterward. You can see that the Madonna statue on top actually isn't fit for to be placed there. This is a testimony of the ongoing rivalry between the church and more earthly powers. You can also see that “Justitia” doesn't have the traditional blindfold. This of course is because in Antwerp we never do something wrong.

We actually got married in the city hall, which was a fantastic experience, driving up the “Grote Markt” in a Cadillac convertible, and marrying in the marriage hall of the city. In this hall there are paintings of all marriages through the ages. Here you see a picture:



### c) Statue of Brabo

This again is hero Silvius Brabo, with the giant laying on his feet. He throws the hand in the Scheldt River. I don't think this is the way I should throw it, I think you might fall over if you do it like he does. People would say that this is the origin of the name Antwerp, from "hand werpen", this means throwing a hand. This is not correct. It comes from "aan werp", the natural process that in bend of a river sand and sediments are left by the river, where people started to live upon.



When leaving the “Grote Markt”, you can do this via the Suikerrui, left from city hall. At the end of the Suikerrui, cross the street and go up to the big terrace. Here you can enjoy, at the statue of Minerva, a nice view over the city at one hand and a view over the river at the other hand.

At the far end of the terrace, you can see café restaurant **Zuiderterras**. This is a nice place to eat or drink something with a fantastic sight over the Scheldt.



If you look to the other way, you can see the quay where ships could dock and deliver their goods. This wasn't always that straight and it was ordered to be leveled out by Napoleon. All poor people from the edge of the river were commanded to move. Antwerp people still call marginal and poor people “Kantjesvolk”, people from the edge. At the bottom you can see a floating pontoon, which is a gathering place for young people in summertime.



Going down again from Minerva and to the left you will see a castle, called “**Het Steen**”. It is the oldest stone building from Antwerp. The first fortress at this site was erected in the 9th century. Around 1220 -1225 Het Steen was built as home to the local ruler long

with the stone walls. What still is there are the remains of a much bigger castle from around 1200. The building has been subject to many new building activities. Around 1520 there was a major construction order by Keizer Karel V. Another type of stone was used, so you can still see the color difference between the older base and the 16th century upper construction. In 1889-1890 a neo-gothic wing was added. Later it was removed again. The building had had several functions: fortress, prison and museum.



In front of the bridge you see the giant Lange Wapper, scaring to drunken guys (notice the bottle in one hand). **Lange Wapper and Kludde** were to spirits or demons, out to torment people, especially people who have done something wrong. Lange Wapper followed and scared drunken people, but he was also used by drinkers as an alibi: "I couldn't find the way home or it wasn't safe to come home because of Lange Wapper". You could hear Kludde, by the sound of his chains. If you hear him, he will jump on your back and you have to carry him around till it gets light or when you reach your destiny. In some stories he will get heavier leading to a death by exhaust.





You need to pass the wall at the side of the city. This wall is there to prevent water to come in the city with storm and high tide. Big gates close down the part at river side. A little pity for cars parked there.



If you pass the street, you can go through the Repenstraat to the **Butchers Hall**. This used to be a big butchery, boats with cattle could pass under and a bloody pool was dumped in the river, which come all the way up to this building. Eels did like this bloody soup, so “Palingbrug”, Eelbridge is a proper name here. If you look around you can find the remains of the old city walls here. The slope is also known as Blood Mountain.



If you go up, at the end, turn right and next street left. Continue in Oude Beurs till you reach Wisselstraat at you right. Go in and arrive again at Grote Markt. There go left and continue to Kaasrui, Wijngaardstraat to arrive at Conscience Plein with the magnificent **Carolus Borromeus** church.



If you go further down the road, you can cross Sint-Katelijne-Vest and go straight into Kipdorp, where the tram goes. You turn right at the Sint-Jacobsstraat, where you can see the church with the same name. Just follow this street, cross Lange Nieuwstraat into Lange Klarenstraat. This street will lead you straight to **Meir**, the most important shopping street in Antwerp and Belgium.



To the left and then to the right in Wapper. In this street you can see the **house of Rubens**, at you left-hand side.



In this neighborhood it is also worthwhile to visit the “Stadsfeestzaal”. It is a newly renovated shopping mall which used to be the central hall for festivities. It burned down however, but was removed by private funding. It is situated between Meir and Hopland. If we go further down Wapper and cross Hopland, you will pass the **Stadsschouwburg**, a big concert hall for theatre, concerts and events. The big square in front is used for weekly exotic and flea markets, “**Vreemdelingenmarkt & Vogeltjesmarkt**”. Visiting the exotic market on Saturday is a fantastic experience. There is a lot to see and to taste.





Now it is best to go a little bit back and go to the Graanmarkt on the left, at the end turn left and right, in Orgelstraat next to the **Bourla theatre**. At the end, turn right and look at the theatre.



Continue up to the traffic lights and turn left. Take next street on the right, Korte Gasthuisstraat.

In this area, you can find some shops for foods and drinks. At the crossing of four roads turn left to Lombardenvest, continue to Nationalestraat (big street with tram) and turn right. Here you will find Groenplaats again.



### **Where to eat in the city center?**

There are a lot of good restaurants in the centre. The restaurants on the Grote Markt, the main square offer all good quality.

As mentioned, for pizza and other Italian food Da Giovanni's is a good restaurant, near the cathedral. If it can be Italian but a little bit more, in Verona in the Kroonstraat, is a very good alternative.

