

Training course Tempus DESIRE

07 June 2015 – 20 June 2015.



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 07/06.

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

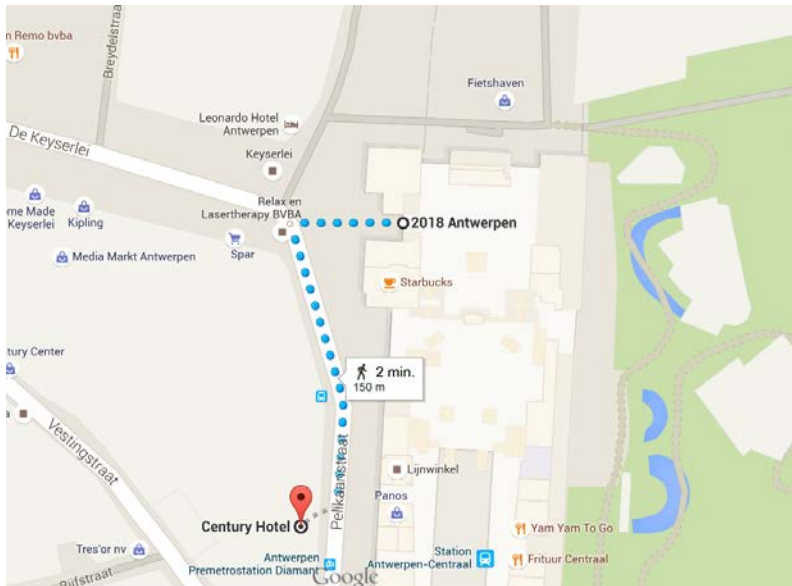
You can find the elevator in the airport in the far right corner when you come from luggage reclaim. Take the elevator all the way down, and you will find the railway station. The fee of going from Brussels to Antwerp is about €12. You can buy one with at the automat with Maestro (Visa is unclear) or at the counter.



Each hour, there are two direct trains to Antwerp Central Station (“Antwerpen Centraal”) from the airport, which takes you about 30 minutes. One is at 11 minutes after the hour and another at 53 minutes, so at xx:11 or at xx:53.

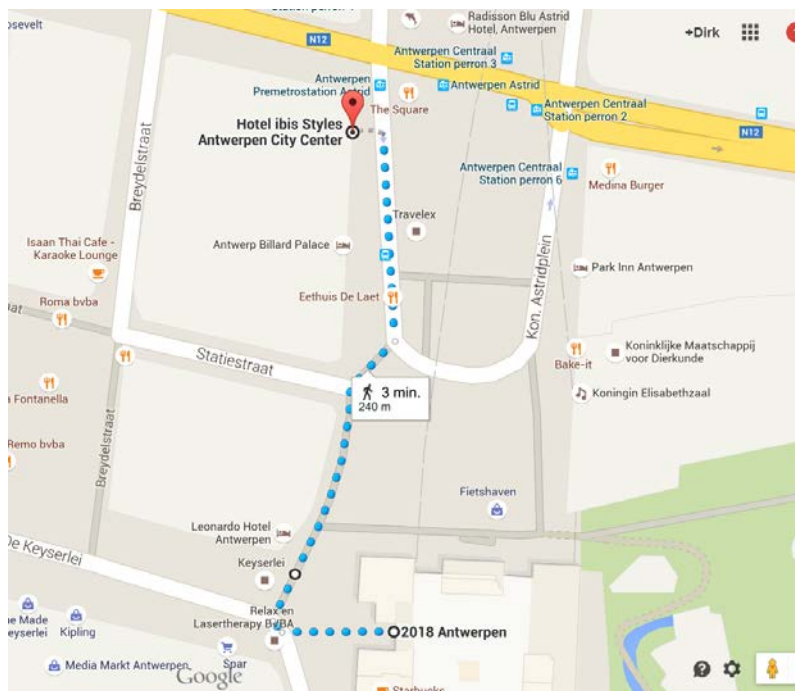
If you leave the station at Antwerpen-Centraal, walk towards the main building. In the central building, under the beautiful dome, turn left toward the exit. Don’t forget to take a good look at the station, it is voted one of the most beautiful in the world. If you come outside, turn left again, the street next to the station is the Pelikaanstraat, Century hotel is number 20.

Century***
Pelikaanstraat 20
2018 Antwerpen
Tel. +32 (0) 3 232 58 70
Fax. +32 (0) 3 222 90 85
century@demahotels.be



If you come outside the station, turn right, you will enter Koningin Astridplein, City Styles is number 43.

