



Dear participant of the 23rd SIEF FOOD RESEARCH conference,

We welcome you to the **FOOD, PEOPLE AND THE CITY** conference in MAS. But we also want to welcome you in Antwerp, a haven for foodies.

But first of all some practical information.

## 1. Transport to Antwerp

Antwerp is centrally-located in Europe and easy to reach. You can get here by train, plane, bus or car. Your hassle-free city trip starts here.

### a. **Getting to Antwerp by train**

Antwerp is really easy to get to by train. National and international trains, such as the Thalys, stop at Antwerp Central Station and/or Antwerp-Berchem. There are fifteen trains to and from Antwerp every hour. You can take one of several bus and tram lines into the city centre from Antwerp-Central and Antwerp-Berchem.

Take the time to look up and around you if you arrive in Antwerp's Central Station as it is widely considered one of the most beautiful stations of the world.

### b. **Getting to Antwerp by plane**

Antwerp is located near two airports: Brussels Airport is just 45 km from Antwerp or a 30-minute drive, Antwerp's airport (Deurne) is just 7 kilometres from the city, or a 15-minute drive. Brussels South Charleroi Airport is 115 km from Antwerp, Eindhoven Airport 87 km. From here you can also easily get to the city. You can find further information about the various airports near Antwerp here.

### c. **Getting to Antwerp by bus**

You can easily get to Antwerp by bus with one of many city links. Book a ticket with one of the many bus companies.

### d. **Getting to Antwerp by car**

Are you planning to travel to Antwerp by car? Please bear in mind that Antwerp's city centre is a low emission zone. Register your car before entering Antwerp and check whether you may enter the zone.

Also bear in mind that Antwerp's Ring road is often very busy and that several major road works and construction projects are planned in the city until 2022, which will cause substantial traffic nuisance. Check the website of [Slim naar Antwerpen](#) for all information about how to get to Antwerp and about smart alternatives to travel into the city.

## 2. Transport to the MAS

### a. **Travel by foot**

The MAS is located at '[het Eilandje](#)', a 30 minute walk from Central Station.

### b. **Public transport**

Antwerp has an extensive network of public transport. You can buy a pass for 10 journeys or a 3 day pass for 3 days.

Tram 7 (Mortsel - Eilandje), disembark at final stop MAS.

Tram 1 (P+R Luchtbal - Zuidstation). Get off at Noorderplaats and walk 15 minutes to the MAS.

Tram 24 (Silsburg - Havenhuis). Get off at stop Londen and walk past the Londenbrug to the MAS (10 minutes)

Bus 17 (Brouwersvliet - Centraal Station - UZA). Get off at final stop Felixarchief (Brouwersvliet)

Underground Antwerpen Centraal: lines 3, 5, 9 or 15, direction Linkeroever. Get off at station 'Meir'. Above ground, take tram 7 at 'Meirbrug'.

Go to [delijn.be/en](https://delijn.be/en) for the most up-to-date information.

c. **With a Velo citybike**

Velo is Antwerp's most widely used bike sharing service. You can buy a [day or a weekpas](#). There are two Velo stations at the foot of the MAS. One on the Hanzestedenplaats and one on the Sint-Laureiskaai, just across the Nassau Bridge. More information on [www.velo-antwerpen.be](http://www.velo-antwerpen.be). There are also other sharing systems. You can find more information on [Visit Antwerp](#).

3. **Where to spend the night?**

There are a lot of beautiful hotels in Antwerp. Our selection:

[Hotel Les Nuits](#) (20min walk to the MAS)

[NH Collection Antwerp City](#) (30min walk to the MAS but next to Central Station)

[Hotel Pilar](#) (34min walk to the MAS)

[Hotel Franq](#) (14min walk to the MAS)

[A Place Antwerp](#) (20min walk to the MAS)

[Hotel O Kathedral](#) (16min walk to the MAS)

[The Soul Antwerp](#) (30min walk to the MAS)

[Best Western Hotel Docklands](#) (11min walk to the MAS)

[Holiday Inn Express Antwerp City – North](#) (11min walk to the MAS)

[Hotel Ibis Antwerpen Centrum](#) (25min walk to the MAS)

There are also hostels, charming B&B's or even campsites. You can find more information [here](#) or book directly [here](#).

4. **Our program**

We are still fine-tuning the program but this is the main timeframe:

**Wednesday 22 September 2021:**

10 till 11: welcome with coffee and tea

11: kick-off conference

**Thursday 23 September 2021:**

9 till 10: welcome with coffee and tea

10: Keynote

**Friday 25 September 2021:**

9 till 10: welcome with coffee and tea

10: Keynote

We will end every day at a unique location in Antwerp and make sure you had dinner. Dinner on Friday is without obligation and at your own expense, but we will end the day around 5 pm with a closing word and some snacks and drinks.

But Antwerp knows how to turn on the charm. You couldn't have seen everything on these 3 days. Antwerp and its residents are anything but followers. They are trendsetters, with the belief that things could always be different and better. That's why we hope you'll stay another night, or maybe even longer. We selected some (insider) tips for you:

1. **The best view of the historic city is...**

... away from the city centre. Cross the river Scheldt – not via the bridge but the impressive [underpass](#) (Mark, during your descent, the magnificent wooden escalator) – and admire the Antwerp skyline from the Left Bank.

