

Day at a glance: FRIDAY

WHEN?	WHAT?	WHERE?
08:30-09:30	Conference Registration	BRISTOL 2002-03
	Mingling with coffee and refreshments	SOLWORLDCAFE
09:30-10:10	Welcome and Conference Introduction	BRUGES 2007
10:10-11:00	Conversation on Neuroscience, Happiness and Resilience with Luc Isebaert, Alasdair Macdonald and Michael Hjerth	BRUGES 2007
11:00-11:30	Coffee break	SOLWORLDCAFE
11:30-13:00	Workshop Slot 1	
	Didactics of Love: leading and learning from an appreciative perspective Sven De Weerd and Rombout van den Nieuwenhof Resilience	STOCKHOLM 2004
	Virtual Restructuring: Happiness and Resilience at Work Barry Winbolt Happiness and Resilience	INTERLAKEN 2005
	Solution-focused quality improvement - support "learned organisational happiness" Christine Kuch Happiness	VIENNA 2006
	Rational Optimism – The energy generator in consulting and Human Relations) Yoram Galli Happiness	BRISTOL 2002-03
	The Grammar of Neuroscience Kirsten Dierolf and Mark McKergow Neuroscience	COLOGNE 2008
13:00-14:10	Lunch at the Conference Venue	MILWAUKEE Forever
14:10-15:00	Triangular Interview The Local Health Conference Consultant: Peter Rörhig Clients: Yvonne Oertel and Wolfgang Klier	BRUGES 2007
15:00-15:30	Break	SOLWORLDCAFE
15:30-17:00	Workshop Slot 2 SF Vocational Scouting: alinging a triple focus to invent professional futures Klaus Schenk Resilience	STOCKHOLM 2004
	Beyond the mind and into the now Sue Lickorish Happiness and Resilience	INTERLAKEN 2005
	Creating a Workplace that We All Wanna Go To Every Morning! Yasuteru Aoki Happiness	VIENNA 2006
	Using intercultural networks for resilience - Networking Regina Reinhardt, Fabian Tschan, Lina Skantze, Loraine Kennedy	BRISTOL 2002-03
	The Quality of Your Thoughts Determines the Quality of your Life Agneta Castenberg, Kerstin Mählberg and Ulf Mårdberg Neuroscience	COLOGNE 2008
18:45-	Meeting in front of Bruges' Town Hall (Burg) for the Optional Evening Event: visit to a brewery, dinner and boat trip through Bruges	

1. Conversation on Happiness, Resilience and Neurosciences

CONVERSATION: 10:10-11:00
BRUGES 2007

On Friday morning the first conversation will explore the links between happiness, resilience and neurosciences. Luc Isebaert, Alasdair McDonald and Michael Hjerth are invited to our conversation lounge.

Michael Hjerth

Psychologist, Philosopher, Musician. Michael Hjerth was born in Stockholm 1960. After a career as a musician and music teacher he studied psychology and philosophy at the University of Lund Sweden and graduated in 1991. After a brief period at the philosophical institution in Lund, he decided to focus on therapy and began working as a solution-focused therapist in Malmö, Sweden at the same time. Michael became interested in the application of the solution-focused model beyond the therapy-room, and developed several models to aid the transition to contexts like coaching, leadership, employment work and work-health. In 1997 he moved back to his birthtown Stockholm to join FKC, one of the pioneering SF groups in Sweden to focus on training and developing the SF-model. In recent years, he has been interested in the borderlines of solution-focused work, and its relationship with research on complexity, luck, neurobiology, organisational work, language etc. He has served as the secretary of the European Brief Therapy Association (EBTA) and is currently a board member of that organisation. He also belongs to the steering group of Solutions in Organisations Linkup (SOL), which is the international organisation for SF-in organisations, management and the workplace.

Dr. Luc Isebaert

Psychiatrist-psychotherapist

- president of the Korzybski Institute (www.korzybski.com)
- founding member of the European Family Therapy Association (EFTA)
- founding member and currently president of the European Brief Therapy Association (EBTA)
- Author of many books and publications, e.g. : 'Kurzzeittherapie. Ein praktisches Handbuch'. Thieme, Stuttgart 2004.

Dr. Alasdair Macdonald

I trained as a consultant psychiatrist in the 1970s when neurosciences were still required knowledge. I have experience in all aspects of psychiatry. I have also worked as a medical manager and as a management consultant. I have extensive psychotherapy training and I am registered as a family therapist and supervisor with the United Kingdom Council for Psychotherapy.

