

## ITINERARY

1. Flights and transport
2. Accommodation
3. Daily itinerary
4. Abstract submission
5. Registration fees
6. Concluding remarks
7. Highlights of Groningen
8. Registration form & payment details



Welcome to Groningen!

Dear colleagues,

We are delighted to welcome you to the beautiful and vibrant city of Groningen for the 36<sup>th</sup> ADMA Annual Meeting! Prepare for an inspiring and thought-provoking event where cutting-edge migraine and headache research meets the warmth of international collaboration.

But Groningen is more than just a conference destination—it is a city with a rich history, a lively cultural scene, and a long tradition of academic excellence. Founded over 1,000 years ago, Groningen has grown into the beating heart of the northern Netherlands, known for its prestigious university (founded in 1614) and its pioneering spirit.

Groningen (and Leiden) started the first neurological clinics soon after Amsterdam (1896) did.

Groningen also shares historical ties with England. During the 17th century, when the Netherlands was a major maritime power, trade routes connected Groningen with England, particularly in the wool and grain trade.

### ADMA Groningen 2026 contacts:

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

NL + Be: Mariëlle Padberg: [M.Padberg@mzh.nl](mailto:M.Padberg@mzh.nl)

Today, these Anglo-Dutch ties continue in academia, with strong research collaborations between the University of Groningen and British institutions.

Now, as we gather here for our annual meeting, we continue this tradition of knowledge exchange and international cooperation.

Below, you'll find the itinerary for your stay—filled with engaging sessions, lively discussions, and, of course, some time to experience Groningen's unique charm.

During the conference, you will stay at "the Market Hotel" located at the centre square of the city called "de Grote Markt" (the Big Market).

Positioned in the centre of the city of Groningen, it is the ideal starting point for exploring the city and its touristic hotspots.

The ADMA conference programme on Saturday plus our Friday dinner will be held in the "Oude Raadhuis" building (see picture →). It is just a few hundred meters walking distance from our hotel to the other side of the Grote Markt.

Our conference dinner will be on Friday evening at the "Oude Raadhuis".



The Market  
Hotel

Oude Raadhuis

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## 1. Flights and transport

### \* By train:

If you prefer to travel by train, Eurostar runs a service from London St. Pancras to Amsterdam Central Station. From Amsterdam Central Station you can travel onwards with the intercity train of the NS (Nederlandse Spoorwegen = Dutch Railway) from Amsterdam to Groningen. It depends which train you will take. The quickest route is the one with only one transfer and will last just over 2 hours travelling.

There is no direct train from Amsterdam Centraal to Groningen; however the trip is possible with a single transfer in Almere Centrum or Utrecht Centraal. (see [www.ns.nl](http://www.ns.nl) or [www.ov9292.nl](http://www.ov9292.nl) )



### \* By plane:

You can fly to Amsterdam airport called “Schiphol” ([www.schiphol.nl](http://www.schiphol.nl)) with various airlines. For example: there are about 65 flights per day going from London to Amsterdam.

From Schiphol airport you can travel to Groningen by train. The trip takes about 2 hours and 15 minutes with one single transfer at Zwolle. You will find the train station in Schiphol Airport directly underneath the “Schiphol Plaza” space of the airport (level -1). The escalator or lift will take you directly to the train platforms (or back into the airport).

### \* Arriving at Groningen Station

Upon arrival at the Groningen station you can travel onwards by taxi to the hotel “Westcord the Market Hotel”, the trip takes about 10 minutes. Taxis are parked just outside the main entrance of the train station.

Or you can walk to the hotel, it is a 1,2 km walk and takes about 15 minutes.

### \* By car:

The hotel has an underground parking garage available for guests underneath the building called “the Forum” (address of the Parking garage: Schoolstraat 16, Groningen). It is NOT possible to reserve in advance. The front of the hotel is located in a restricted area (‘de Grote Markt’), and is not accessible by car. So you have to park in the parking garage. The parking fee is 24 Euros per day (to be paid at the garage).

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## 2. Accommodation: Westcord the Market Hotel, Groningen



Accommodation is widely available at “Westcord the Market Hotel”, which is also the location of our conference dinner on Saturday evening. The Market Hotel puts leisure travelers right in the heart of the city. Step outside the hotel and you are in the middle of the shopping area, the historic centre and of course all the bars and restaurants you need.

