

GOODFOOD Project

Good teaching practices in experiential learning for effective education in embedded food systems



Project No. 2020-1-PL01-KA203-082209

O3 - Syllabus of 2 Intensive Study Programmes 'Food systems embedded in territories':

3.4. The ISP1 Programme

Project timeframes: 1st November 2020 – 31st October 2023

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GOODFOOD coordinating institution: Warsaw University of Life Sciences – SGGW (Poland); Project Partners: FH Münster University of Applied Sciences (Germany), I.S.A.R.A (France), University of Gastronomic Sciences (Italy), Agricultural University - Plovdiv (Bulgaria), University of Oradea (Romania). Intellectual Output Leader: Prof. Paola Migliorini, University of Gastronomic Sciences (Italy). All GOODFOOD Partners contributed towards the development of this Intellectual Output of the project. The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



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GOODFOOD

Intensive Study Programme

Embedded food systems in territories

Münster, Germany
20th – 27th July 2022



The Intensive Study Programme (ISP) is part of the Erasmus+ project “Good teaching practices in experiential learning for effective education in embedded food systems - GOODFOOD” (No. 2020-1-PL01-KA203-082209)

Welcome to Münster

to the Department of Food – Nutrition – Facilities of Münster University of Applied Sciences (FH Münster) and to the Intensive Study Programme (ISP) of the European ERASMUS+ GOODFOOD project. Here you will find all information about the ISP 2022 on Embedded Food Systems in Territories. Here, also, you will finally meet all #goodfoodies coming together from Bulgaria, Germany, France, Italy, Poland, and Romania.

Programme of the course

In the ISP 2022 you will be learning about the food system of Münster and the surrounding area we call the Münsterland to further study Embedded Food Systems in Territories. We have put together a programme that will introduce you to a number of people and establishments locally as well give you ample opportunity to experience Münster and its food system yourself. In the e-learning course we asked you to choose and study a food product for your university-group studies. Your group's results will be presented during the ISP in our evening sessions. The concepts and content of the e-learning lectures can now be applied again in the ISP at the organisational level in a new territory. For the ISP we have chosen four organisation-type cases for our visits and studies; these include a small-scale farm, a clinic's professional kitchen, the central city's market, and an organic wholesaler. We start visiting them right away on Day 2 (21st July), Day 3 (22nd July), Day 4 (23rd July) and Day 6 (25th July). Each of these cases will be examined in more depth by a mixed student group (i.e. comprising members from each university) and each student group will present their analysis of the cases at the end of the ISP. Your overall task is to analyse the case study as regards its embeddedness in Münster and the Münsterland region and you will be given some more task descriptions at the kick-off. Interviews during the excursions and meetings with food system peoples as well as instances for observation and immersion are provided. Time for study and reflection as well as preparation of the presentation is also scheduled in the programme. Lecturers and tutors from the GOODFOOD project will provide support and guidance during the ISP in Münster.

- This programme is the preliminary programme sent to you so that you can prepare your trip in the best possible way. There will be some small adjustments made, such as bus connections and rooms. The final version will be waiting for you in Münster.

The team from MUAS welcomes you to the ISP 2022!

Carola Strassner

Professor of Sustainable Food Systems

Linda Janning

cand. B.Sc.

Giulia Nentwig

M.Sc. Sustainability

Day 1 Wednesday, 20th July 2022

<i>time</i>	<i>travel</i>	<i>what</i>	<i>where</i>	<i>notes</i>
Morning and midday		Arrival in Münster Check-in at Hostel		
	From hostel to FHZ it takes about 30 minutes to walk or 35-40 minutes by bus.	Travelling > By foot, or > By bus	Make your way from the hostel to the FHZ either on foot or by bus	Take your 9EUR ticket with you for the bus
17:00		Welcome to MUAS	FHZ Room	<i>The ISP 2022 Begins!</i> > Registration: Collect your ISP badge and documents > Meet & Greet with refreshments
18:00		Welcome to the ISP 2022 Onboarding Introductory Session	FHZ Room	> Introduction to ISP 2022 > Syllabus outline and tasks > Introduction to Münsterland
19:30		Dinner	FHZ Room	