Teaching and research in solution-focused brief therapy in the UK and abroad has been my chief interest for 18 years. I am the Research Coordinator and past President of the European Brief Therapy Association. For further information see www.solutionsdoc.co.uk.

Workshop Details

WORKSHOP SLOT 1: Friday Morning - 11:30-13:00 STOCKHOLM 2004

Didactics of love:

leading and learning from an appreciative perspective

Sven De Weerd and Rombout van den Nieuwenhof

Resilience

Link to reach out theme “resilience”

We start from the assumption that people become more resilient as they become “whole” persons/“integrative” leaders. We call this process of growth “individuation”. As leaders people are able to facilitate the individuation process of others.

Rombout van den Nieuwenhof (PhD) is therapist, coach, trainer and OD consultant. He studies psychology, was trained in psycho-analysis and behaviour therapy. He did his doctoral research on the role of dialogue in complex organizational change processes. He wrote books about coaching and organizational change in Dutch: ‘Coaching in professionele organisaties’ and ‘De Taal van Verandering’.

Sven De Weerd (PhD) teaches at the European University College Brussels (EHSAL), researches the experiential learning of professionals and radical career change as an affiliated researcher at the center of Work, Organisational and Personnel Psychology (KULeuven; Belgium). He is the chairman of the post-academic program that focuses on relational and communicative issues at the University of Hasselt (Belgium).

Description of the workshop content

Love is all around when we fall into it!

We bring a short story about leadership and coaching to continue with an exercise. We bring a story about leadership. Leadership is not only about transforming organisations, but also about transforming people, about creating conditions that allowing people to become “whole” individuals in the process of change. Leaders create a climate in which colleagues, subordinates and bosses can become free, responsible, courageous, inspired individuals, who live their dream without illusions, who stand with two feet in reality, and who are imbued with the necessity to act ethically (Koestenbaum). In other words: transformative leaders create conditions that allow others to transform themselves into transformative leaders as well. Leadership is about the facilitation of the individuation of others. The question that intrigues us is: how does this happen? We will give our tentative answer by means of the notion of “didactics of love” in a sphere of dialogue. In the coaching exercise we will invite our audience to engage in an appreciative exploration of four coaching practices which we see as pivots of the fourfold wheel of individuation: presence, interconnectedness, humility and discipline.

Three things that we want our audience to remember

1. That every moment in the here and now is a chance for getting in contact with submerging themes of (organisational) life, a chance for growth (individuation) within the interaction with others.
2. The “growth = helping others to grow”-experience.
3. Our (ground breaking) coaching methodology.

INTERLAKEN 2005

Virtual Restructuring; Happiness and Resilience at Work

Barry Winbolt

Happiness & Resilience

This workshop draws on Martin Seligman's work on happiness – the 'science of positive emotion' – to offer a three-point structure for identifying and monitoring the factors that contribute to job-satisfaction and help ensure a resilient workforce.

Abstract

Job satisfaction is increasingly seen as an important factor at work. Employees are no longer willing to work for just their salary, and employers are aware that they must do more to attract and retain the best staff. In short, happiness is becoming acceptable at work.

I have designed an approach I call Virtual Restructuring (VR), a Brief, Solution Focused consultancy model, to help employers and staff identify and build on relative strengths and virtues. VR enables individuals and groups to recognise the key factors that contribute to job satisfaction, motivation and performance.

Once they have done this, the approach provides a simple set of tools to monitor and build on 'what works', and to enhance and steer individual and team performance.

VR is brief, just few minutes each day; it is Clean, naturally and organic; it is Popular; individuals motivate themselves and employers can see and reward the results.

Method

This is a participative workshop format. Delegates will use the tools of VR – for example the Environmental Happiness Index (EHI) – and be able to take them away to use whenever they. PowerPoint and supporting handouts.

VIENNA 2006

Solution-focused quality improvement - support "learned organisational happiness"

Christine Kuch

Happiness

Dr. Christine Kuch (www.medcoaching.de) SF consultant and trainer, psychologist, phd in medical sociology, quality manager, interested in organisational change and doctor-patient decision-making, inherited optimism gene from her father and the skills to live with it from her mother, is a very happy mother of her absolutely wonderful son Ben.