City Styles***
Koningin Astridplein 43
2018 Antwerpen
Tel. (+32)3/6094444
Fax. (+32)3/6094499
H8023@accor.com



Getting to the training venue

On Monday June 8th Dirk Van Merode will join you for the breakfast in hotel Ibis Styles at 7h30. We will pick up the rest of the group at hotel Century at 8h10. We need to catch the train of 8h36, platform 14.

As Thomas More - campus De Nayer is situated next to the train station (Sint Katelijne Waver), the train is the obvious means of transport to and from the campus. The train station is on the line from Brussels/Mechelen to Antwerp.

Coming from Mechelen or from Antwerp, you always need to take the L-train, which stops everywhere and has a stopover at Sint-Katelijne-Waver.

Train tickets can be bought at the ticket office in the train station (Mechelen - Nekkerspoel or Antwerp), or at the automates.

A train ride from Mechelen or Antwerp to Sint Katelijne Waver costs 2.00 euro if you use a key card(*), a card with 10 individual train rides on it, €20 in total. With this kind of ticket you can go from Sint-Katelijne-Waver to Mechelen, and from Sint-Katelijne-Waver to Antwerp (but not from Mechelen to Antwerp).



On working days: Train run 2 times every hour from Antwerpen Centraal to Sint Katelijne Waver: at xx.36 h and xx.05 h. (travel time 25 minutes + 4 minutes walk)

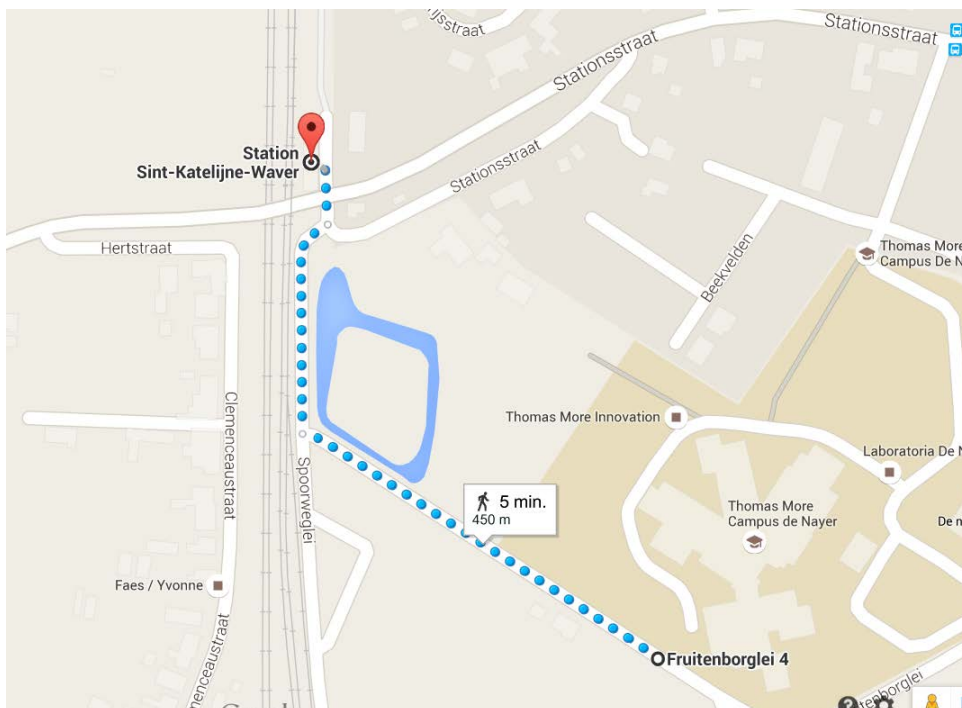
On working days: Train run 2 times every hour from Mechelen-Nekkerspoel to Sint Katelijne Waver: at xx.26 h and xx.56 h. (travel time 5 minutes + 4 minutes walk)

On working days: Train run 2 times every hour from Mechelen main train station to Sint Katelijne Waver: at xx.22 h and xx.52 h. (travel time 5 minutes + 4 minutes walk)

From Sint-Katelijne-Waver to Mechelen or to Antwerp is always on the hour or half hour: at xx.30 h and xx.00 h.

Riding without a ticket will cost you 75 euro fine.

From the station it is a short walk to the campus.



Practical matters at the campus

- At the campus there is a student restaurant which is available for the participants too. There is a wide range of sandwiches and snacks, and of warm food.
 - Hot meal at university = 5 - 10 euro.
 - Sandwich (baguette type) at university = 2.5 - 3.5 euro depending on sort.
 - There is automates with candy and cans available.
- Drinking water (in cups) is available at no cost at the campus.
- You are allowed to bring a lunch box to the restaurant to eat your own sandwiches/food
- See map of Mechelen with indication of shopping streets. Beware, on Sunday, shops are closed in Belgium, except for bakery shops.