ISP Territory Münsterland

The city of Münster at a glance

Münster (Muenster) is a city at the northernmost end of North Rhine-Westphalia on the far West of Germany. It is a growing city with upwards of 300.000 inhabitants - and twice as many bicycles! The terrain is flat; its highest point does not quite make 100 m above sea level. It is known as the Bicycle capital of Germany, but also as the City in which the Westphalian Peace Treaty was signed – and it sports a 1.200-year old history. Health industries (nine hospitals, more than thirty nursing homes), higher education (twelve vocational colleges, seven universities and about 60.000 students) make it into a regional centre, also for public administration and merchants. Water features include the Aasee (Lake Aa), a central recreational area with a yacht club and sailing school, and a port (!) along the Dortmund-Ems-Canal, used for goods transportation (and swimming).

The Münsterland region

The area surrounding the city of Münster is quite rural with small towns or villages and evident agriculture – often described as a park landscape. Just over half is arable land, not much more than one tenth is grassland and a little more is covered by forests. This is a region of intensive livestock breeding (pigs, dairy cows, and bulls), producing food, feed and energy crops. In

fact, Münsterland is one of the key regions for pork production in Germany – Westphalian Ham is a local tradition. Wheat, barley and corn/maize grow here, as do strawberries. Asparagus – nicknamed white gold – grows here too (there's an asparagus cycle route). There are five districts that make up the Münsterland: Coesfeld, Borken, Steinfurt, Recklinghausen and Warendorf. It's also an equestrian region with more than 100.000 horses. There are many castles linked by the 100 Castles Route over 1.000 km of cycle paths. The traditional cuisine is substantial, rustic, and rich in animal products, bread (e.g. Pumpernickel), beer and vegetables.

We wish you happy exploring!

Münster and Münsterland on the internet

<https://www.muensterland.com/en/tourism/orte-muensterland/places-in-munsterland/munster/>
<https://www.muenster.de/>
<http://www.wilcoproject.eu/munster-city-report-development-social-welfare/>
https://salbes.eu/wp-content/uploads/2019/08/Factsheet_casestudy_Muensterland_12Juni2019_fin.pdf
<https://www.nrw-tourism.com/a-100-schloesser-route>

Day 2 Thursday, 21st July 2022

<i>time</i>	<i>travel</i>	<i>what</i>	<i>where</i>	<i>notes</i>
07:40 to 08:16	<ul style="list-style-type: none"> > by foot 2,2 km distance, or > by bus (option 1) No. 33 from Cheruskerring Bussteig A to Henriette-Son-Straße, or > by bus (option 2) No. 15 and Nr. 22 	Travelling <ul style="list-style-type: none"> > by foot, or > by bus 	Make your way from the hostel to the FHZ either on foot or by bus (2 options, both about 30 minutes)	Take your 9EUR ticket with you for the buses
08:30 to 10:30		Working Breakfast	FHZ Room	<ul style="list-style-type: none"> > 08:30 Opening Session with breakfast > Preparation for first case study > 10:30 Departure with Lunchbag
10:50 to 12:27	> by bus	Travelling	> Departure 10:50 from FHZ, arriving at Weiling at 12:27	> Brownbag lunch handed out in the morning session; it will likely be eaten during the trip
13:00 to 15:00		Study Trip #1	ISP Case Study #1 <i>Weiling Organic Wholesaler, Coesfeld</i>	<ul style="list-style-type: none"> > Our programme starts at Weiling at 13:00. We have about 1 hour for a tour and 1 hour for discussion and refreshment. > We want to get to know the place & experience it using observation, participation > Dialogue with the people of Weiling and reflection with GOODFOOD experts about the experience.
15:28 to 17:08	> by bus	Traveling		
17:30		Product Case Study Session #1	FHZ Room	<ul style="list-style-type: none"> > Student group from <i>University Plovdiv</i> present their product case study form their e-learning (20 minutes, full group) > Questions & discussion (20 minutes)
18:30		ISP Case Study #1	FHZ Room	Case study group #1 "Weiling" and case study group #3 collect notes, impressions, reflections, questions, etc. arising from the study trip #1
18:30		Let's get cooking!	Food Lab	Case study group #2 and #4 prepare supper
19:30		Dinner	FHZ, Room	

ISP Case Study #1: Weiling Organic Wholesaler

The organic wholesaler Weiling at a glance

The company Weiling GmbH is a pioneering organic player and one of Germany's largest fully organic wholesalers. It was founded in 1975 by its namesake, Bernd Weiling and his wife Roswitha, and grown to serve over 1.200 clients with more than 12.000 organic products today. The company introduced its own brand *bioladen** in 2002 exclusively for its owner-managed retailing clients. It supports retailers with shop development, marketing, e-commerce and has an own academy to train clients and their staff.

