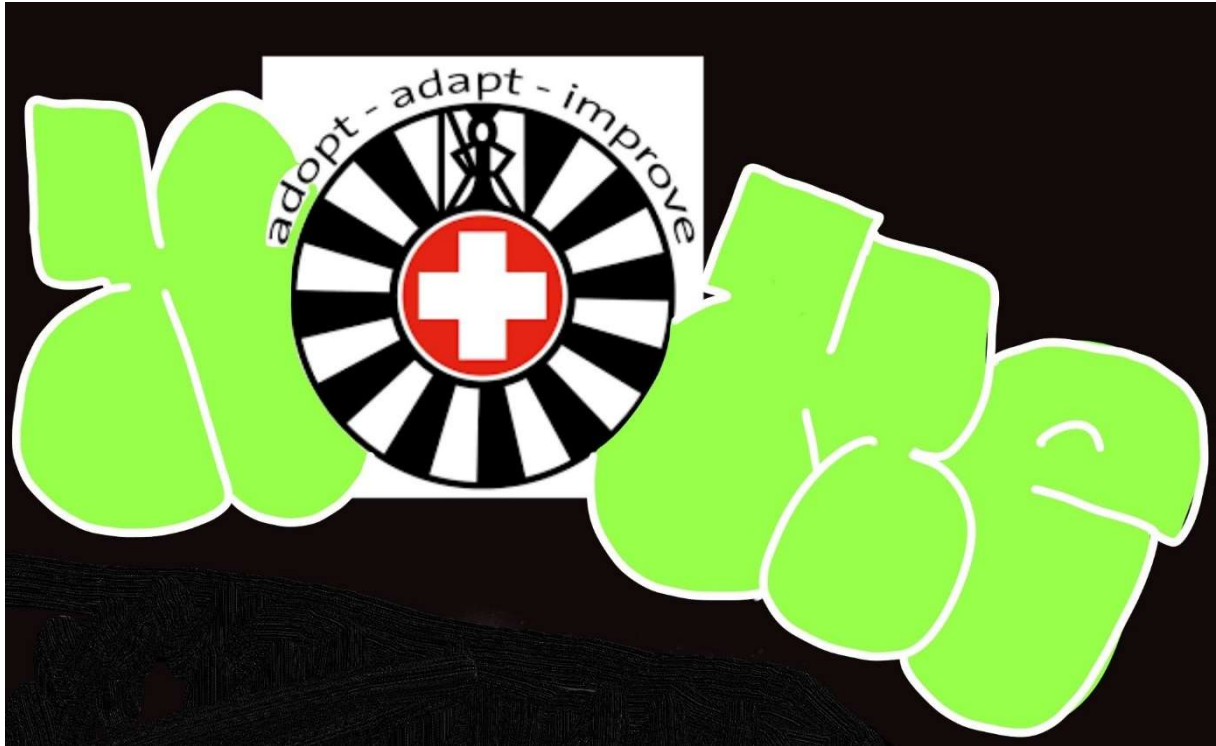


THURSDAY, 31st August 2023

Hooray, it's finally NoMe again!



16.00 - 18.00

Registration in the Lobby of the Hotel Weissenstein

19.00 - ?

Dinner at “The Pinch”, just on the other side of the street

THE PINCH

Café • Restaurant • Bar

FRIDAY, 1st September 2023

Nature and Culture

Today is our public transport day. **Don't forget your Oskar Card!**

NATURE

By train and bus we will travel to the Schwägalp and from there - with the help of the Cable Car - we will climb the Säntis in 10 minutes only. From there on 2502 meters above sea level you will have a spectacular view of the surrounding mountains and Lake Constance. Of course the weather will be brilliant on that particular day. **But don't forget to wear long trousers and to bring a warm jacket with you. Wearing Flip Flops or High Heels in this rocky area is not recommended.**



The Schedule is as follows:

09.00 Sharp we leave the hotel together and go to the train station

09.14 Our train leaves on Track 7

09.24 We arrive in Herisau and have to change train. To go from track 3 to track 12 we have 4 minutes, what is sufficient if we walk briskly.

09.28 Our train leaves Herisau

09.43 We arrive in Urnäsch on Track 2 and leave the train.

09.47 Our Bus leaves for the Schwägalp

10.10 We arrive in front of the Cable Car Station. **From this point we will also drive back.**

10.30 The Cable Car leaves for the Säntis, where you arrive after a spectacular trip.

Now it's your free time on the Säntis. Enjoy the view or visit some of the exhibitions up there. We recommend to walk down to the Restaurant "Alter Säntis" if you want to drink or

eventually eat something. You are free to go down to the Schwägalp whenever you want. The Cable Car leaves every 30 minutes or at shorter intervals if there are many visitors. But don't miss the Cable Car at 12.30 to be back in time on the Schwägalp. We will meet at 13.00 at the bus station.