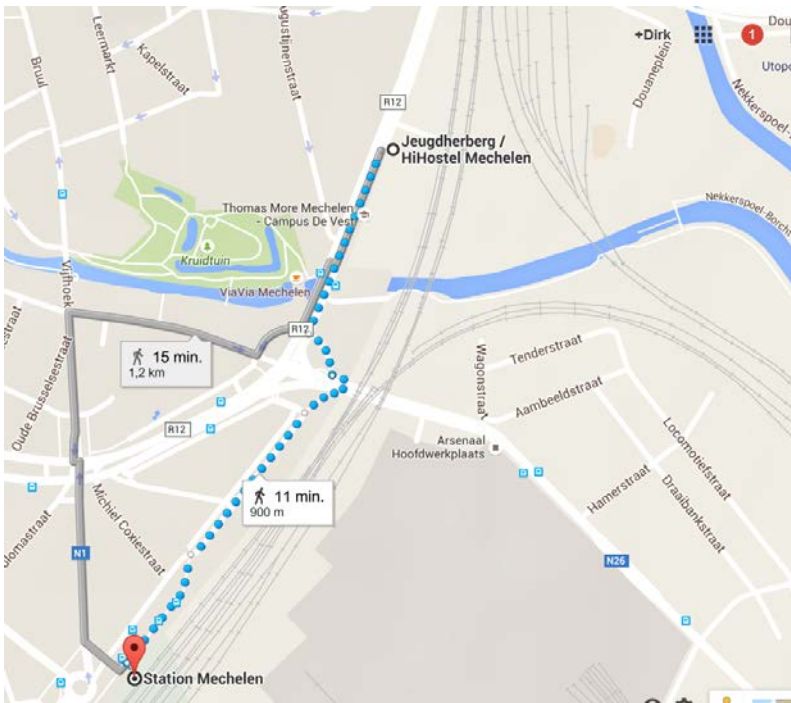
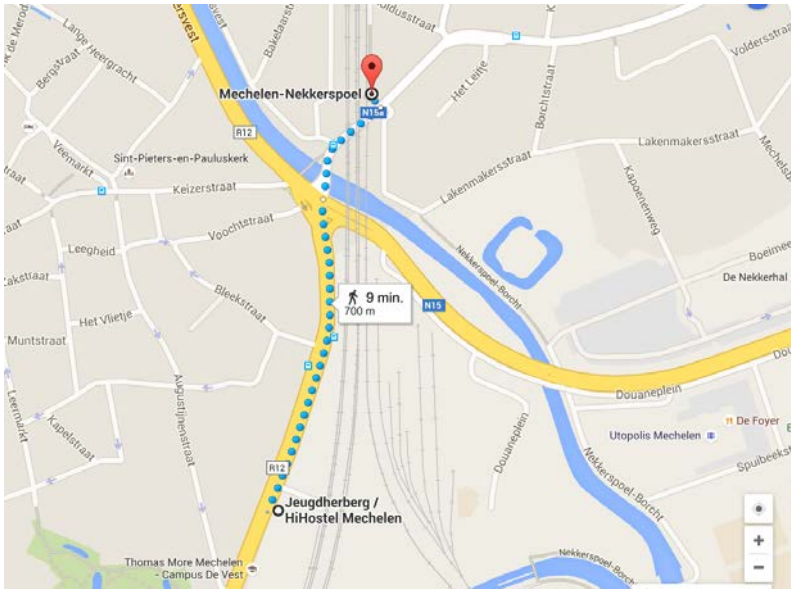
Mechelen and the youth hostel

Youth hostel Mechelen:

Address: Zandpoortvest 70, 2800 Mechelen

This youth hostel is about 10 minutes walk from Mechelen main train station . Or about 5 minutes from train station Mechelen Nekkerspoel.