Background

Quality management is a wide-spread approach that aims to support and improve processes and, subsequently, results of organisations. Almost all companies are expected or forced to do some kind of quality management, either by law, like in many health care systems, or because of their customers' demands.

In this workshop we'll concentrate on quality improvement (QI) projects, i.e. projects which aim at learning, development, "doing better". This should be a lot of fun. In addition, the results can make life easier.

Unfortunately, the effect is rather the opposite. Participants often blame each other to be the reason for the x problem and a phenomenon, which could be called a "learned organisational helplessness", can be observed: project after project is carried out (with the efforts of the participants), but "the problem" remains. Often heard quotes in this context: "There are problems, you cannot do anything about them, no matter how hard you try", and, "You know, it's hard to change people. If you can't fire them, you have to wait till they retire."

The (frequently published) rationale of methods for QI projects focuses on problems and causes for the defined problems. It might be possible that a rationale of methods for QI projects that focuses on goals and resources helps to develop something that could be called "learned organisational happiness".

Content/Method

After the provision of some background information, the "SF way to QI", a method for solution-focused quality improvement projects, will be presented shortly. It has been developed on the basis of existing rationales of quality improvements and on the basis of SF principles. Until now, it has mainly been applied in health care organisations.

In the following, the participants will practically apply the 5 steps of the "SF way to QI" within small groups with changing partners. They can either bring in their own project and/or work on the projects of others.

Finally the participants get the opportunity to discuss what differences the "SF way to QI" could make for the "happiness" of (and in) organisations. Another additional topic for discussion could be what aspects of organisational cultures' underlying rationales can be helpful for happiness in organisations.

Three things I want the participants to remember

- 1. Simple little changes can make a big difference
- 2. Goal measures can be very useful
- 3. I got some new ideas for my own work from the others

BRISTOL 2002-03

Rational Optimism - The energy generator in consulting (and Human Relations)

Yoram Galli

Happiness

Rational Optimism

The energy generator in consulting (and Human Relations)

Yoram Galli, MEI, Management Consultant and Team Coach at CREATEAMS - Creating Powerful Teams and at SFiO - The Institute for Solutions Focus in Organizations.

Head Trainer at Teams Academy.

Former head of HRD in the School for Leadership Development, IDF, Israel.

Member of the SOL Steering Group.

Presented workshops at the SOL conferences of: 2003, 2004, 2005 & 2006.

People tend to be suspicious when addressing optimism, because it is perceived as linked to naivety.

Yet, optimism is a vital component in any possibility of change.

In the workshop I will introduce it as a positive possibility within other possibilities, accessible to everyone, and as a change generator.

We encounter optimism as coaches and trainers, as human beings and in different roles in organizations and in society.

Optimism serves us as a skill for both the people we coach and ourselves as coaches.

In the workshop we will discuss this concept and explore its useful implications in consulting and coaching:

- We will meet the "Rational Optimism".
- How to generate the optimism inside us as coaches and inside those whom we coach.
- What are the main distinctions that are unique to Optimism as a skill?
- We will know several techniques of moving towards the optimistic channel and its development.

- The Rational Optimism as a Solution-Focused Talk (= The Solution-Focused Approach as a Rational Optimistic Approach).
- How to provide a clearing where there is a place for optimism along with pessimism.

It's a workshop that aims at looking at the two thirds of the filled glass!

Three things you want your audience to remember

- 1. Rational Optimism is neither the naïve optimism, nor it is the serious pessimism.
- 2. Rational Optimism is a workable skill that can be both reached and offered.
- 3. Rational Optimism can be used as the motivation generator for those who need it.

COLOGNE 2008

The Grammar of Neuroscience

Kirsten Dierolf and Mark McKergow

Neuroscience

Mark McKergow PhD MBA speaks, writes, trains and uses the SF approach with organisations. He is director of sfwork, the Centre for Solutions Focus at Work, and works all over the world. His latest book with Jenny Clarke Solutions Focus Working: 80 real-life lessons for successful organisational change is published during the conference.

Kirsten Dierolf is a seasoned trainer, organizational and training developer, and coach with international experience in diverse environments and for various industries, mainly banking, pharmaceutical industry, automotive and IT. Kirsten is proud mother of three sons and two tomcats.