Did you know that in Groningen the pubs usually doesn't have a closing time.

If you would like to extend your stay at “Westcord the Market Hotel”\*, please contact the hotel directly to reserve a room for any extra night(s); please mention that you are part of the ADMA party when booking because you don't have to pay for the nights we reserved for the group. You will have to pay by yourself for any extra night(s) and/or extra spendings (not belonging to the conference).

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

### **Important:**

**There is a limited amount of 50 (!) 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 organization will not facilitate this service for you.**

**So, register as soon as possible but no later than March 1, 2026.**

Contact details:       **Westcord the Market Hotel**  
Grote Markt 31, 9712 HS GRONINGEN

Phone:               +31 50 2074600  
Email:               info@themarkethotel.nl  
Website:           <https://themarkethotel.com>

### **ADMA Groningen 2026 contacts:**

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### 3. Daily itinerary

| Date                              | Time           | Agenda                      | Location                         | Notes                        |
|-----------------------------------|----------------|-----------------------------|----------------------------------|------------------------------|
| Friday<br>12 <sup>th</sup> June   | From<br>3:00pm | Arrival and hotel check in  | <a href="#">The Market Hotel</a> |                              |
|                                   | 4:00pm         | Guided citywalk total group | <a href="#">The Market Hotel</a> | Please register in advance.  |
|                                   | 6:15pm         | Depart from the hotel       | <a href="#">The Market Hotel</a> |                              |
|                                   | 6:30pm         | ADMA Dinner                 | Oude Raadhuis                    |                              |
| Saturday<br>13 <sup>th</sup> June | 8:15am         | Registration                | Oude Raadhuis                    |                              |
|                                   | 8:45am         | Scientific meeting          | Oude Raadhuis                    | Below: preliminary programme |
|                                   | 5:50pm         | End of scientific meeting   | Oude Raadhuis                    |                              |
|                                   | 5:50pm         | Annual General Meeting      | Oude Raadhuis                    | ADMA members only            |
|                                   | 7:00pm         | Dinner                      | <a href="#">The Market Hotel</a> |                              |
| Sunday<br>14 <sup>th</sup> June   | 11:00am        | Check out                   | <a href="#">The Market Hotel</a> |                              |

### Partner programme

| Date                              | Time   | Agenda  | Location                         | Notes  |
|-----------------------------------|--------|---|----------------------------------|--|
| Friday<br>12 <sup>th</sup> June   | 4:00pm | Guided citywalk total group   | <a href="#">The Market Hotel</a> | Please register in advance.                                      |
|                                   | 6:15pm | Depart from the hotel   | <a href="#">The Market Hotel</a> |  |
|                                   | 6:30pm | ADMA Dinner   | Oude Raadhuis                    |  |
| Saturday<br>13 <sup>th</sup> June | 1.30pm | <b>Mocktail workshop</b><br>(using fruit, herbs, tea, juices and other ingredients) | <a href="#">The Market Hotel</a> | Please register in advance. The group will depart from the hotel |
|                                   | 7:00pm | Dinner  | <a href="#">The Market Hotel</a> |  |

### Preliminary Programme of the Scientific meeting

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

8.15-8.45am

Registration, Welcome Pack Collection and Refreshments

8.45-9.00am

Welcome and Introduction

|                         |   |
|-------------------------|---|
| <b><u>SESSION 1</u></b> | <b>TRADITIONAL ORALS VS NEW PREVENTIVES: CHOOSING THE RIGHT MIGRAINE PROPHYLAXIS</b><br>Chair: Prof Manjit Matharu, UCL Queen Square Institute of Neurology, London |
| 9.00-9.20               | <i>First-Line Choice: Orals vs CGRP Agents</i><br>....., <b>UK</b>  |
| 9.20-9.40               | <i>Tolerability &amp; Safety</i><br>....., <b>the Netherlands</b>   |
| 9.40-10.00              | <i>Beyond RCTs: Real-World Effectiveness &amp; Adherence</i><br>....., <b>UK.</b>   |
| 10.00-10.20             | <i>Special Populations: Matching Treatment to Patient</i><br>....., <b>the Netherlands</b>  |
| 10.20-10.45             | <i>Question and Answer</i><br><b>All faculty</b>  |