<http://www.mechelen-hostel.com/en/>



Course agenda

Date	7/06/2015	8/06/2015	9/06/2015	10/06/2015	11/06/2015	12/06/2015	13/06/2015
Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Course	Arrival guests	Formula Flowcode Buggy	1. Participants presentations 2. MCAD: Course Guide - CREO Workshop	1. ECAD: Altium Workshop 2. ECAD: Course Guide - Altium Workshop	Altium Academic Roadshow	1. Visit Page Assembly Plant 2. Sint Bernardus Brewery 3. Visit Ieper	Free time
Teacher		Bart Huyskens	Peter Arras	Dirk Van Merode	Transfer - Altium	Dirk Van Merode Peter Arras	
Location		A118	A208	A118	F114		

14/06/2015	15/06/2015	16/06/2015	17/06/2015	18/06/2015	19/06/2015	20/06/2015
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Free time	1. C for Embedded Systems: Course Guide - Demos - Workshop 2. Embedded Communication: Course Guide - Demos - Workshop	1. Embedded Software: Course Guide - Demos - Workshop 2. EmSys Research Group presentation	1. Digital Signal Processing: Course Guide - Demos - Workshop 2. Multicore Programming: Course Guide - Demos - Workshop	1. Embedded Operating Systems: Course Guide - Demos - Workshop 2. Social Event	1. Visit Campus Laboratories. 2. Closing Meeting	Departure Guests
	Sofie Beerens Bart Tanghe	Wim Dams Patrick Pelgrims	Johan Van Bauwel Lars Struyf	Bart Tanghe	Dirk Van Merode Patrick Pelgrims	
	A118	A118	A118	A118	F114	

Day schedule

Time	Topic
09h15 - 10h45	Lectures
10h45 - 11h00	Break
11h00 - 12h30	Lectures
12h30 - 13h30	Lunch
13h30 - 15h00	Lectures
15h00 - 15h15	Break
15h15 - 16h45	Lectures

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
5. Dr. Van Engeland
Wilsonstraat 14
Sint Katelijne Waver
0032(0)15311325
6. Dr. Ceulemans,
Voorland 1
Sint Katelijne Waver
0032(0)15315666
7. Dr. Van Soom,
Stationsstraat 176
Sint Katelijne Waver
0032(0)15316307
8. Apotheek (drugstore): Apotheeker Nagels
Markt 31a
Sint Katelijne Waver
0032(0)15311560

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

www.brussel.be

www.mechelen.be

www.brugge.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 liter 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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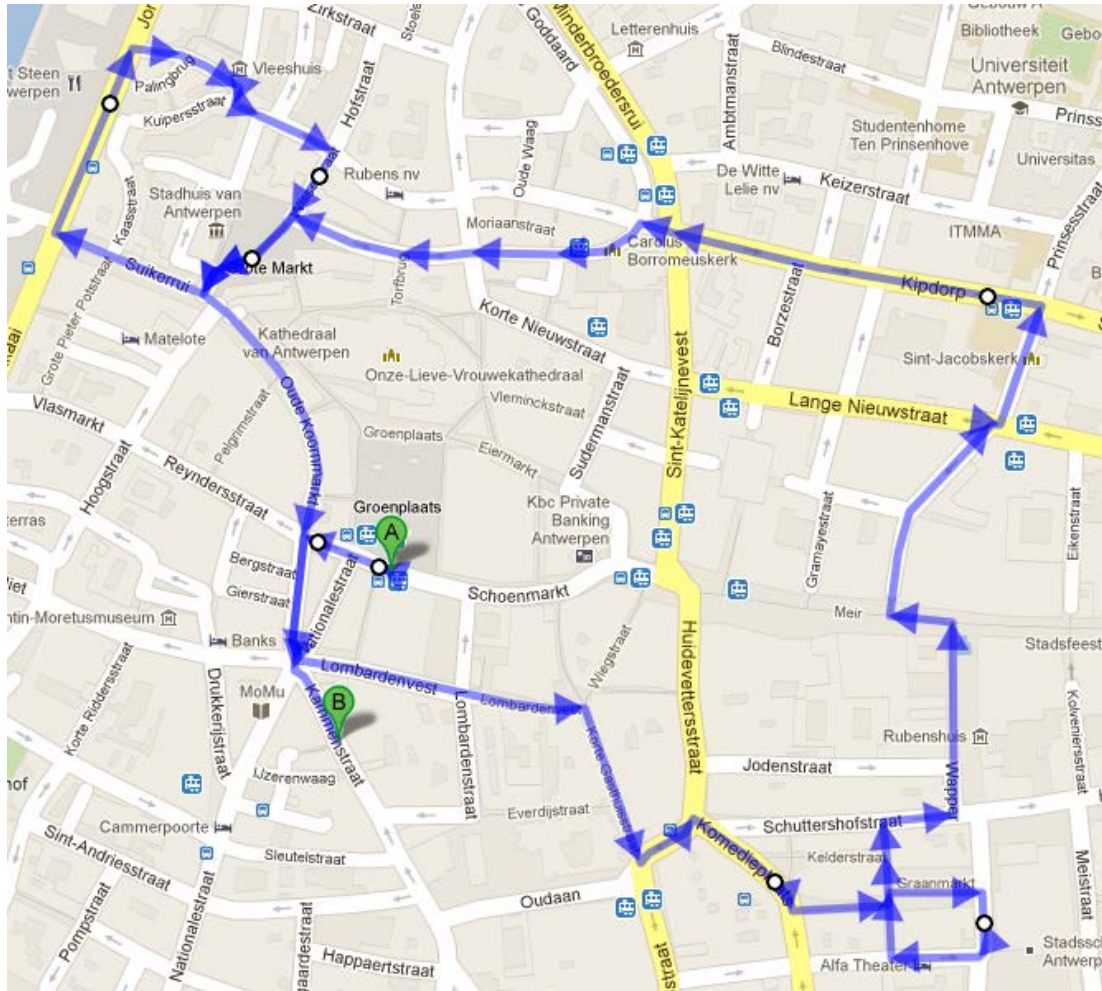
KU Leuven, Campus De Nayer
Jan Pieter De Nayerlaan 5
BE 2860 Sint Katelijne Waver, Tel. +32 (0) 31 69 44