An attractive description of the workshop content

The latest results from brain research are fascinating and encouraging for SF practice. Yet how are we to interpret and make use of these findings in our work? This workshop will examine what can be said (or not) about the brain from the perspective of Wittgenstein, discursive psychology and the interactional view.

We will take you on a very interactive and fun journey to tease your mind and think around and through what can and cannot be said about Solution Focus and neuroscience. You will discuss interesting questions with your colleagues, listen to international experts, view a concise presentation and think some more with your colleagues.

When you walk away, you will hopefully know more about the relationship of neuroscience and the social sciences and how Solution Focus fit is, and when you use neuroscience to corroborate Solution Focus, you will know how to do it and where the intellectual limits are.

Three things you want your audience to remember:

In Solutions Focus the grammar that we use is people grammar and not brain grammar, therefore we have to be careful about extrapolating from the brain to the person

What you say about a part you cannot necessarily be said about the whole and vice versa.

The distinction between inside and outside does not make (philosophical) sense, particularly with reference to language and the brain.

TRIANGULAR INTERVIEW

BRUGES 2007: 14:10-15:00

Case 1: The Local Health Conference

Consultant: Peter Röhrig

Clients: Yvonne Oertel and Wolfgang Klier

Interviewer: Louis Cauffman

The Local Health Conference (Geschäftsstelle Kommunale Gesundheitskonferenz or GKG) is a local committee of representatives of health care professionals and users charged with using local knowledge to make recommendations to improve health care and promotion in the community.

In July 2003 the Cologne Local Health Conference decided to appoint a working group to look into Hospital Planning. It was commissioned to compile a list of relevant criteria from a patient's point of view. The group consisted of representatives from social groups affected by hospital planning, including senior citizens, migrants, self help groups and parents. Two professionals led the group, Yvonne Oertel, manageress of the Cologne Centre for Self Help Groups (KISS) and Wolfgang Klier, CEO of the GKG.

The working group met regularly for more than two years, inquiring into

- The kind of troublesome situations people experienced during their stay in hospital
- The main complaints of fellow patients
- The special needs and interests of different patient groups

During this period they learned about the most frequent and annoying problems encountered by different patient groups in hospitals. Migrants reported for instance, that doctors and nurses could not understand them properly and asked for translating facilities. Parents complained the lack of opportunity to stay with their children. Senior citizens demanded better recognition of the social environment of elderly people before discharging them from hospital etc.

Lots of ideas and suggestions emerged.

Up to that point, information gathering was easy and the group worked well together. The task became more difficult when they tried to find similarities among all the suggestions in order to frame more general criteria. The two directors of the group looked for help in hospitals' quality reports and consulted an expert in hospital planning. This led to even more data and more confusion and Yvonne and Wolfgang needed help in making a coherent story out of it all.

I was known to the GKG and well respected for my experience and knowledge of the health care sector. When the two directors first contacted me in September 2005, they sent me a huge pile of paper, hundreds of pages full of all sorts of information and ideas.

They asked me to help them produce a structured catalogue of criteria, by May 2006.

WORKSHOP SLOT 2: Friday Afternoon - 15:30-17:00 STOCKHOLM 2004

“SF Vocational Scouting”: aligning a triple focus
to invent professional futures

Klaus Schenck

Resilience

Klaus Schenck (<http://klaus.schenck.googlepages.com>) works as freelance trainer, coach and process consultant (and occasional SOL-photographer...) in cooperation with a variety of wonderful other coaches. He builds on: 12+ years bio-research incl. a Ph.D. in molecular biology, 12+ years medical device industry management; 15+ years contact to ericksonian, systemic and Solution Focused counselling concepts, - and now his fifth SOL-conference.

The workshop will introduce a coaching / training program at three interconnected levels, by:
Introducing a **group coaching program** for vocational reorientation on a practical, descriptive level, relating to the required resilience of the participants of the program (and the required networking capabilities of the involved coaches).
Introducing the **three guiding principles** of the program design.

Comparing these guiding principles with **SF- and related ideas and tools**.

It may be **useful for solutionists who have fun in the exchange of “wild ideas”**, and perhaps are involved in supporting others in some kind of vocational transition, think SF-“jargon” might sometimes use adaptations to clients’ language, like to **play and juggle with** concepts from various sources, curious to find out what new perspectives might result from innovative (or “irreverent”?) re-combinations...