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|                         |   |
|-------------------------|---|
| <b><u>SESSION 2</u></b> | <b><u>TRADITIONAL ORALS VS NEW PREVENTIVES: CHOOSING THE RIGHT MIGRAINE PROPHYLAXIS</u></b><br>Chair: Chair: Dr Tijmen Balvers, SEIN, the Netherlands   |
| 11.15-11.35             | <i>Medication-Overuse Headache: Class Choices That Change Outcomes</i><br>....., <b>UK</b>  |
| 11.35-11.55             | <i>Traditional vs New Acute Migraine Treatment Options: Shaping Preventive Success</i><br>....., <b>the Netherlands</b>   |
| 11.55-12.15             | <i>Sequencing &amp; Combinations: Step-Up, Combine, or Switch</i><br>....., <b>UK</b>   |
| 12.15-12.35             | <i>Value &amp; Access: Cost, Commissioning &amp; Equity</i><br>....., <b>the Netherlands</b>  |
| 12.35-13.00             | <i>Question and Answer</i><br><b>All faculty</b>  |
| 13.00-14.00             | <b>LUNCH</b>  |
| <b><u>SESSION 3</u></b> | <b><u>SCIENTIFIC DEBATES</u></b><br>Chair: TBC  |
| 14.00-14.40             | Debate 1 — Motion: The diagnostic label “vestibular migraine” adds no clinical value and should be folded back into migraine without a separate label.<br><b>For: the Netherlands   Against: UK</b> |
| 14.40-15.20             | Debate 2 — Motion: Psychological interventions add little beyond standard care for most migraine patients.<br><b>For: UK   Against: the Netherlands</b>   |
| <b><u>SESSION 4</u></b> | <b><u>SCIENTIFIC PRESENTATIONS</u></b><br>Chair: TBD  |
| 15.20-15.35             | Selected Scientific Presentation 1: Presenter TBC   |
| 15.35-15.50             | Selected Scientific Presentation 2: Presenter TBC   |
| 15.50-16.05             | Selected Scientific Presentation 3: Presenter TBC   |
| 16.05-16.15             | <b>Peter van den Berg Memorial Award</b><br>Presentation: TBC   |
| 16.15-16.30             | <b>COFFEE</b>   |
| <b><u>SESSION 5</u></b> | <b><u>INVITED LECTURES</u></b><br>Chair: Dr Callum Duncan, NHS Grampian University of Aberdeen, Scotland  |
| 16.30-17.10             | <i>Marcia Wilkinson Memorial Lecture</i><br><b>Francesca Puledda, King’s College London, London, UK.</b>  |
| 17.10-17.40             | <i>Oliver Sacks and Migraine</i><br><b>Dr Joost Haan, Alrijne Hospital, Leiden. The Netherlands</b>   |
| 17.40-17.50             | Meeting Closure (end of programme except for ADMA members)  |
| 17.50-18.20             | ADMA Annual General Meeting<br><b>All ADMA members</b>  |
| 18.20-19.00             | Drinks  |
| 19.00                   | Dinner at hotel   |

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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, 2026** so that a balanced programme 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 for the Netherlands + Belgium

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

- **Registration for 3 days + 2 nights** (Friday to Sunday) **€ 555**  
*This includes: social activity (Friday); scientific meeting; 2 dinners; 2 nights/hotel stays; 2 breakfasts; 1 lunch*
- **Partner for 3 days + 2 nights** **€ 250**  
*This includes: social activities (Friday + Saturday); 2 dinners; 2 nights/ hotel stays; 2 breakfasts*
- **Registration for 2 days + 1 night** (Saturday to Sunday) **€ 360**  
*This includes: scientific meeting; 1 dinner; 1 night/ hotel stay; 1 breakfast; 1 lunch*
- **Partner for 2 days + 1 night** (with social activity) **€ 170**  
*This includes: 1 dinner; 1 night/hotel stay; 1 breakfast*  
*With the social activity on Saturday*
- **Partner for 2 days + 1 night** (no social activity) **€ 140**  
*This includes: 1 dinner; 1 night/hotel stay; 1 breakfast*  
*Without the social activity on Saturday*
- **Registration for the scientific meeting, *with* dinner** (Saturday) **€ 175**  
*This includes: the scientific meeting, 1 lunch, 1 dinner*
- **Registration for the scientific meeting, no dinner** (Saturday) **€ 120**  
*This includes: the scientific meeting, 1 lunch*
- **Partner: only on Saturday for “Social Programme + Dinner”** **€ 95** *(no hotel stay)*
- **Partner: only on Saturday for Dinner** **€ 55** *(no hotel stay)*

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 28, 2026**. Definite registration will depend on the timely payment of your membership fees, registration fees and partner’s fees. **Not paid is not registered.**

**Your payment is your reservation and payments are non-refundable after March 1, 2026.** All payments need to be settled prior to the meeting and will be used to contribute to the expense of the meeting.

