

## KEYNOTE SPEAKERS

PROF DR **Carol E Garber**  
PROF DR **Joseph Czerniecki**  
PROF DR **Mike McNamee**  
DR **Claudio Perret**

## THEMES

EXERCISE AND TESTING  
PHYSICAL ACTIVITY  
TRAINING AND INTERVENTION

## POSTER SESSIONS

POSTER SESSION I WILL START AT  
11.45, IN THE HALLWAY BETWEEN  
THE FONTEINPATIO AND THE UMCG  
MAIN ENTRANCE

## DINNER

GROUP DINNER WITH THE OTHER  
GUESTS. THIS IS INCLUDED IN THE  
CONFERENCE FEE. IT WILL BE IN THE  
RESTAURANT OF THE UMCG

## PUBTOUR

THE PUBTOUR WILL START TONIGHT  
AFTER THE DINNER

## WEATHER

21° 10%

Be aware!

### Orange madness on Koningsdag (King's Day)

The day King Willem-Alexander celebrates his birthday (April 27) is called King's Day. For the Dutch people, it is a national holiday. However, since it will be on a Sunday, it will be celebrated on April 26.

During this day, most Dutch people seize the opportunity to celebrate and they do that in a rather special way. Dressing up in orange, funny things on their heads (including hats, wigs, painting their hair orange), and displaying the red-white-and-blue flag everywhere.

This will be the first King's day since a long time. Our two previous queens celebrated Queen's day on April 30th, the birthday of Queen Juliana. Her daughter, Beatrix, honored her mother by celebrating it on her birthday. Also, Beatrix' birthday was on January 31, not a particular sunny and warm day. King Willem Alexander was crowned on the last Queens day on April 30 2013.

King's Day will start on the evening of April 25, the King's Night, where the party will start and lasts until the early hours of April 27. These days will be filled with parties, parades, celebrations and ceremonies.

Traditionally, the Dutch people (especially children) sell their used stuff on a flea market on King's Day. If you are still in the Netherlands on Saturday, feel free to join in the festivities. Please be aware, during this day the public services (i.e. transportation) can be affected.

### The Weather

Dutch people love to discuss the weather. Want to join in a friendly chat with your Dutch co-workers or neighbours? Not sure what exactly they are discussing fervently by the coffee machine? Chances are it's the fascinating and captivating topic of... the weather! Is your Dutch a bit rusty? Throw in a "Mooi weertje, he?" (nice weather, eh?) or a dramatic "Wat een hondeweer!" (what miserable dog's weather!) and this is sure to lead into a lengthy discussion with a stranger. Dutch people also all seem to be highly in-tune with the eminent and future weather conditions.

Need a 4-day forecast? 10-day? Heck 14-day? Chances are a Dutch person in your vicinity will have a very accurate prediction for you. No need for trained meteorologists in this country, the Dutch spend so much time discussing, analyzing and tracking the weather, they practically all have honorary degrees in the subject! Technology has allowed Dutch people to get even further ahead in war-on-weather. It's no surprise that one of the most popular iPhone apps is actually Buienradar – a weather tracking system, showing you nice little rain clouds above the outline of the Netherlands, predicting the exact time it will rain and for how long.

Dutch people know how to prepare for rain like no other people. Rain ponchos, designer wind-proof umbrellas, complicated rain gear — there are many ways to battle the elements once you've verified online that the day isn't looking great. Dutch weather can also be used to predict the collective Dutch mood. Rainy and gray outside? Chances are the Dutch are feeling a bit down and cranky. Sun shining? The Dutch are practically singing on every street corner!

The English speakers will classify a heavy rain as raining cats and dogs. The Germans will say it is raining ropes (es regnet bindfaden). The Dutch will tell you it is raining pipe stems (het regent pijpestelen). Even more interesting is the use of 'pijpestelen' or 'pijpenstelen'. Nobody agrees on it, and nobody is sure whether to use the n in the middle or not.