## 2. City inland with sea port

Antwerp has, besides a wide river, a deep [sea port](#) 80 kilometres inland. Not only do cruise ships have the exceptional opportunity to moor close to the city, the port also attracts many domestic and seagoing vessels. Interested to find out more about the port? There are several bus, boat and bicycle tours that take you past the ships, quays, cranes and terminals.

## 3. Enjoy the heights

[The Cathedral of Our Lady](#) is a striking feature in the Antwerp skyline: it is the highest church tower in the Low Lands and features on the UNESCO World Heritage List. Quite an achievement, if you consider that one of the Cathedral's towers remained unfinished. And don't forget that other attractive tower, the MAS. A top collection awaits you at the Museum aan de Stroom (museum at the river): about the world in Antwerp and Antwerp in the world. But the most beautiful work of art lies at your feet: from the rooftop, 60 meters above the ground, you can admire the whole city. Our staff at the ticket counter will have the participant list. When you visit the MAS in the weekend, you will receive free access.

## 4. Culture with a bonus

Antwerp boasts, besides the MAS, quite a few special museums. In addition to their fine collections, they always offer a remarkable extra: the [Middelheim Museum](#) is a park full of sculptures; [Plantin-Moretus](#) was the first museum to feature on the World Heritage List; in [The Rubens House](#), you walk through the house of the famous master. And then there are the museum-grade buildings, like the Neoclassical (shopping) [Stadsfeestzaal](#) where you 'just' go for a spot of shopping, or the listed buildings of the [Antwerp Zoo](#) – one of Europe's oldest and most beautiful city zoos – where many animals live.

## 5. Gastronomy revisited

Since appearances also count, the eatery settings in Antwerp are special – ranging from a former chapel, which now houses Michelin-star restaurant [The Jane](#), to a Michelin-star [Chinese restaurant](#) and a [pita shop](#) which was the first to feature in the Gault Millau gastronomy guide. Antwerp thrives on innovation, something to which your taste buds will be able to testify: thanks to the port's international influence, all cuisines are represented and continue to reinvent themselves. No Michelin-star budget? We also have some insider tips:

Centre of Antwerp:

- [Bia Mara](#)
- [RAS](#)
- [Native](#)
- [Duke of Antwerp](#)
- [O'Cortado \(for a Selfiecino\)](#)

Het Eilandje:

- [Otomat](#)
- [Restaurant MON](#)

Zurenborg:

- [Humm](#)
- [Restaurant Overzee](#)

Sint-Andries/ Het Zuid

- [DIVERS](#)
- [Kaffeenini](#)
- [WASBAR](#)
- [Bar Palmier](#)
- [Tinsel](#)
- [Fiskebar](#)
- [Bun Antwerp](#)
- [Win's](#)
- [Takumi Ramen](#)

Klein-Antwerpen:

- [Barchel](#)
- [Bardin](#)

Theaterbuurt

- [Graanmarkt 13](#)
- [Mirlos](#)
- [Fons Antwerp](#)
- [Sticks 'n bowls](#)

Groen Kwartier (Berchem)

- [August](#)

## 6. **Most diamonds in the world**

International diamond hallmarks, such as 'Cut in Antwerp', were born in Antwerp. A visit to the [Diamond Square](#) Mile should, therefore, not be missing from your itinerary. There are more diamonds in one square mile than in the rest of the world. Peppered across the city, there are plenty of dazzling window displays of goldsmiths and jewellery designers. Their treasures carry the Antwerp Most Brilliant-label, which guarantees quality.

## 7. **Cradle of fashion**

Antwerp residents are trendsetters. Something which is noticeable from the many innovative pop-ups and fledgling start-ups that you come across while shopping, and which also comes to life, of course, in the [fashion district](#). Here, haute couture is not only in the many boutiques, but also on the streets, in the [museum \(MoMu\)](#) and at college. The fashion department of the Royal Academy is one of the worlds most influential: the Six of Antwerp, Martin Margiela, Bruno Pieters ... they all graduated here. Even today, many of the great promises, who come to study here, often use the city as their testing ground to launch their label. Here, you can be the first to buy from the designers of tomorrow.

## 8. **Visit Antwerp as a local**

To finish we want to give you some local tips. Stroll, sit down, relax and enjoy Antwerp's daily life.

- [De Vogeltjesmarkt](#) (bird market): a weekly market on Sunday between 8am and 1pm. You can find food, flowers, textiles, ... on Theaterplein.
- [De Dageraadplaats](#) (Zurenborg): a beautiful place in the evening. The lovely starry canopy above the square creates the perfect atmosphere. Start your evening on one of the terraces and then find a pub with some great live music.
- [The panorama of the MAS](#): You can see the lights of the city and port twinkle as the sun sets slowly over the left bank (Linkeroever). The panorama is open until midnight and free of access.
- Visit [The Barn](#): a covered biomarket in the trendy neighbourhood Het Zuid. Or [BE O Antwerp](#) in Berchem.
- Enjoy a [culinary or another walk](#) in Antwerp

If you are staying longer, maybe you would be interested in the Antwerp City Card. Find your benefits on [Visit Antwerp](#).