

## ITINERARY

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A warm welcome to Ghent for the 34<sup>th</sup> ADMA annual meeting.

Ghent (Dutch: Gent; French: Gand; historically known as Gaunt in English) is a city and a municipality in the Flemish Region of Belgium. It is the capital and largest city of the East Flanders province, and the third largest in the country, after Brussels and Antwerp. It is a port and university city.

The city originally started as a settlement at the confluence of the Rivers Scheldt and Leie and in the Late Middle Ages became one of the largest and richest cities of northern Europe, with some 50,000 people in 1300. After the late 16th century Ghent became a less important city, resulting in an extremely well-preserved historic centre, that now makes Ghent an important destination of tourism.

The municipality comprises the city of Ghent proper and the surrounding suburbs of Afsnee, Desteldonk, Drogen, Gentbrugge, Ledeborg, Mariakerke, Mendonk, Oostakker, Sint-

### **ADMA Ghent 2024 contacts:**

UK: Debbie Buttle: [debbie.buttle@nhs.net](mailto:debbie.buttle@nhs.net)

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Amundsberg, Sint-Denijs-Westrem, Sint-Kruis-Winkel, Wondelgem and Zwijnaarde. With 262,219 inhabitants at the beginning of 2019, Ghent is Belgium's second largest municipality by number of inhabitants. The metropolitan area, including the outer commuter zone, covers an area of 1,205 km<sup>2</sup> (465 sq mi) and had a total population of 560,522 as of 1 January 2018, which ranks it as the fourth most populous in Belgium.

The ten-day-long Ghent Festival (Gentse Feesten) is held every year and attended by about 1–1.5 million visitors.

(From Wikipedia, the free encyclopedia)

During the conference, you will stay at the NH Gent Belfort Hotel in Ghent (see next page).

Positioned in the touristic center of the city of Ghent, it is the ideal gateway for exploring this beautiful and historical center of Ghent. The ADMA conference program and Saturday dinner will be held in the NH Gent Belfort Hotel. Our arrival dinner will be on Friday evening at the NTGent, the city theatre of Ghent (see picture →).



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## 1. Flights and transport

### \* By train:

If you prefer to take the train, Eurostar runs a service from London St Pancras to Brussels ('Brussel-Zuid' station). From Brussels you can travel onwards by train to Ghent ('Gent-Sint-Pieters' station), and the journey by direct train takes around 30 minutes. See [www.eurostar.com](http://www.eurostar.com)

There is no direct train from Amsterdam Centraal to Ghent ('Gent-Sint-Pieters' station); however the trip is possible with a single transfer in Antwerp. See [www.ns.nl](http://www.ns.nl)

### \* By plane:

You can fly to Brussels airport ([www.brusselsairport.be/en/passengers](http://www.brusselsairport.be/en/passengers)) with various airlines. From Brussels airport you can travel to Ghent ('Gent-Sint-Pieters' station) by train (the trip takes a little over an hour on average). You will find the train station in Brussels Airport directly under the Departure and Arrival Halls of the airport (level -1). The escalator or lift will take you directly to the platform (or into the airport). Upon arrival at the Gent-Sint-Pieters station you can travel onwards by taxi to the hotel NH Gent Belfort, the trip takes 15 minutes. Taxis are parked just outside the main entrance of the train station.

### \* By car:

The hotel has an underground carparking available for guests. It is NOT possible to reserve in advance. The front of the hotel is located in a restricted area ('Hoogpoort'), but the hotel parking is accessible via the back of the hotel ('Onderstraat'). The area is a "Low Emission Zone". Foreign cars must register before arrival. See the hotel website for more info. The parking fee is 27,50 Euro per day (to be paid at the hotel).

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## 2. Accommodation: NH Gent Belfort



Accommodation is widely available at “NH Gent Belfort”, which is also the location of the scientific meeting. The NH Gent Belfort hotel puts leisure travellers right in the heart of the city. A 5-minute walk takes you to sights like the cathedral, castle and belfry, plus you’ve got all the bars and restaurants you need just outside the door.

If you would like to extend your stay at “NH Gent Belfort”\*, please contact the hotel directly to reserve a room for any extra night (e.g. Sunday); please mention that you are part of the ADMA party when booking.