In the Pelgrimstraat, you can find restaurant Pelgrom. This is medieval food in a medieval setting, under the ground in the vast cellars of old Antwerp.

For honest Belgian food, the Groote Witte Arend in the Reyndersstraat, is a good option. Real tasty food for a good price.

Zuiderterras offers a very nice view over the Scheldt. This is worthwhile.

For fast(er) food, there is a Mc Donald's on the Groenplaats, but maybe it is better to visit a typical Belgian "frituur", where you can find deep-fried meat and fries. Frituur Number 1 is very famous here.

Mama's Garden in the Kroonstraat is very known for its pitta and kebab. Very good and already a monument in this region.

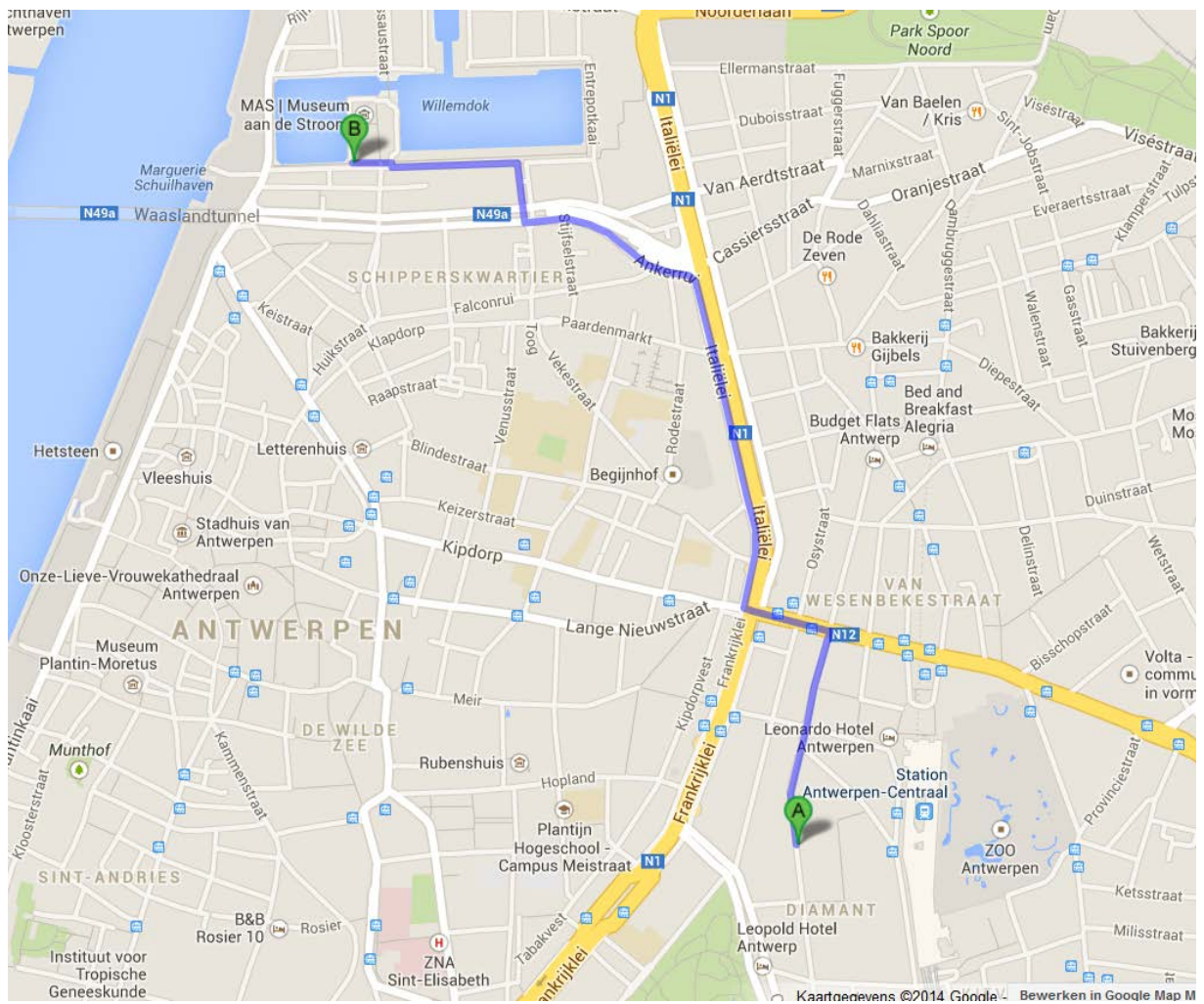
## MAS

The MAS, “museum aan de stroom”, museum at the river, is a must-do. If it isn’t for the collection, it is fantastic to visit to upper terrace. This is accessible for free and offers a fantastic view over the city.



### How to get there?

Best is on foot, but it is a sturdy walk, 2,2km.



### 't Zuid

The south, “t Zuid”, of the city is worth visiting. There you can find the Museum of Art, the Museum of Contemporary Art and the Museum of Photography. But above all, you can find lots of bars and restaurants there.

### How to get there?

Best is by metro and tram. To go by metro, do as explained for the city hike and go with the metro to stop “Groenplaats”. If you come above ground, just take tram 8 direction Bolivarplaats and get off at the museum.





If you go on foot, it is a 2,2kms walk, but rather pleasant:

