

HGF Spring Workshop 2020

30 March – 1 April 2020, Belgium

Venue 30th -31st of March : Puratos NV, Industrialaan 25, 1702 Groot-Bijgaardeen BE

Venue 1st of April: Puratos Center of Bread Flavour, 4780 St.Vith BE

First PROGRAMME Outline

▪ MONDAY, 30 March 2020

<i>Morning:</i>	<i>Individual arrival to Groot-Bijgaardeen</i>
11:00-12:00	HGF Board Meeting
12:00-13:00	Registration and Welcome Lunch
13:00-13:30	Opening: Mission and Ambition of Healthgrain Forum
13:30-15:30	SESSION 1 – Sourdough
15:30-16:00	Coffee Break
16:00-17:00	HGF General Assembly
17:00-18:30	Health and Wellbeing, Tour of Puratos Innovation Center
18:30-19:00	Bus Transfer to Brussels – Place de Brouckere (in front of NH Hotel)
19:00- 19:45	Check-in at hotels and walk to restaurant
20:00	Joint HGF DINNER at the Restaurant Bonsoir Clara - La Cantina Sprl, Rue Antoine Dansaert 22 - 1000 Bruxelles

▪ Tuesday, 31 March 2020

08:00	Bus Transfer from <i>pick up points</i> – Place de Brouckere (in front of NH Hotel) to Groot-Bijgaardeen
09:00-11:00	SESSION 2 – Sprouted Grains
11:00-11:30	Coffee Break
11:30-13:00	SESSION 3 – Wholegrains
13:00-14:00	Lunch Break
14:00-16:00	SESSION 4 – Plant based proteins and sustainability
16:15	CLOSING
<i>Afternoon:</i>	<i>Individual transfer to Brussels and free evening</i>

▪ Wednesday, 1 April 2020*

07:30	Bus transfer from – Place de Brouckere (in front of NH Hotel) to St. Vith - Puratos Center for Bread Flavour - Prümer Straße 42a, 4780 St. Vith
09:30 -15:30	Visit of the Puratos Center for Bread Flavour, including the Sourdough Library and the Maison Du Levain, and lunch
15:30-17:30	Bus transfer from St. Vith to Brussels Airport

* This day is optional