What these participants might like to remember:

1. The “Three Principles”: What makes sense, how things shall be, and what enables.
2. The **similarity of those principles to aspects of the SF-scale**.
3. The **benefits of resilience**, derived from being able to find what makes sense, define goals, and mobilize what (and who) enables to find solutions to survive and to recover from economically and otherwise “bad” situations.

INTERLAKEN 2005

Beyond the mind and into the NOW

Sue Lickorish

Happiness & Resilience

Beyond the mind and into the NOW

Sue Lickorish is an independent coach, trainer and facilitator. Clients and colleagues call her ‘energetic’, ‘insightful’, ‘inspiring’ and ‘flexible’. Friends call her ‘passionate’, ‘wise’ and ‘funny’. Her daughter calls her ‘Mum’.

Sue loves helping people to bring about positive change – and also to accept and love ‘what is’. Her favourite word is Namaste, and if you ask her, she’ll be delighted to tell you what it means. Sue loves yoga and salsa and is rumoured to be a bit of a party animal...

Workshop content

“The intuitive mind is a sacred gift and the rational mind a faithful servant. We have created a society that honours the servant and has forgotten the gift.”

Albert Einstein

In this workshop we will explore present moment awareness as the source of authentic happiness and resilience. When we want things to be different than they are, or when we attempt to manage the feelings that we label as 'negative', we create suffering for ourselves.

Present moment awareness is the essence of simplicity, fitting perfectly with SF principles. In fact it's so incredibly simple, that the mind struggles with it. When we are being truly present – right here, right now - we go beyond the rational mind, to another level of intuitive consciousness. We are able to tap into the endless source of creativity and possibilities, where 'problems' can simply dissolve.

The processes you will experience in this workshop will help you gain new perspectives and deepen love, joy, acceptance, gratitude and compassion.

You will begin to cut through the limitations of thinking, and the meanings you make of your emotions. You will experience how to be with the energy of thoughts and emotions - content-free and non-verbally - to improve your physical, emotional, mental and spiritual well-being.

Three things to remember:

- 1. It's in our identification with thoughts and feelings that we experience difficulty; it's not the thoughts or feelings themselves.
- 2. Love, acceptance, gratitude and compassion are golden keys to transformation and change.
- 3. There is only the Now, and everything happens in the Now. Be conscious of the perfection in the present moment.

VIENNA 2006

Creating a Workplace that We All Wanna Go To Every Morning!

Yasuteru Aoki, Kou Oomori, Yoshiteru Okudaira

Happiness

Presenters:

Yasuteru Aoki, solutionist,

Solution Focus Consulting Inc. Japan,

Kou Oomori, Senior Staff Engineer,

Canon Finetech Inc. Japan,

Yoshiteru Okudaira,

Senior Staff Engineer, Canon Finetech Inc. Japan.

A manufacturing company wanted to change their workplace climate. First they tried to find out what's wrong and change them but failed. Then they learned there's a way to go with what's good, yes, Solution Focus. After four month-long intervention by SF consultants 60% of the employee confirmed the positive change. So they made an SF promoting team since January 2007 and started to spread the SF way of communicating throughout the company.

Yasuteru Aoki will show what kind of interventions the consultants did to elicit the positive results. And two managers from CANON FINETECH INC., Kou Oomori, the leader of SF promoting team, and Yoshiteru Okudaira will show how they are adopting SF ideas and tools into their workplace climate change project. We invite audience who are interested in SF application for organizational change and development. We welcome a variety of questions and reflections about our work in progress.

BRISTOL 2002-03**Using intercultural networks for resilience -****Regina Reinhardt, Fabian Tschan, Lina Skantze, Loraine Kennedy****Networking and Resilience****The presenters**

Loraine Kennedy provides Solution Focused management training, coaching and facilitation. An operational manager in large public bodies she moved into the people development and human resources side of organizational life.

Now she operates her own practice and works in associate ships to complement her skills. (loraine@lkdevelopingpeople.co.uk)

Lina Skantze, M.Ph. & MBA, is a speaker and independent Solution Focused consultant, running workshops on leadership and change as well as coaching managers. Previous positions include Executive President and VP of HR & Marketing. (lina.skantze@man-age.se)

Regina Reinhardt coaches and trains people to develop their intercultural competences and resources to achieve a profound global understanding. By birth she has Swiss & German nationality grown in Greece. Today due to her networking passion she founded and supports & moderates diverse networking platforms. (coaching@reginareinhardt.com)

Fabian Tschan is a trainer and coach within AIESEC, a global student-run network where he has been working for the last 6 years in various leadership positions. He is currently head of Global Financial Management Support. Fabian also provides cross-cultural trainings for people in AIESECs' partner organizations. (fabian.tschan@aiesec.ch)

Workshop content

The workshop is structured along the lines of an SF conversation engaging participants in creating their own desired outcome for intercultural networking and resilience through use of SF techniques.