Weiling prides itself as a family-run business with a second logistical centre in Lonsee near Ulm (southern Germany). The company has 750 employees and a turnover of 300 million Euro (2021). Supplier relationships are very important to the company and it has initiated a number of collaborative fair projects, for example in Burkina Faso, Ecuador, and the Dominican Republic.

Food categories include fruit & vegetables, dairy products, meat and meat products, dry goods, frozen food, wine and spirits, as well as bread and baked goods from the Steinofenbäcker company. Over and above this Weiling trades in natural and organic cosmetics.

Our study trip takes us to the headquarters of Weiling in Coesfeld. Here we will also see the first ecological building in

Europe, according to the company, built in 1979 and today housing the Bioladen Weiling (Organic Shop Weiling) on about 660 sqm. By the way: Weiling supplies the farm shop of our case study Gärtnerhof Entrup 119.

Weiling on the internet and social media

www.weiling.de also on fb

www.bioladen.de

<https://www.bioladen-weiling.de/start/>

https://www.instagram.com/bio_pionier_weiling/

<https://www.youtube.com/watch?v=LA1YPpAR6K4>

https://www.weiling.de/fileadmin/downloads/Weiling_Portrait_Lieferanten_4Seiter_ENGLISH_2021.pdf portrait for potential suppliers

Contacts...

Weiling Organic Wholesale

Erlen Way 134

48653 Coesfeld

Tel.: +49 (0) 2541 747-0

info@weiling.de

We thank the people of Weiling for their generous invitation to us!

Day 3 Friday, 22nd July 2022

time	travel	what	where	notes
	> Make your way from the hostel to the FHZ either on foot or by bus.	Travelling > by foot, or > by bus		Take your 9EUR ticket with you for the buses
08:30 to 10:00		Working Breakfast	FHZ Room	> 08:30 Opening Session with breakfast > Preparation for second case study > 10:00 Departure
10:13 to 10:36		Travelling > by bus		Take your 9EUR ticket with you for the buses
		Study Trip #2	ISP Case Study #2 <i>LWL Clinic, Münster</i>	> Our programme starts at LWL Clinic at 11:00. Lunch is planned at 12:30. > We want to get to know the place & experience it using observation, participation > Dialogue with the people of LWL Clinic and reflection with GOODFOOD experts about the experience.
15:13 to 15:40		Travel > by bus		
16:30		Product Case Study Session #2	FHZ Room	> Student group from <i>University Oradea</i> present their product case study form their e-learning (20 minutes, full group) > Questions & discussion (20 minutes)
17:30		Product Case Study	FHZ Room	Extra product case study – from 2021
18:00		ISP Case Study #2	FHZ Room	Case study group #2 “LWL Clinic” and case study group #4 collect notes, impressions, reflections, questions, etc. arising from the study trip #2
18:00		Let's get cooking!	Food Lab	Case study group #1 and #3 prepare supper
19:00		Dinner	FHZ, Room	

ISP Case Study #2: LWL Clinic Münster

The LWL at a glance

The Landschaftsverband Westfalen-Lippe (LWL) works as a municipal association (a *Landschaftsverband* is a regional council) with more than 18.000 employees and 200 facilities for the 8.3 million people in the region. The LWL operates 35 special needs schools, 21 hospitals, 18 museums, two visitor centres and is one of the largest German organisations involved in aid payments for people with disabilities. It thereby fulfils tasks in the social sector, in care for the disabled and youth, in psychiatry, and in culture. LWL is committed to an inclusive society in all areas of life. The nine independent cities and 18 districts in Westphalia-Lippe make up the 27 members of the LWL in both urban and rural areas. They support and finance the Landschaftsverband, whose tasks are shaped by a parliament with 125 members from the Westphalian municipalities.