*\* Please note that our group booking rates will not extend to further nights, which may cost extra.*

### **Important:**

**There is a limited amount of 40 (!) rooms available. First come, first served! If there are no more rooms available, when you register, you will have to book your own accommodation. There are plenty hotels in the neighbourhood, the organisation will not facilitate this service for you. So, register as soon as possible but no later than March 1, 2024.**

Contact details:        **NH Gent Belfort**  
Hoogpoort 63, B-9000 Ghent, Belgium

Phone:                    +32 258 80 062  
Email:                     nhgentbelfort@nh-hotels.com  
Website:                 <https://www.nh-hotels.com/en/hotel/nh-gent-belfort>

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### 3. Daily itinerary

Date	Time	Agenda	Location	Notes
Friday 14 <sup>th</sup> June	From 3:00pm	<b>Arrival and hotel check in</b>	NH Gent Belfort	
	4.00pm	<b>Guided citywalk</b>	NH Gent Belfort	Please register in advance.
	6:15pm	<b>Depart from the hotel</b>	NH Gent Belfort	
	6:30pm	<b>Dinner</b>	<b>NTGent</b>	
Saturday 15 <sup>th</sup> June	8:15am	<b>Registration</b>	NH Gent Belfort	
	8:45am	<b>Scientific meeting</b>	NH Gent Belfort	Below: preliminary programme
	5:30pm	<b>End of scientific meeting</b>	NH Gent Belfort	
	5:30pm	<b>Annual General Meeting</b>	NH Gent Belfort	ADMA members only
	7:00pm	<b>Gala dinner</b>	NH Gent Belfort	
Sunday 16 <sup>th</sup> June	11:00am	<b>Check out</b>		

### Partner program

Date	Time	Agenda	Location	Notes
Friday 14 <sup>th</sup> June	4.00pm	<b>Guided citywalk</b>	NH Gent Belfort	Please register in advance.
	6:15pm	<b>Depart from the hotel</b>	NH Gent Belfort	
	6:30pm	<b>Dinner</b>	<b>NTGent</b>	
Saturday 15 <sup>th</sup> June	Morning	<b>Canalboat tour and a "Sneukel" walking tour</b>	NH Gent Belfort	Please register in advance. The group will depart from the hotel
	7:00pm	<b>Gala dinner</b>	NH Gent Belfort	

### Preliminary Programme of the Scientific meeting

## 34<sup>th</sup> Scientific Meeting Programme

8.15-8.45am Registration, Welcome Pack Collection and Refreshments

8.45-9.00am Welcome and Introduction

<b>SESSION 1</b>	<b>COMORBITIES OF HEADACHE DISORDERS</b> Chair: Prof Manjit Matharu, UCL Queen Square Institute of Neurology, London
9.00-9.20am	<i>Cardiocerebrovascular disorders and headaches</i> <b>Krishna Dani, Institute of Neurological Sciences, Glasgow, UK</b>
9.20-9.40am	<i>Headache disorders and other pain disorders</i> <b>Willem Oerlemans, DC Klinieken, the Netherlands</b>
9.40-10.00am	<i>Functional neurological disorders and headache disorders</i> <b>Jan Coeberg, Ashford and St Peter's Hospital, Surrey, UK.</b>
10.00-10.20am	<i>Headaches and sleep disorders</i> <b>Rolf Fronczek, Leiden University Medical Centre, the Netherlands</b>
10.20-10.50AM	<i>Question and Answer</i> <b>All faculty</b>
10.50-11.20am	<b>COFFEE</b>