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.



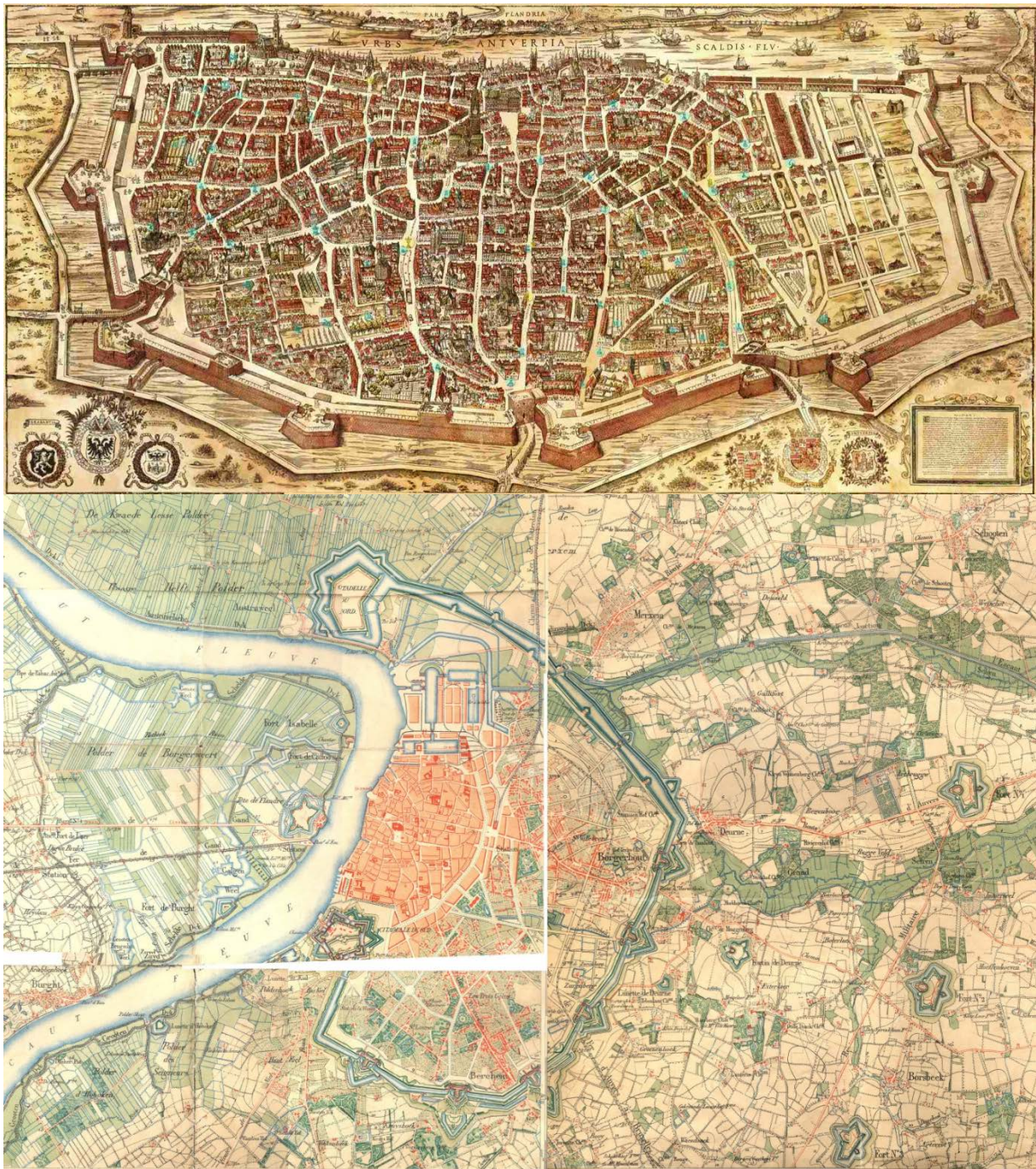
Here you can see some **old maps of Antwerp**. If you compare them with the new city map, you see that new structures were built over the old ones. The new ring way

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 Quiden 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.