Our Study Trip will take us to one of these psychiatry clinics where we are especially interested in the institutional foodservice and its embeddedness in the food system territory. By the way: We will also come into contact with one of the LWL museums – the LWL Museum for Art and Culture (LWL-Museum für Kunst und Kultur) – We meet with the vice-chairman of the market traders' association on the steps of the museum when we visit the market at the cathedral square on Saturday (Markt am Dom).

The LWL Clinic Münster – our case

The LWL Clinic Münster is responsible for persons living with a mental illness living in the city of Münster and the surrounding area. It treats around 25.000 patients a year and offers just over 300 inpatient beds, about 60 day-clinic places and three extended outpatient clinics. The LWL-Wohnverbund, a residential care facility for people with disabilities with 150 places, and the LWL-Pflegezentrum Münster, a nursing home with 80 places, are also affiliated. The clinic is part of the LWL Psychiatry Association of Westphalia.

The LWL on the internet and social media

<https://www2.lwl.org/de/LWL/portal/>

<https://www.lwl-klinik-muenster.de/de/>

<http://www.facebook.com/LWL2.0>

<https://www.youtube.com/watch?v=lkCPIBQZJ44>

Contacts

LWL Clinic Münster

Friedrich-Wilhelm-Weber St. 30, 48147 Münster

Tel.: +49 (0) 251 91 555-0, lwl-klinik-muenster@lwl.org

We sincerely thank the responsible persons for inviting us!

Day 4 Saturday, 23rd July 2022

<i>time</i>	<i>travel</i>	<i>what</i>	<i>where</i>	<i>notes</i>
08:30	Hostel to Domplatz Market: about 30 minutes to walk (2,5 km distance) There are no good bus-connections from Hostel to Market	Travelling > by foot	Meet at Nordstern Hostel	> Take your 9EUR ticket with you for the buses later in the day (optional)
08:30	Walking & Sitting (Promenade)	Working Picnic Breakfast	Buddenturm/Kreizschanze <i>Herr Hase</i> <i>Backhaus Jankord</i> <i>REWE Supermarket</i>	> Getting to know the main city of the regional food system > We want to get to know the place & experience it using observation and participation
11:00	Two Groups: 11:00-11:30 Group 1 11:30-12:00 Group 2	Study Trip #3	ISP Case Study #3 <i>Markt am Dom</i>	> We want to get to know the place & experience it using observation and participation > Each group meets with the vice chair of the Interessengemeinschaft der Marktbeschicker Münster Westf. e.V.
12:30		City Tour	Dina Dahlbeck / Greenpeace	
13:30		Free Time afternoon and evening	Get to know Münster and its food system	> Reflection > You receive a meal coupon for lunch and supper

ISP Case Study #3: Markt am Dom

The Markt am Dom at a glance

Fresh produce or farmers' markets are an established feature of life in Münster city and surrounding areas. The largest of these markets is the Markt am Dom (literally: Market at the Cathedral) on account of its 150 stalls in the central square. The market is open on Wednesdays and on Saturdays from 7 am till 2.30 pm.

Especially the Saturday market attracts locals and tourists alike, whether they shop for food, flowers or other things, or sit in the cafés looking onto the market bustle. There is plenty of fresh food and more: fruit and vegetables, fish and seafood, spices, oil and antipasti, pasta, countless types of cheese, honey, bread, cakes and biscuits, meat and sausage, game and poultry and colourful masses of flowers. Offering much regional wares and fare, there is also an array of goods from the nearby Netherlands including Dutch liquorice and other sweets. Visitors come not just to stock up their pantries, but also to try Reibekuchen, fried fish, bratwurst and drink freshly squeezed juices or a coffee. Interestingly enough the conditions for selling at the market do not stipulate where the produce may come from.

Our study trip takes us to this market on Saturday where we will explore the vendors and products, rub shoulders with producers

and artisans, observe market business and practice, as well as have the opportunity to speak to a member of the market traders' association (Interessengemeinschaft der Marktbeschicker Münster Westf. e.V.). By the way: There is a Friday market at the cathedral which is 100% organic – our case study Gärtnerhof Entrup 119 has a stall there.