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<b><u>SESSION 2</u></b>	<b>COMORBITIES OF HEADACHE DISORDERS</b> Chair: Prof Koen Paemeleire, Ghent University Hospital, Belgium
11.20-11.40am	<i>Psychiatric disorders and headaches</i> <b>Jane Anderson, Addenbrooke's Hospital, Cambridge, UK</b>
11.40am-12.00pm	<i>Headaches and epilepsy</i> <b>Else Tolner, Leiden University Medical Centra, the Netherlands</b>
12.00-12.20pm	<i>Autoimmune disorders in headaches</i> <b>Mireia Moragas Garrido, Western General Hospital, Edinburgh, UK</b>
12.20-12.40pm	<i>Headaches and hypermobility syndromes</i> <b>Timothy Yates, North Middlesex Hospital and The National Hospital for Neurology and Neurosurgery, London, UK</b>
12.40-1.00pm	<i>Endocrine disorders and headaches</i> <b>TBC</b>
1.00-1.30pm	<i>Question and Answer</i> <b>All faculty</b>
1.30-2.30pm	<b>LUNCH</b>
	<b><u>SCIENTIFIC PRESENTATIONS</u></b> Chairs: Dr Salwa Kamourieh, The National Hospital for Neurology and Neurosurgery, Queen Square, London, UK. Dr Tijmen Balvers, Stichting Epilepsie Instellingen Nederland, The Randstad, Netherlands
2.30-2.40pm	Scientific presentation 1: TBC
2.40-2.50pm	Scientific presentation 2: TBC
2.50--3.00pm	Scientific presentation 3: TBC
3.00-3.10pm	Scientific presentation 4: TBC
3.10-3.20pm	Scientific presentation 5: TBC
3.20-3.30pm	Scientific presentation 6: TBC
3.30-3.45pm	<b>Peter van den Berg Memorial Award</b> Presentation: Prof Koen Paemeleire and Dr Jitka Vanderpol
3.45-4.0pm	<b>COFFEE</b>
<b><u>SESSION 4</u></b>	<b><u>INVITED LECTURES</u></b> Chair: Dr Emile Couturier, Neurologie Centrum, Amsterdam, Netherlands
4.00-4.40pm	<i>Marcia Wilkinson Memorial Lecture</i> <b>Anna Andreou, King's College London, London, UK.</b>
4.40-5.20pm	<i>Invited Lecture</i> <b>TBC</b>
5.20-5.30pm	Meeting Closure (end of program except for ADMA members)
5.30-6.00pm	ADMA Annual General Meeting <b>All ADMA members</b>
6.00-6.30pm	Drinks
7.00pm	ADMA Gala Dinner

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#### 4. Abstract Submission

The Executive Committee ***strongly encourages*** delegates and their juniors to consider presenting at this meeting; talks reporting work in progress, new theoretical/integrative ideas or interesting cases are all very welcome.

Abstracts may not exceed 500 words excluding title and authors; maximal 1 graph or image may be included in the abstract. The abstract has to be divided in the following headings: background, aims, methods, results, discussion and conclusion.

Please submit your abstract **before March 10, 2024** so that a balanced program can be composed and circulated well before the meeting.

The abstract will be available on the website following the meeting. A PDF of the presentation or link to the official publication of the abstract on the website is optional.

#### 5. Registration fees

The scientific and the social parts of the meeting are open to all delegates.

- |  | (UK / NL + Be) |
|--|----------------|
| <ul style="list-style-type: none"> <li>• <b>Registration for 3 days + 2 nights</b> (Friday to Sunday) <span style="float: right;"><b>£ 400 / € 475</b></span><br/> <i>This includes: the social activity (Friday); the scientific meeting;<br/> 2 dinners; 2 nights/hotel stays; 2 breakfasts; 1 lunch</i> </li> <li>• <b>Partner for 3 days + 2 nights</b> <span style="float: right;"><b>£ 175 / € 210</b></span><br/> <i>This includes: the social activities (Friday + Saturday);<br/> 2 dinners; 2 nights/ hotel stays; 2 breakfasts</i> </li> <li>• <b>Registration for 2 days + 1 night</b> (Saturday to Sunday) <span style="float: right;"><b>£ 245 / € 285</b></span><br/> <i>This includes: the scientific meeting; 1 dinner; 1 night/<br/> hotel stay; 1 breakfast; 1 lunch</i> </li> <li>• <b>Partner for 2 days + 1 night</b> (<u>with</u> social activity) <span style="float: right;"><b>£ 120 / € 140</b></span><br/> <i>This includes: 1 dinner; 1 night/hotel stay; 1 breakfast<br/> With the social activity on Saturday</i> </li> <li>• <b>Partner for 2 days + 1 night</b> (<u>no</u> social activity) <span style="float: right;"><b>£ 95 / € 110</b></span><br/> <i>This includes: 1 dinner; 1 night/hotel stay; 1 breakfast<br/> Without the social activity on Saturday</i> </li> <li>• <b>Registration for the scientific meeting, <i>with</i> dinner</b> (Saturday) <span style="float: right;"><b>£ 130 / € 155</b></span><br/> <i>This includes: the scientific meeting, 1 lunch, 1 dinner</i> </li> <li>• <b>Registration for the scientific meeting, <u>no</u> dinner</b> (Saturday) <span style="float: right;"><b>£ 90 / € 105</b></span><br/> <i>This includes: the scientific meeting, 1 lunch</i> </li> </ul> |                |