13.17 Bus leaves and we will be back in St. Gallen at 14.14 using the same trains and buses.

After a short walk we will arrive at the Cathedral and our Culture afternoon begins.

CULTURE

At 14.30 Rudolf Lutz welcomes us in the choir of the cathedral.

As I mentioned in the presentation, Lutz isn't just any musician, but you'll see that for yourself. You will sit in the choir stalls and Rudi will present the two small organs in the choir. It will be an exclusive experience.



At 15.30 we will visit the most beautiful library of Europe:



This week (April 23-29) is National Library Week. To kick this awesome celebration of libraries off, let's take a trip to some of the world's most beautiful libraries!



1. Abbey Library of Saint Gall, St. Gallen, Switzerland

This library in Switzerland is one of the oldest in the world and one of the most important historical sites in Europe. First built as a monastic library in the 8th century, the Abbey Library of Saint Gall was designated a UNESCO World Heritage Site in 1983. The library was secularized in the 1800s – its focus moved beyond simply serving the church, and towards serving the community and Switzerland as a whole. Today it is one of the most beautiful and historic sites in all of Europe.

Nothing more to say except: Our guide will be Dr. Cornel Dora, the Librarian of this wonderful place.

FREE TIME 16.45 – 18.15

After so many impressions you deserve some free time before we go to the country.

COUNTRY IN THE COUNTY

At 18.15 we leave the hotel, walk to the bus station and after a 14 minutes' drive and an easy walk of 10 minutes with view on the Lake Constanze we will arrive on a real farm. They also run a Restaurant called "Buurebeiz", what means "Farmers Pub". With Country music and food from the farm we will relax from our first NoMe day.

At 21.14 or 21.44 the bus will bring us back. We have to leave the Buurebeiz 15 minutes prior to the departure of the bus.



You have not enough yet? "The Pinch" will be opened for drinks!

SATURDAY 2nd September 2023

Typical St. Gallen

08.45 **We leave the Hotel**

09.00 – 10.00 **Guided tour** in English through the old town of St. Gallen

10.15 – 11.45 LADIES: Visit of the **Textilmuseum**. Guided tour in English



10.15 – 11.45 GENTS: **Official NoMe Meeting**. Meeting room Hotel Weissenstein.

12.00 – 14.00 The **Mühleggbahn** will bring us to St. Georgen, the upper part of St. Gallen, where we will have a **Bratwurst for Lunch**.



The only love triangle that works is:

Bratwurst - **B**ürli (Bread) - **B**eer



We will enjoy the best Bratwurst in Town directly from the producer.

13.15 – 18.45 Free Time

We offer a voluntary program with walk to the 3 ponds where you can also see St. Gallen from above.



Back to the city through the Mühlenenschlucht" through which we came by the Mühleggbahn.



At the lower end of the valley - according to legend - Saint Gallus is said to have stumbled and fallen on thorns. He saw this as a divine sign and built his hermit cell here. The monastery of St.Gallen later developed from this and centuries later the city of St.Gallen grew out of it. Today, this is the "valley station" for the Mühleggbahn.

The duration of this easy walk will be around 1 ½ hours.

Those who want to go back to town directly can use again the Mühleggbahn but we recommend to walk through the Mühlenschlucht. It takes only 15 minutes and is a nice experience.

18.45 – 19.00 Short Walk to the Restaurant “Bäumli”

19.00 – ? NoMe Dinner and Presentations.



The Weinstube zum Bäumli is a traditional first-floor restaurant in the heart of St. Gallen's old town. In the unique atmosphere of a more than 500-year-old Riegel house, the Weinstube zum Bäumli offers space for 50 guests in two rooms. We will be in the traditional "Stübli" (small living room).

SUNDAY 3rd September 2023

Time to say Good Bye. Farewell Brunch at the Hotel Weissenstein

See you 2024 in ???

FAQ

What is included in the registration fee?

The Fee is per person. All services according to the program are covered, including the meals mentioned there and some drinks during meals. Lunch is not planned on the Säntis (Friday morning) because the participants spend their time there individually.

Parking Spaces

I wanted to reserve parking in advance. Here is the hotel's response:

«We have 10 parking spaces at CHF 20.00 per space/car, but these are not reserved in advance due to the amount of parking spaces. However, I will be happy to note that your guests will be arriving by car and then show you on site what parking options we offer.»

There are certainly plenty of parking spaces near the hotel.