The Markt am Dom on the internet and social media

<https://www.stadt-muenster.de/maerkte/geschichte-des-markthandels> (some history on the city's municipal office (Ordnungsamt))

<https://www.wochenmarkt-muenster.de/> (traders' association)

<https://issuu.com/marktmagazin> (online magazin Markt am Dom, many!)

Contacts

Cathedral square market / Markt am Dom
Domplatz
48143 Münster
www.wochenmarkt-muenster.de/

We are grateful to the persons responsible for inviting us to the Market at the Cathedral.

Day 5 Sunday, 24th July 2022

<i>time</i>	<i>travel</i>	<i>what</i>	<i>where</i>	<i>notes</i>
08:38 to 09:05	For a direct bus connection on Sunday there is one that arrives at 9:05 at FHZ (or option to walk)	Travelling > by foot, or > by bus		Take your 9EUR ticket with you for the buses
			FHZ Room	Case study group #3 "Market" and case study group #4 collect notes, impressions, reflections, questions, etc. arising from the study trip #3
		Prepare brunch		FHZ Case study groups #1 and #2 help
10:30 to 13:30		Working Brunch	FHZ Room	Meet Münster food system transformation peoples and their initiatives Engage in dialogue to better understand issues Take the opportunity to raise questions
14:00 to 15:00			FHZ Room	Reflection session Opportunity to update notes on Cases
16:00		Product Case Study Session #3	FHZ Room	> Student group from ISARA Lyon and MUAS present their product case study from their e-learning (each: 20 minutes, full group) > Questions & discussion (each: 20 minutes)
18:00	Bus or walk (both about 30-40 minutes)	Travelling > by foot, or > by bus		
19:00		Dinner	Picnic at Aasee (Lake Aa) <i>Elbén am Aasee (tbc)</i>	

ISP Meeting Münster Food System Peoples

Some Initiatives of the Münster Food System at a glance

Münster and the surrounding Münsterland have an active food citizenship with a wide array of peoples engaged in transformational work. Many students that study at one of the seven universities in Münster join or even initiate such activities too. The **Ernährungsrat Münster** (Food Policy Council) is one such group that addresses foodways, waste, packaging, trade and more in Münster and seeks close contact to the city's political structure on these issues. Slow Food Deutschland has a Convivium in Münster with about 400 members including a significant number of producers. There is also a **Slow Food Youth Münster** chapter, started by our very own sustainability students!

Food loss and waste is on the radar in Münster: **foodsharing** and a locally grown **fairTEILBAR** assist in re-distributing foods. Introducing more organic farming practices has recently gained traction in the region. News in March this year announced the successful bid of Münsterland to become an **Öko-Modellregion** (Ecoregion / Biodistrict). This will be coordinated by the **Münsterland e.V.**, an association promoting regional branding. Already set up and on the go: **Regionalwert-AG Münsterland**, a group that pursues a regional value shareholder concept. The first Regionalwert-AG was founded in Freiburg, in southern Germany. Then there's also the **Landesverband Regionalbewegung NRW e.V.** which has its offices in the

Münsterland, supporting regionalisation, especially local production and local market promotion of local goods.

The folks at the Transition Town Münster initiative have joined with **Münster nachhaltig**, a network of groups working towards greater sustainable development in Münster. Others focus on new living concepts – and work out how food and cooking is best integrated, such as the **Grüne Weiler** housing cooperative. Last but not least to be mentioned: **CampusGarten GrüneBeete** – a community university garden initiated by our own students and integrated into degree programmes across various disciplines.

Münster Food System initiatives on the internet

<https://www.ernaehrungsrat-muenster.de/>

<https://www.slowfood.de/netzwerk/vor-ort/muenster>

https://www.slowfood.de/netzwerk/vor-ort/muenster/aktuelle_informationen_1/slow_food_youth_muenster