To facilitate arrangements for the meeting, please complete and return the attached registration form as soon as possible, but in no event later than **February 29, 2024**. Definite registration will depend on the timely payment of your membership fees, registration fees and partner's fees. **Not paid is not registered.**

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**Your payment is your reservation and payments are non-refundable after March 1, 2024.**  
All payments need to be settled prior to the meeting and will be used to contribute to the expense of the meeting.

## 6. Concluding remarks

We look forward to welcoming you to Ghent, and to your contribution to the program for the 34<sup>th</sup> ADMA meeting! Let us know if you need more advice or help.

Please remember that wearing the official ADMA tie or scarf is compulsory at all official ADMA events.

Yours sincerely,

Koen Paemeleire and Martin Zwart, Local Organising Committee



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## 7. Ghent

The Belgian city of Ghent is the second largest city in Flanders. It offers a unique combination of an intimate city and the openness of a metropolis to its 264,000-plus inhabitants. With its 78,000 students, Ghent is the largest student city in Flanders and it is still growing.

The Lonely Planet travel guide labelled Ghent as "Belgium's best-kept secret". The city boasts



a number of UNESCO World Heritages Sites, an array of museums and art galleries, the works of which range from Hieronymus Bosch and Peter Paul Rubens to Andy Warhol and Joseph Beuys. And let's not forget The Ghent Altarpiece, or 'The Adoration of the Mystic Lamb' by the Van Eyck brothers. This very large and complex 15th-century polyptych in St Bavo's Cathedral is recognised as one of the most influential paintings ever made.

With its car-free centre and 400km of cycle paths, the city combines tourism with sustainability. A key cultural event in the calendar is the 10-day Ghent Festival, which attracts some 2 million visitors a year.

The city is versatile, historic and yet contemporary at the same time. As a local authority, the City of Ghent stimulates its citizens' initiatives as much as possible in order to become an even more open, solidarity-based, sustainable, wise and child-friendly city.



With the presence of two universities, four university colleges and many other educational institutions, Ghent is able to offer a wide range of study opportunities.

Attracted by a climate of entrepreneurship and innovation and by a pool of creative young talent, investors and companies have since long discovered the city. The young heart of the city boosts innovation and creativity. This is reflected by Ghent's economy and its commitment in the fields of biotech, cleantech, ICT, materials, logistics and health care. Ghent is the start-up & scale-up city of Belgium.



The North Sea Port, a cross-border port that is the result of a merger between the Dutch Sealand Ports and the Belgian port of Ghent, is a major economic hub with a workforce of over 100,000 people, handling around 71,5 million tonnes of transshipment-goods by sea and 14 billion euros of added value annually.

Ghent is, and has always been, a safe haven, rebellious and connecting with its stakeholders.

(Adapted from: <https://eurocities.eu/cities/ghent/> & <https://stad.gent/en/city-promotion/ghent> )

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**34<sup>th</sup> Annual Meeting of ADMA: registration form***(Please use block capitals and delete as appropriate)*