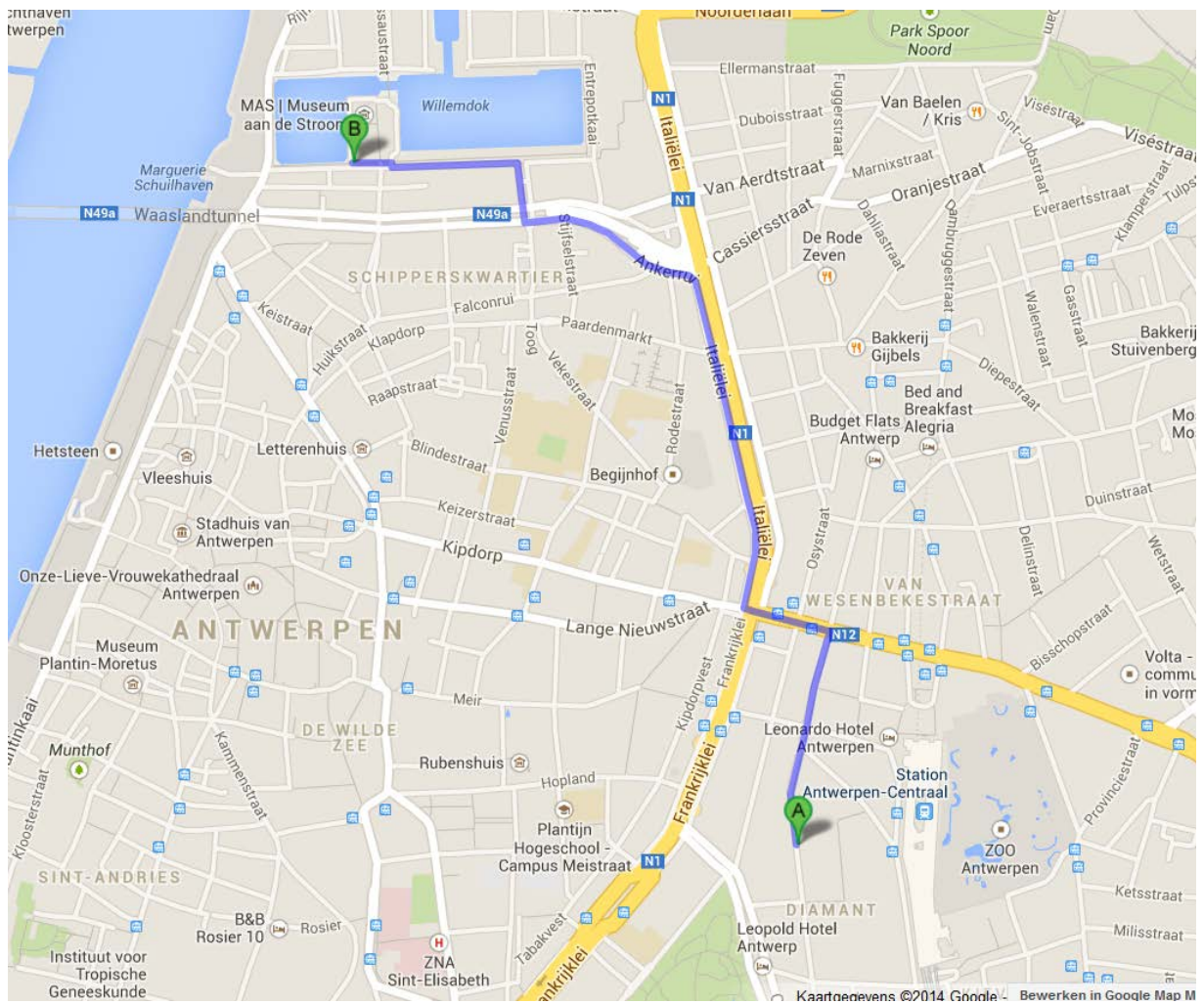
MAS

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

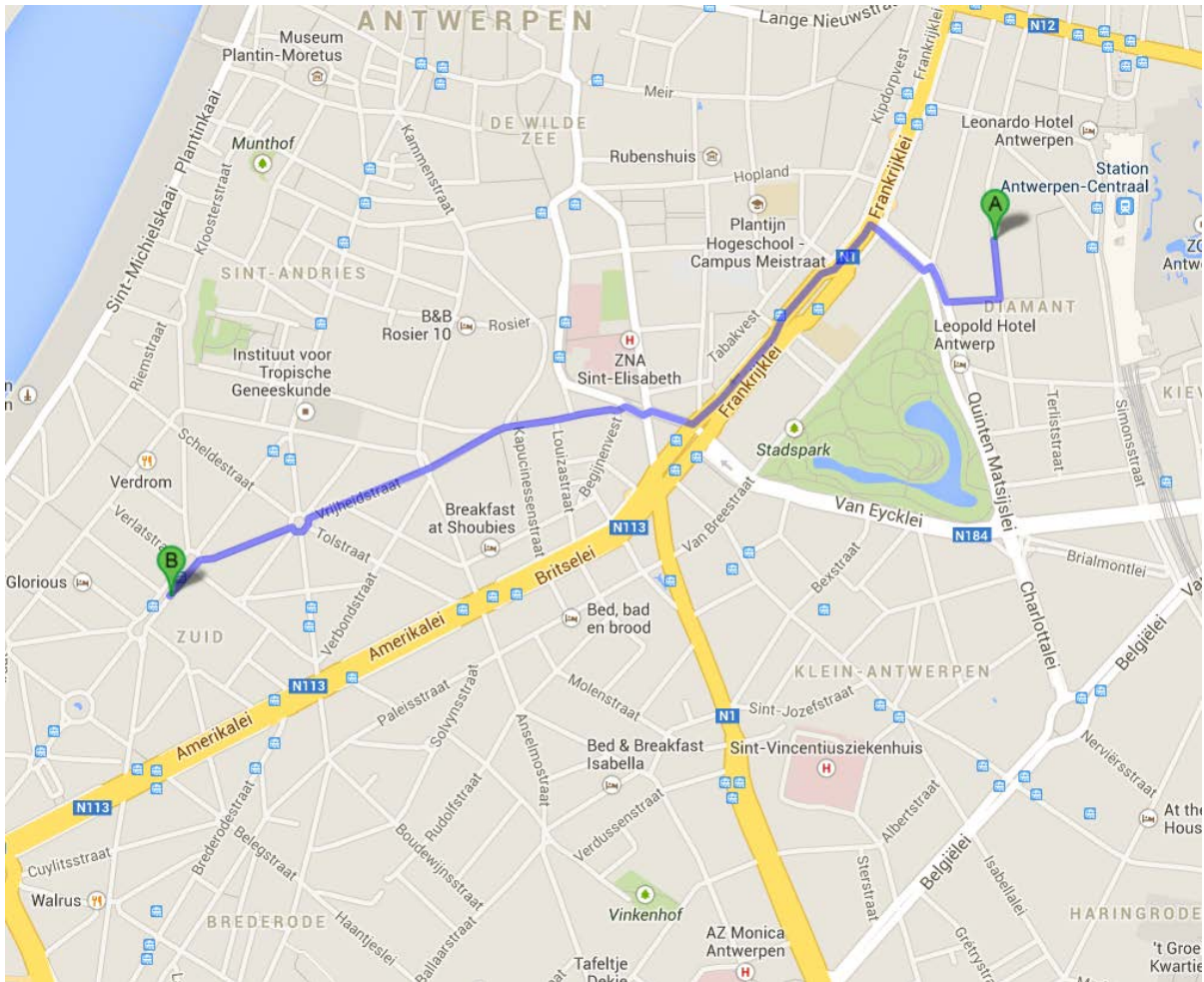
The south, “t Zuid”, of the city is worth visiting. There you can find the Museum of Art, the Museum of Contemporary Art and the Museum of Photography. But above all, you can find lots of bars and restaurants there.

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:



Park Spoor Noord

This is a very big and new park, with a lot of toys for the kids. Centrally there is a restaurant / bar, where you can have a drink, while the kids play in the fountains, if the weather is good of course. With colder weather, there is still a lot to do there. It's not clear if the bar is opened all year. It is in summertime and wintertime. But in between, you have to check.



Rivierenhof

Same as Peerdsbos. A great place to walk through the old park, with majestic trees. There is a playground, sport facilities and you can also visit the silver museum from Sterckxhof.



Nachtegalenpark

This is again a very nice playground, with again a very good restaurant / pub, Melkerij Nachtegalenpark, near this playground. This has as an extra advantage, that there is also the Middelheim open-air museum of modern art.



