

Programm National and International Contactdays

23 en 24 August 2025

(Version 26-7-2025. Changes reserved)

Friday 22 August (Setting up of large tent)

15.00 – 17.00 uur	Walk-in and registration
17.00 – 18.00 uur	Dinner (pot luck + soup and bread)
18.15 – 21.00 uur	Setting up large tent with about 10 people

Saturday 23 August: National Contactday Stichting EHS

Theme: EHS, inclusion and health

9.00 – 10.30 uur	Walk-in and coffee and tea / breakfast
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Morning programme

10.30 - 10.50 uur	Welcome, introductions and practicalities for the chairman of the day
10.50 - 11.10 uur	Status of EHS Foundation – Rob van der Boom
11.10 - 11.45 uur	How is the Inclusion of people with EHS going? – Astrid de Cock
11.45 - 12.15 uur	Break and opportunity to visit stands
12.15 - 12.45 uur	EHS diagnosis and treatment latest state of the art
12.45 - 13.00 uur	Announcements and information about the afternoon workshops
13.00 - 14.30 uur	Lunch and opportunity to visit stands

Afternoon programme

14.30 - 15.30 uur	Workshop Hester van Deutekom – Neuroplasticity
14.30 - 15.30 uur	Workshop how to screen your home - technical workshop for beginners
15.30-16.00 uur	Break and opportunity to visit stands
16.00 - 17.00 uur	Information on healthy lifestyle and useful nutritional supplements
17.00 - 18.30 uur	Break and opportunity to visit stands
18.30 – 19.30 uur	Dinner

Evening programme

19.30 - 21.00 uur	Evening walk
21.00 – 23.00 uur	Music and dance – Chantal en Johan

Sunday 24 August: International Contactday

8.00 - 9.00 uur Waking up with Yoga - Robèrt

Theme: how do we tell the story of radiation risks in such a way that it arrives?

9.00 -10.30 uur Walk-in and coffee and tea / breakfast

Morning programme

10.00-10.30 uur Opening day chairman and introduction

10.30 -11.30 uur Play “Enough is Enough”. Dutch premiere of a play by Kevin Lerat about EHS performed by Belgian actress Kristien Pottie (including after-talk). 11.30-12.00 uur Break and opportunity to visit stands

12.00 -12.30 uur Preparation for the talks in small groups + determination of subtopics. 'How/where/when/to whom do you tell the story of radiation risks so that it actually arrives?'

12.30 – 13.30 uur Lunch and opportunity to visit stands

Afternoon programme

13.30 – 15.00 uur Partial discussions: In the discussion groups, ideas are formed and a start is made on elaboration/organisation. Of course, this can be taken up further and worked out by phone, email and also during the rest of the week. Top 3 results written down on flipchart for the plenary presentation

15.00 – 15.30 uur Break and opportunity to visit stands

15.30 - 16.00 uur Plenary presentation from the groups

16.00 - 18.00 uur Break/ no programm and opportunity to visit stands

18.00 - 19.00 uur Dinner

Evening programme: as yet unknown

The day was organised by: [Stichting EHS](#) en [Europeans for Safe Connections \(ESC\)](#).

Collaborating and thinking have included: [Stralingsbewust info/wonen](#), [Vereniging ElektroHyperSensitiviteit Vlaanderen](#), en [Stralingsarm Vlaanderen](#).



Stichting
EHS



Europeans
for Safe
Connections