During the workshop we will explore benefits of networking within the SOL community, based on a small case study. How are cultural differences and similarities used as resources by the participants? In what way can resilience be enhanced by networking activities?

As a participant of the workshop, you will have the opportunity to enjoy networking exercises that will be both useful and inspirational.

Our aim is to create a spirit of creativity, co operation and collaboration. Of course we will have fun while building bridges and sharing resources!

Three things we want our audience to remember

- 1. New insights regarding the meaning of networking and it's connection to SF
- 2. Useful networking exercises
- 3. Inspiration to expand international networks

COLOGNE 2008

The Quality of Your Thoughts Determines the Quality of your Life

Agneta Castenberg, Kerstin Måhlberg and Ulf Mårdberg

Neuroscience

The presenters

Agneta Castenberg, Kerstin Måhlberg and Ulf Mårdberg.
We all work in the leadership group of FKC and we also work as SF-trainers and consultants.

We are certain that we can work wonders with the power of thought.

We will share how we in our company FKC, The Centre for Solution Focused Approaches, with our positive language create a context that stimulates solution building. How certain Solution-focused language help every one of us to face life's challenges with more strength and creativity than we ever thought possible.

We are running two treatment and school institutions in Sweden and collaborate with a group of consultants. We have been working Solution-focused since 1987.

In our work it is easy to get stuck in negative line of thoughts that influences our daily effort in a negative way. In our daily conversations with our colleagues we make sure to use a positive language that creates a context, which stimulates solutions and successes among the team members.

Language is a requirement of thinking. The impact of language on the way we think, feel, and act is of more immediate interest than ever. Our attitudes depend on how we think, talk and reason with ourselves, as well as how we perceive our surroundings.

By focusing on stories of successes we highlight and magnify our colleagues own competence.

We will bring to light the power of thoughts and how you can increase the quality of your thoughts. Our thoughts give both possibilities as well as they place obstacles in our way, making it harder to realize challenging performance.

Negative and critical thoughts make you feel uncertain and feeling mentally ill. If your thoughts are negative, anxious and troubled, you tend to draw just these thoughts towards you in situations and meetings with different people. When you instead in your heart are positive in your thoughts and look forward to happiness, success and positive situations you tend to draw these thoughts and situations towards you.

In our workshop you will get possibilities to practice the magic of words.

Three things we would like you to remember is:

- 1. The power of thoughts,
- 2. The options you have experimenting with words
- 3. and how that makes a difference.

LET'S REACH OUT AND SWARM TOGETHER...

Friday Evening 18:45-



**Optional Evening: Brewery visit + Dinner
+ Boat trip on the famous Bruges Canals**

Everybody knows that Belgium has a seemingly limitless diversity of Beers! The home brewery "de halve maan" (half moon) is the only family brewery that is still active in the centre of Bruges. We thought that 'SOL' and 'MOON' (albeit half) make a nice pair! We offer you the excuse of a guided tour in the modern brewery and brewery museum, to taste the Brugse zot (Bruges' fool') afterwards. This is a unique opportunity to discover the old traditional brewing methods in Bruges. Everything about malt and hops will be explained to you. Don't worry, we will have a (very typical Belgian) dinner there (shrimp tomatoes with French fries) before we get on the boats to explore Bruges from the magnificent Bruges' Canals.

Because of its canals Bruges is often called 'The Venice of the North'. The water situation in both cities was however, very different. Venice was founded on islands in a lagoon of the Adriatic sea. Bruges lies deeper inland; at least now, because in the five centuries B.C the Flemish coastline must have been flooded several times by the North Sea. When the waters retreated they left behind different sea-arms via which ships could reach the area where now Bruges is situated.

Registration required (registration deadline April 30th).

Practical:

we will meet at 18:45h in front of Bruges' Town Hall (Burg 12) and will walk (900 m) together to the Brewery De Halve Maan (Walplein 26).