











AMSTERDAM









MONDAY 6 JULY

08.00 - 09.00 Photo session at the "Scheepvaartmuseum"
09.30 - 10.00 Transport tot City Hall
10.00 - 12.00 Opening and reception
12.00 - 12.30 Transport back to MEA by bus
12.30 - 14.00 Lunch
15.00 - 17.00 City walk with guides
"Mee naar Mokum"

Mokum is the Yiddish word for "place" or "Safe haven". It is similar to the Hebrew word makom from which it is derived. In Yiddish the names of some cities in the Netherlands and Germany were shortened to Mokum and had the first letter of the name of the city. Mokum, is still used as a nickname for Amsterdam. The nickname was first considered to be Bargoens, a form of Dutch slang, but in the 20th century it lost its negative sound and is now used as a nickname for Amsterdam in a sentimental context



Zaanse Schans





Marken





TUESDAY 7 JULY

8.30	Departure to the "Zaanse Schans" by bus
10.00-11.30	Guided tour at the "Zaanse Schans"
11.30-13.00	Free time and Lunch
13.00	Departure to Marken by bus
14.00-15.00	Guided tour in Marken
16.00	Back to Amsterdam

The Zaanse Schans is one of the popular tourist attractions of the region and an anchor point of ERIH, the European Route of Industrial Heritage. It has a collection of well-preserved historic windmills and houses. The neighbourhood attracts approximately 900,000 visitors every year.

Marken is a former island in the Zuiderzee which is nowadays connected to the North Holland mainland by a causeway. Also, Marken is a well-known tourist attraction, well known for its characteristic wooden houses. For some time Marken and its inhabitants were the focus of considerable attention by folklorists, ethnographers and physical anthropologists, who regarded the small fishing town as a relic of the traditional native culture that was destined to disappear as the modernization of the Netherlands gained pace







WEDNESDAY 8 JULY

8.00 - 12.30	Freetime
12.30 - 13.00	Providing lunch packets at arrival
	place of the boats
13.00 - 14.30	Social program: Boat trip with guide
	in canals Amsterdam
14.30	End social program and free time in
	Amsterdam

A few nice places to visit in Amsterdam:

4	Anne Frank house
4	Het rýksmuseum
4	Het Van Gogh Museum
4	Royal Palace Amsterdam
4	Diamant museum
4	Jewish Historical Museum
4	Museum of Bags and Purses (Tassenmuseum)

Ask Wilma, Joyce, Anneke or Laurence for more information.





Utrecht





THURSDAY 9 JULY

8.30	Departure to Utrecht
10.00-11.30	City walk with guide
11.30 - 12.30	Guided tour at the "Paushuize"
12.30 - 15.30	Lunch and free time at Utrecht
16.00	Back to Amsterdam

Utrecht is the capital and most populous city in the Dutch province of Utrecht and is the <u>fourth largest</u> <u>city</u> in the Netherlands

Utrecht's ancient city center features many buildings and structures several dating as far back as the <u>High</u> Middle Ages. It has been the religious center of the Netherlands since the 8th century. Utrecht was the most important city in the Netherlands until the Dutch Golden Age, when it was succeeded by Amsterdam as the country's cultural center and most populous city.

Utrecht is host to Utrecht University, the largest university in the Netherlands, as well as several other institutes for higher education. Due to its central position within the country, It has the second highest number of cultural events in the Netherlands, after Amsterdam.

Paushuize is one of the oldest and most outstanding monuments in the city of Utrecht, with a remarkable history. A variety of beautifully restored period rooms and splendidly decorated salons makes the building one of the most sought-after venues in the Netherlands.













FRIDAY 10 JULY

09.00-12.00 Shopping at The "Albert Cuyp" Market

12.30-14.00 Lunch

14.00-19.00 Free time

19.00-24.00 Closing banquet

The Albert Cuyp Market is a street market in Amsterdam. The street and market are named for Albert Cuyp, a painter from the 17th century.

The market began as an ad hoc collection of street traders and pushcarts. By the beginning of the 20th century, this had become so chaotic that in 1905, the city government decided to set up a market, at first only held on Saturday evenings. In 1912, the market became a daytime market open six days a week. Originally the street was accessible while the market was taking place, but more recently the street has been completely closed off to traffic during market hours.

The product selection at the market varies from the traditional range of vegetables, fruit and fish to clothing and even cameras. There are many products sold that are of interest to the city's residents of Surinamese, Antillean, Turkish, and Moroccan origin, giving the market and neighborhood a strong multicultural feel. The market is the busiest in all of the Netherlands and is reputedly the largest daytime market in Europe. It is also an important tourist attraction. The famous Dutch Stroopwafels are prepared fresh here.

Also popular are the many ethnic restaurants and bars that are found "behind" the market stalls