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## 6. Concluding remarks

We look forward to welcoming you to Groningen, and to your contribution to the programme for the 36<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,

Mariëlle Padberg and Martin Zwart, Local Organising Committee



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## 7. Highlights of Groningen

The Dutch city of Groningen is the 6<sup>th</sup> largest city in the Netherlands and the capital city of the province of Groningen. It has a unique combination of an intimate city and the openness of a metropolis to its 245,000 inhabitants with about 40,000 students.

### CNN: 'a winning alternative to Amsterdam'

CNN labelled Groningen as "a winning alternative to Amsterdam". The city has a lot to offer to the tourists. You can feel the city's energy as you look out over the rooftops from the Martinitoren or walk through the centuries-old streets. This is where oases of tranquility go hand in hand with lively student spots and cosy market squares. Fill your day with these highlights of Groningen:

### Courtyards

The Groningen courtyards used to offer free shelter to the widows and sick. Nowadays, all kinds of people live in these oases of silence in the city centre. Some of the trees in the flower-filled gardens are very old.



poor,

### The Groninger Museum



Creative energy splashes from the walls. Beautiful or ugly? The Groninger Museum has been there since 1994, but is still the subject of discussion on modern architecture. Let that surely be reason enough for a visit. The diverse collection and innovative, occasionally quite stimulating exhibitions complete the experience.

### Martinitoren

In the past 500 years, the Martinitoren burned down, was struck by lightning and it almost collapsed. Wars were won and lost on its doorstep. The tower survived and at 97 metres it is still the tallest building in the city. Climb up for a piece of tangible history and a fantastic view.



### Forum Groningen



In the heart of Groningen's city centre stands the Forum since 2016. It is a meeting place for everyone curious about today's world and tomorrow's possibilities. The Forum aims to surprise and inspire, with Storyworld, 5 movie theatres, the Smartlab, restaurants, the city library and Groningen's highest roof terrace with phenomenal views and a rooftop cinema.

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**Station hall**

From a crowded train, you step onto the platform and enter the station hall of Groningen Station. The stately station hall makes Groningen Station one of the most beautiful station buildings in the Netherlands.

**Vismarkt**

Market people shout their sales slogans, while cyclists make their way among the pedestrians. People buy their lunch at the Korenbeurs or poke a fork in their chips or kibbeling (Dutch fried fish). In the historic buildings around the market, restaurants and shops welcome you. The Vismarkt is city activity at its best.

**Broerstraat**

Vibrant Groningen, where do you really experience that energy? Well, the best place to see and feel that will be at the Academieplein in front of the building, when you are trying to avoid all the student cyclists. This square on Broerstraat (between the Oude Boteringestraat and the Oude Kijk in 't Jatstraat) is the epicentre of student city of Groningen and only 50 metres away from our conference location.

**Noorderplantsoen**

When the weather is nice, the banks of the Noorderplantsoen ponds are full of people. It is an ideal place to relax in the sun.

**Prinsentuin**

Just a few steps from the Martinitoren is a high wall with behind it perhaps the quietest spot in Groningen city centre. Within the walls of the green, flowery Prinsentuin you can imagine yourself in another world. Stroll along the plants, read a book on a bench or enjoy a cup of tea at the tearoom.

**Hoge der A en Lage der A**

The old warehouses along the canals reveal the hustle and bustle of years long ago. Ships came and left here, you could hear the rattling wheels and the trampling of horses' hooves all day long. Strolling along the quays, you pass no fewer than 28 national and 11 municipal monuments. Like stepping into a painting.