Zoo - Aquatopia

The zoo is a very nice and beautiful city zoo. It has renovated this year, with a new stay for the lions. On a beautiful autumn day it is worthwhile. Facing the Central Station, it is to the left.



Aquatopia is an aquarium, which is very beautiful. It is beneath the hotel. Facing the hotel it is on the left corner.



Linkeroever – Strand van St. Anneke

This is an absolute top location. This is a beach at the banks of the Scheldt. In summertime it is used for sun bathing, but swimming is not allowed and not possible. This side of the river offers a splendid view over the city. There are playgrounds, bars, restaurants. Sint Anna Hoeve is much known for its mussels with fries.



Another fantastic feature is that you need to pass under the Scheldt via the “Voetgangerstunnel”, a very old tunnel under the Scheldt. This is a nice experience. Best is to take the elevator down and up. This is easier than with the escalator.

Dageraadplaats

This is a nice square with trees, pubs and restaurants, with a small playground. This is a typical place where Antwerp people go to relax. Café Zeezicht is a very nice pub there.



Dine out

There are a lot of good places in Antwerp. I already pointed some out in the city hike. But feel free to visit and taste other things. “Antwerpenaars” like to eat and drink, so all is from reasonable quality.

Beers – Dishes

Here you can see some tasty Belgian beers and traditional foods. The beers you can find in the fridge, along with the regular pilsner beer, Stella Artois.

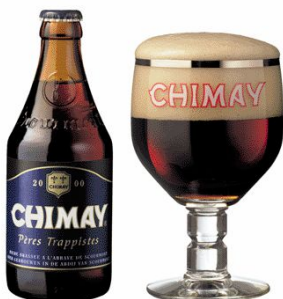
Sint Bernardus abt 12: strong monk beer, brother of the world famous West Vleteren 12



Duvel: Strong blond beer (the Devil), one of my favorites. Best is to use the glass in the cupboard. Good luck pouring it.



Blauwe Chimey: Trappist beer



Witloof in kaassaus: Chicory in cheese sauce



Stoofvlees met frieten: beef stew with beer served with fries



Frikadellen met Kriekskes: meatballs with cherries



Flandria Boat Trip

You can visit the harbor or the Scheldt by boat. Check tourist information on the departing times and places.



Summer in the city

City living in Antwerp is much fun, there is always a lot to do. Lot is for free, for other things you need to book tickets in advance.

Sinksenfoor

This a big carnival with a lot of attractions and food stands.



Zomer van Antwerpen

This a series of activities, cultural, sports, gastronomic etc. There are some summer bars which you must visit, there is a story going on throughout the city, theater, circus, music and dance. Check the website.



<http://www.zomervanantwerpen.be>

Open Lucht Theater

The Openluchttheater (open-air theatre) is the summer residence of the Arenberg and is situated in the middle of provincial domain Rivierenhof in Deurne.

As soon as summer approaches and the doors of the theatre are closed, you can enjoy a summer of varied entertainment ranging from pop, rock and jazz to cabaret and comedy, family shows, free Friday evening concerts and much more.



<http://www.openluchttheater.be>

Outside the city

Other cities

Brussels, Gent, Bruges, Hasselt, Amsterdam, Paris and London are easily accessible with the train from Antwerp. Aken must be visited with the car.

Brussels

Capital of Belgium and of Europe:



http://visitbrussels.be/bitc/front/home/display/ct/BE_en/section/visiteur.do

Gent



<http://www.visitgent.be/en/home>

Bruges



<http://www.brugge.be/internet/en/index.htm>

Hasselt



<http://toerisme.hasselt.be/en/content/3899/toerisme-hasselt.html>

Paris



<http://en.parisinfo.com/>

Amsterdam



<http://www.iamsterdam.com/>

London



<http://www.visitlondon.com/>

Aken



http://www.aachen.de/EN/ts/Current_information/index.html

The seaside

A nice trip to the sea is also worth the trip. This is a 1h30 drive to the cozy Villages of the Holland coast. Nice villages are Zoutelande, Westkapelle and Domburg. These are situated at the mouth of the Scheldt. Beautiful nature with sand dunes alters with small alleys and beautiful houses. You can also visit the Belgian coast. There you will see more buildings but also more pubs and restaurants.



How to get there?

Best by car. Use the GPS.

Ardennen

We go to the Ardennen for the nice villages, for having a walk in the woods or to do some outdoor sports.

Durbuy is a nice city.



Amusement Parks

Efteling



Bobbejaanland



Walibi



Bellewaerde