<b>1. Personal details</b>		
Name & initials:		
Email address:		
Membership status: Member/Junior		
Dietary preferences:		
<b>2a. Do you plan to attend the meeting?</b> <input type="checkbox"/> Yes/ <input type="checkbox"/> No		
<i>If "yes", please answer the following supplementary questions.</i>		
<b>2b. Do you plan to attend the social activity on Friday?</b> <input type="checkbox"/> Yes/ <input type="checkbox"/> No		
<b>3. If accompanied by partner</b>		
Name & initials of partner:		
Dietary preferences of partner:		
Does partner plan to attend the social activity on <u>Friday</u> ? <input type="checkbox"/> Yes/ <input type="checkbox"/> No		
Does partner plan to attend the social activity on <u>Saturday</u> ? <input type="checkbox"/> Yes/ <input type="checkbox"/> No		
<b>4. Would you like to give a platform presentation?</b> <input type="checkbox"/> Yes/ <input type="checkbox"/> No		
If yes, title of the abstract:		
Please attach the structured abstract as a Word file (< 500 words) (also to mrs. Debbie Buttle)		
<b>5. Attending the following (please tick as appropriate).</b> <i>See section 5 (&amp; next page). Registration fees</i>		
	<b>delegate</b>	<b>partner</b>
Registration for <b>3 days + 2 nights</b> (Friday to Sunday)		
Registration for <b>2 days + 1 night</b> (Saturday to Sunday) + the social activity	N.A.	
Registration for <b>2 days + 1 night</b> (Saturday to Sunday) without the social activity		
Registration for the scientific meeting <u>with</u> dinner (Saturday)		
Registration for the scientific meeting <u>only</u> (Saturday)		
Please note all payments should be made <b>before March 1, 2024</b>		

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**All members (UK + NL/Be)** should return the form to: Mrs. Debbie Buttle

(e-mail: [debbie.buttle@nhs.net](mailto:debbie.buttle@nhs.net) )

**REGISTRATION FEES**

Payments should be made **before March 1, 2024**

Payments should be made to:

**In the UK:** Please transfer your Membership fee and Registration fees to:

ANGLO-DUTCH MIGRAINE ASSOCIATION

NatWest

Account number: **43177506** Sort code: **01-04-92**

Swift code: **NWBKGB2L** IBAN: **GB40 NWBK 0104 9243 1775 06**

State your name in the payee reference.

**In NL:** Please transfer your Membership fee and Registration fees to:

ANGLO-DUTCH MIGRAINE ASSOCIATION, Amsterdam

IBAN: **NL86 INGB 0007 2344 78** - BIC: **INGBNL2A**

State your name in the payee reference.

<b>REGISTRATION FEES</b>	<b>(UK / NL + Be)</b>	<b>Delegate</b>	<b>Partner</b>
<b>Registration for 3 days + 2 nights (Friday to Sunday)</b> <i>This includes: the social activity; the scientific meeting; 2 dinners; 2 nights/hotel stays; 2 breakfasts; 1 lunch</i>	<b>£ 400 / € 475</b>	.....	.....
<b>Partner for 3 days + 2 nights</b> <i>This includes: the social activity; 2 dinners; 2 nights/ hotel stays; 2 breakfasts</i>	<b>£ 175 / € 210</b>	.....	.....
<b>Registration for 2 days + 1 night (Saturday to Sunday)</b> <i>This includes: the scientific meeting; 1 dinner; 1 night/ hotel stay; 1 breakfast; 1 lunch</i>	<b>£ 245 / € 285</b>	.....	.....
<b>Partner for 2 days + 1 night (with social program)</b> <i>This includes: 1 dinner; 1 night/hotel stay; 1 breakfast, With the social activity on Saturday</i>	<b>£ 120 / € 140</b>	.....	.....
<b>Partner for 2 days + 1 night (no social program)</b> <i>This includes: 1 dinner; 1 night/hotel stay; 1 breakfast, No social activity</i>	<b>£ 95 / € 110</b>	.....	.....
<b>For the scientific meeting <u>only</u> + dinner (on Saturday)</b> <i>This includes: the scientific meeting, 1 lunch, 1 dinner</i>	<b>£ 130 / € 155</b>	.....	.....
<b>For the scientific meeting <u>only</u> + NO dinner (on Saturday)</b> <i>This includes: the scientific meeting, 1 lunch</i>	<b>£ 90 / € 105</b>	.....	.....
		----- +/+	----- +/+
<b>Total amount to be paid = A + B:</b>	<b>A + B:</b>	..... (A)	+..... (B)

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