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**36<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. Are you attending to the ADMA scientific meeting?</b> <input type="checkbox"/> Yes/ <input type="checkbox"/> No                       |                 |                |
| <i>If "yes", please answer the following supplementary questions.</i>  |                 |                |
| <b>2b. Are you attending the social activity on Friday afternoon?</b> <input type="checkbox"/> Yes/ <input type="checkbox"/> No              |                 |                |
| <b>3. If accompanied by partner</b>  |                 |                |
| Name & initials of partner:  |                 |                |
| Dietary preferences of partner:  |                 |                |
| Is your partner attending to the social activity on <u>Friday</u> ? <input type="checkbox"/> Yes/ <input type="checkbox"/> No                |                 |                |
| Is your partner attending to 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:   |                 |                |
| <b>Please attach the structured abstract as a Word file (&lt; 500 words) (also to mrs. Debbie Buttle)</b>                                    |                 |                |
| <b>5. Attending the following (please tick as appropriate).</b><br><i>See section 5 (&amp; next page). Registration fees (see next page)</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)<br>+ the social activity on Saturday   | N.A.            |                |
| Registration for <b>2 days + 1 night</b> (Saturday to Sunday)<br>without the social activity   |                 |                |
| Registration for the scientific meeting <u>with</u> dinner (Saturday)  |                 |                |
| Registration for the scientific meeting <u>only</u> (Saturday)   |                 |                |
| Registration Partner: only on Saturday for "Social Programme + Dinner"<br><i>(no hotel stay)</i>   |                 |                |
| Registration Partner: only on Saturday for Dinner <i>(no hotel stay)</i>   |                 |                |
| <b>Please note all payments should be made before March 1, 2026</b>  |                 |                |

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**Members from the Netherlands + Belgium** should return this registration form (*previous + this page*) to:

mrs. Debbie Buttle + mr. Martin Zwart (in CC)

e-mail: [debbie.buttle@nhs.net](mailto:debbie.buttle@nhs.net) + [martinzwart@imeedu.nl](mailto:martinzwart@imeedu.nl)

**REGISTRATION FEES**

Payments should be made **before March 1, 2026**

Payments should be made to:

**NL:** Please transfer your Registration fees to:  
**ANGLO-DUTCH MIGRAINE ASSOCIATION**, Amsterdam  
 IBAN: **NL86 INGB 0007 2344 78** - BIC: **INGBNL2A**  
 State your name in the payee reference.

| <b><u>REGISTRATION FEES</u></b>   | <b>(NL + Be)</b> | <b>Delegate</b> | <b>Partner</b>               |
|---|------------------|-----------------|------------------------------|
| <b>Registration for 3 days + 2 nights (Friday to Sunday)</b><br><i>This includes: the social activity; the scientific meeting; 2 dinners; 2 nights/hotel stays; 2 breakfasts; 1 lunch</i> | € 555            | .....           |                              |
| <b>Partner for 3 days + 2 nights</b><br><i>This includes: the social activity; 2 dinners; 2 nights/hotel stays; 2 breakfasts</i>  | € 250            |                 | .....                        |
| <b>Registration for 2 days + 1 night (Saturday to Sunday)</b><br><i>This includes: the scientific meeting; 1 dinner; 1 night/hotel stay; 1 breakfast; 1 lunch</i>                         | € 360            | .....           |                              |
| <b>Partner for 2 days + 1 night (with social programme)</b><br><i>This includes: 1 dinner; 1 night/hotel stay; 1 breakfast, With the social activity on Saturday</i>                      | € 170            |                 | .....                        |
| <b>Partner for 2 days + 1 night (no social programme)</b><br><i>This includes: 1 dinner; 1 night/hotel stay; 1 breakfast, No social activity</i>  | € 140            |                 | .....                        |
| <b>For the scientific meeting <u>only</u> + dinner (on Saturday)</b><br><i>This includes: the scientific meeting, 1 lunch, 1 dinner</i>   | € 175            | .....           |                              |
| <b>For the scientific meeting <u>only</u> + NO dinner (on Saturday)</b><br><i>This includes: the scientific meeting, 1 lunch</i>  | € 120            | .....           |                              |
| <b>Partner only on Saturday for "Social Programme + Dinner"</b><br><i>(no hotel stay)</i>   | € 95             |                 | .....                        |
| <b>Partner: only on Saturday for Dinner</b><br><i>(no hotel stay)</i>   | € 55             |                 | .....                        |
|   |                  | ----- +/+       | ----- +/+                    |
| <b>Total amount to be paid = € .....</b>  |                  | <b>= A + B:</b> | <b>..... (A) + ..... (B)</b> |