<https://foodsharing.de/>

<https://fairteilbar-muenster.de/>

<https://www.muensterland.com/presse/das-muensterland-wird-oeko-modellregion>

<https://www.muensterland.com/en/>

<https://regionalwert-muensterland.de/>

<https://www.regionalbewegung.de/landesverbaende/nordrheinwestfalen/>

<http://muenster-nachhaltig.de/>

<https://www.gruener-weiler.de/>

<https://campusgarten.wordpress.com/>

Day 6 Monday, 25th July 2022

<i>time</i>	<i>travel</i>	<i>what</i>	<i>where</i>	<i>notes</i>
07:40 to 08:16	Hostel to FHZ: about a 30 min. walk By bus: No. 33 from Cheruskerring Bussteig A to Henriette-Son-Straße; about 30 min. drive	Travelling > by foot, or > by bus		Take your 9EUR ticket with you for the buses
08:30 10:30		Working Breakfast	FHZ Room	> 08:30 Opening Session with breakfast > Preparation for second case study > 10:30 Departure
10:30 / 10:57	Departure 10:57 Mendelstraße, arrival 12:02 Westerode (Greven) Hof Bisping, from there 13 min. walk to Entrup 119 (distance 1,1 km)	Travelling > by bus and by foot		
12:30		Study Trip #4	ISP Case Study #4 <i>Gärtnerhof Entrup 119</i>	> We want to get to know the place & experience it using observation and participation. <i>Lunch</i> > At Entrup > Dialogue with the people of the CSA Entrup and reflection with GOODFOOD experts about the experience.
		Travelling		
17:30 to 19:30		Product Case Study Session #4	FHZ Room	> Student group from Uni SG and Warsaw Uni present their product case study from their e-learning (each: 20 minutes, full group) > Questions & discussion (each: 20 minutes)
19:30		Dinner	FHZ Room	

ISP Case Study #4: Gärtnerhof Entrup 119

The Gärtnerhof Entrup 119 at a glance

This is a community farm managed according to biodynamic principles and it is a member of the Demeter Landesverband NRW. The land (less than 40 hectares) and the farm belong to a not-for-profit association, Initiative Entrup 119, while the operational management and farming responsibility lies with the collective, Gärtnerhof Entrup e.G. Vegetables are grown in unheated foil tunnels and on the field (about 45 types), fruit is slowly being introduced, bread is baked in an on-site bakery, and East Frisian dairy sheep give milk for yoghurt and cheeses. A special feature is the working horses that work in field and forest. On occasion the local chapter of the NABU Nature Conservation Station has brought its mobile apple juice press to Entrup for the joint Apple Festival where apples and pears are processed directly into bag-in-box juices.

The farm is run both for fresh markets and also as a community supported agriculture (CSA) project, all certified organic. The CSA community is about 200 strong. There is a farm shop and a CSA depot on the farm and a number of further depots dotted around the city. People and education play a vital role in the farm. It offers opportunities for the voluntary ecological year (FÖJ) and internships as well as farmer training. Anyone

interested can join the working Saturdays and join weeding, harvesting, or planting activities as well as making Sauerkraut in season.

Our study visit will take us to the farm where we will see the land, crops, animals and facilities.

The Gärtnerhof Entrup 119 on the internet and social media

<https://www.entrup119.de/>

<https://www.entrup119.de/initiative>

<https://www.entrup119.de/gaertnerhof>

<https://entrup119.blogspot.com/> the CSA community's blog

<https://www.demeter-nrw.de/>

Contacts

Farm Entrup 119

48341 Altenberge

Tel.: +49 (0) 2505 3361

Fax: +49 (0) 2505 991 598

mail@entrup119.de

We thank the farming peoples for having us to visit and study!

Day 7 Tuesday, 26th July 2022

<i>time</i>	<i>travel</i>	<i>what</i>	<i>where</i>	<i>notes</i>
	> by foot, or > by bus	Travelling	Hostel to FHZ	Take your 9EUR ticket with you
08:30		Working Breakfast	FHZ Room	> 08:30 Opening Session at FHZ > Programme Reflection Day #1
09:30		Session for Group Work on Case Studies	FHZ Room	> Groups can work on their cases. Research, reflection, preparation. > Partners provide support.
11:30		Plenum Session	FHZ Room	> Each group explains briefly what they are working on > Each group shares if they need support and/or feedback
12:00	> By foot	Travelling		
12:30		Lunch	OUTSIDE	
14:00	> By foot	Travelling		
14:30		Session for Group Work on Case Studies	FHZ Room	> Groups can work on their cases. Research, reflection, preparation. > Partners provide support.
17:00		Closing Session	FHZ Room	> Closing session of ISP day: Sharing of group work process, open questions for feedback of partners and other groups.
17:30		Preparation	Food Lab	> Teachers prepare dinner for students
19:00		Dinner	FHZ Room	
				> After dinner: if needed group work time, if not > free time

Day 8 Wednesday 27th July 2022

<i>time</i>	<i>travel</i>	<i>what</i>	<i>where</i>	<i>notes</i>
	> by foot, or > by bus	Travelling	Hostel to FHZ	Take your 9EUR ticket with you
08:30		Working Breakfast	FHZ Room	> 08:30 Opening Session at FHZ > Programme Reflection Day 2
09:30		Presentation Session #1	FHZ Room	> Presentations of group work on ISP cases > 2 groups (30 minutes per group)
10:30		Break	FHZ, Room	Refreshments
11:00		Presentation Session #2	FHZ Room	> Presentations of group work on ISP cases > 2 groups (30 minutes per group)
12:00	> By foot	Travelling		
12:30		Lunch	OUTSIDE	
13:30	> By foot	Travelling		
14:00		ISP Reflection Session	FHZ Room	> Programme harvest > Personal reflection
16:00		ISP 2022 Closing Session	FHZ Room	Wrap-up & thank-yous (30 minutes)
17:00		Preparation	Food Lab	> all prepare dinner together
19:00		Celebratory Dinner	FHZ, Room	Farewell!

Travel Day: Thursday 28th of July 2022

Breakfast

> self-organised

Departure

> self-organised

Useful travel-related details for the ISP 2022 in Münster

Travel

Bus schedule

www.stadtwerke-muenster.de

More information

<https://www.stadt-muenster.de/english/transport/city-buses-oePNV-regional-public-transport>

Train schedule

www.deutsche-bahn.de

More information

<https://www.stadt-muenster.de/english/transport/rail>

Taxi

Taxi-Zentrale Münster (Münster Taxi Exchange), Tel.: +49 (0) 251 - 6 00 11
Online reservations: www.taxizentrale-muenster.de (and mobile app)

Taxiruf Münster (Münster Taxi Call),
Tel.: +49 (0) 251 - 2 55 00
Online reservations: www.taxi-muenster.de (and mobile app)

Airport FMO

<https://www.stadt-muenster.de/english/transport/muenst-erosnabueck-international-airport-fmo>

Some information around the ISP 2022 in Münster

Here you find some practical tips for your preparation.

Dress code

The dress code for the ISP is relaxed, informal and modest. We urge you to bring a comfortable pair of shoes for walking as our ISP will entail quite a bit of walking between your hostel, the university, and some of our excursions. When you walk on the pavements and paths, make sure you are on the pedestrian lane; cyclists use the reddish bicycle lane often at speed. One of the study trips is to a working farm; make sure you bring appropriate clothing that can get a bit dirty. Pack for rain and shine, warm and cold as Münster has mixed weather even in summer. We say: Dress like an onion so that you can peel off (and on) your layers. Linda says bring an umbrella.

Drinking and Water

The quality of tap water is excellent in Münster and in Germany overall. You can safely drink tap water at the university, FHZ, and the hostel. We recommend that you bring a lightweight water bottle and keep it filled and with you at all times, especially for the study trips and excursions.

Snacks and Food

As part of the ISP we will provide you with basic meals (usually breakfast, lunch and supper). However, you may like to snack on something in between. In the FHZ where we meet for the ISP there are vending machines with some sweet and savoury snacks and well as those with beverages, including a water dispenser (no cost). Euro-coins can be used to pay for snacks on these. They can be found on the ground floor in section D of the building. All extra food and drink are on your own account.

Internet / WiFi

If you use *eduroam* at your own university you can use *eduroam* directly at the FHZ in Münster. If you don't use *eduroam* please contact us regarding access to the *wifi/wlan*.

Recycling & Waste

FH Münster provides four separate bins in the passages and central core of the FHZ (the building where we meet daily), The three bins are for PAPER & CARDBOARD waste, for ORGANIC (BIOLOGICAL) waste such as apple cores or banana peels, for RECYCLABLE waste such as aluminium and packaging, and RESIDUAL waste (everything else).

WC

The FHZ has toilets on every floor of the building, in the core / central area where the A, B, C, and D building sections meet and also at the end of the building arms.

Parking cars

The FHZ has parking on all building sides, uncovered, and open 24 hours. You can enter from Correns Street or turn off Correns into Heisenberg St. or Röntgen St. Make sure you look for visitor parking (Besucher), as there is some employee parking which needs a disc. The ISP takes place during the lecture-free period so finding a spot will be easy.

Useful contact details for the ISP 2022 in Münster

Accommodation

NORDSTERN HOSTEL
Hoya St. 3
48147 Münster

Tel. +49 (0) 251 399 73 15
Fax: +49 (0) 251 399 73 15
info@nordstern-hostel.de

Host: Mr. Andy Stolze
<https://nordstern-hostel.de/en/>

Haus Niemann
Benteler St 4
48149 Münster

Tel.: +49 (0)2 51 / 82 82 8
Fax: +49 (0)2 51 / 88 80 0
info@haus-niemann.de

Hosts: Family Niemann
www.haus-niemann.de

Case Study #1

Weiling Organic Wholesale
Erlen Way 134
48653 Coesfeld

Tel.: +49 (0) 2541 747-0
info@weiling.de

www.weiling.de
www.bioladen.de

(in German) Weiling GmbH
Erlenweg 134
48653 Coesfeld

Tel.: +49 (0) 2541 747-0
info@weiling.de

www.weiling.de
www.bioladen.de

Case study #3

Cathedral square market
Domplatz
48143 Münster

www.wochenmarkt-muenster.de/

(in German) Markt am Dom
Domplatz
48143 Münster

www.wochenmarkt-muenster.de/

MUAS

**Münster University of Applied Sciences
FHZ**
Department of Food – Nutrition – Facilities
Correns St 25
48149 Münster

Tel.: +49 (0) 251 83 65401
Fax: +49 (0) 251 83 65402
dekanat-oef@fh-muenster.de

Dean: Prof. Dr. Michael Krämer
www.fh-muenster.de/oef

(in German) FH Münster
Fachhochschulzentrum (FHZ)
Fachbereich Oecotrophologie – FM
Corrensstr. 25
48149 Münster

Tel.: +49 (0) 251 83 65401
Fax: +49 (0) 251 83 65402
dekanat-oef@fh-muenster.de

Dekan: Prof. Dr. Michael Krämer
www.fh-muenster.de/oef

Case Study #2

LWL Clinic Münster
Friedrich-Wilhelm-Weber St. 30
48147 Münster

Tel.: +49 (0) 251 91 555-0
lwl-klinik-muenster@lwl.org

<https://www.lwl-klinik-muenster.de/de/>
<https://www2.lwl.org/de/LWL/portal/>

(in German) LWL-Klinik Münster
Friedrich-Wilhelm-Weber-Str. 30
48147 Münster

Tel.: +49 (0) 251 91 555-0
lwl-klinik-muenster@lwl.org

LWL = Landschaftsverband
Westfalen-Lippe

Case Study #4

Farm Entrup 119
48341 Altenberge

Tel.: +49 (0) 2505 3361
Fax: +49 (0) 2505 991 598
mail@entrup119.de

<https://www.entrup119.de/index.php>

(in German) Gärtnerhof Entrup 119
48341 Altenberge

Tel.: +49 (0) 2505 3361
Fax: +49 (0) 2505 991 598
mail@entrup119.de

<https://www.entrup119.de/index.php>

Contact with the Intensive Study Programme organizers

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strassner@fh-muenster.de

Dr. Paola Migliorini

p.migliorini@unisg.it

Dr. Dominika Średnicka-Tober

dominika_srednicka_tober@sggw.pl

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More about the GOODFOOD project: <http://goodfood-project.eu/>



Warsaw University of Life Sciences
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WARSZAWIE



ISARA-Lyon
INSTITUT SUPERIEUR D'AGRICULTURE RHONE
ALPES I.S.A.R.A



The University of Gastronomic Sciences
UNIVERSITÀ DEGLI STUDI DI SCIENZE
GASTRONOMICHE



University of Oradea
UNIVERSITATEA DIN ORADEA



FH MÜNSTER
University of Applied Sciences

Münster University of Applied Sciences
FH MÜNSTER



Agricultural University Plovdiv
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