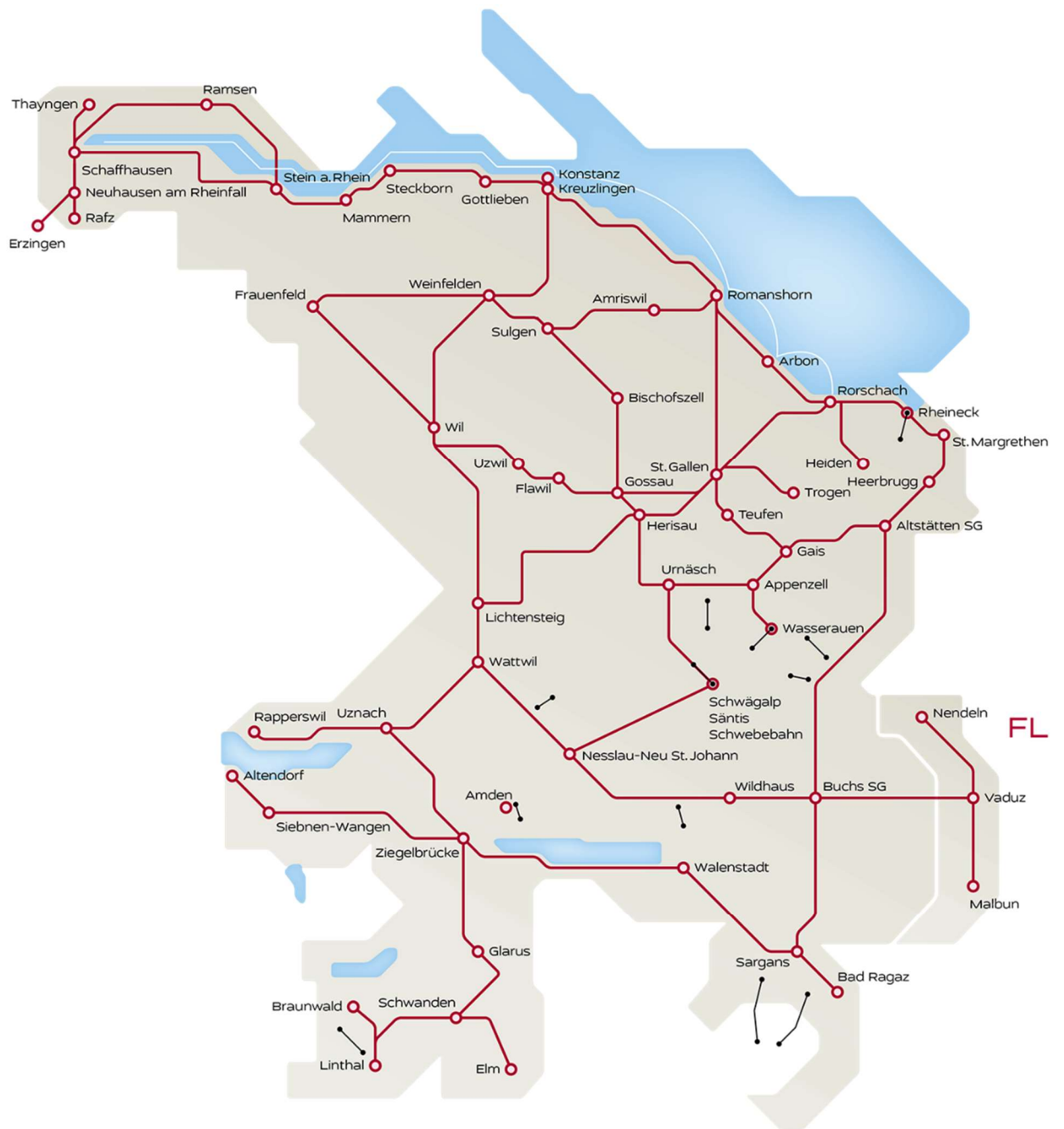
Dress Code

Casual. On Friday morning we will be at 2'502 meters above sea level. It can be windy and cool. It's better to wear long trousers and in any case bring a warm jacket with you.

Oscar card

The Oscar card can only be purchased for a minimum of 3 days. This is a bit annoying for those arriving by car because they don't need the card anymore on September 3rd. Without the card, the registration fee would be around CHF 140.00 higher. So it's still a viable solution.

Travelers by train also benefit on September 3rd. still. The card is valid up to Wil:



The ticket to the airport must therefore only be bought from Wil, which corresponds to a saving of around half the daily price of the Oskar card.

For those staying longer the card can be used the whole day. See program.

What do the different memberships mean?

NoMe Member

- Full membership
- Can participate in the NoMe Program
- Can (should) take part in the official meeting and vote there
- Can organize NoMe
- Can invite other ex National Board Members (National Presidents and IROs) of our time to participate in the NoMe
- Can invite family members or friends to help during the meetings, but they cannot take part in the program itself
- Receives all information

Honorary NoMe Member (Andreas Prodromou)

- Can take part in NoMe Program and the Official Meeting but can't vote there
- Receives all information

Honorary NoMe Friend (Vineta Gulbe, Dace Sormule, Liana Kyriakides)

- Can take part in NoMe Program

Taken from the minutes of official Meeting 2018 in Reykjavik

From the presentation of the NoMe:

Shopping 2



Are you looking for Swiss Souvenirs? Have a look at 'Alpästärn'.

Adresse

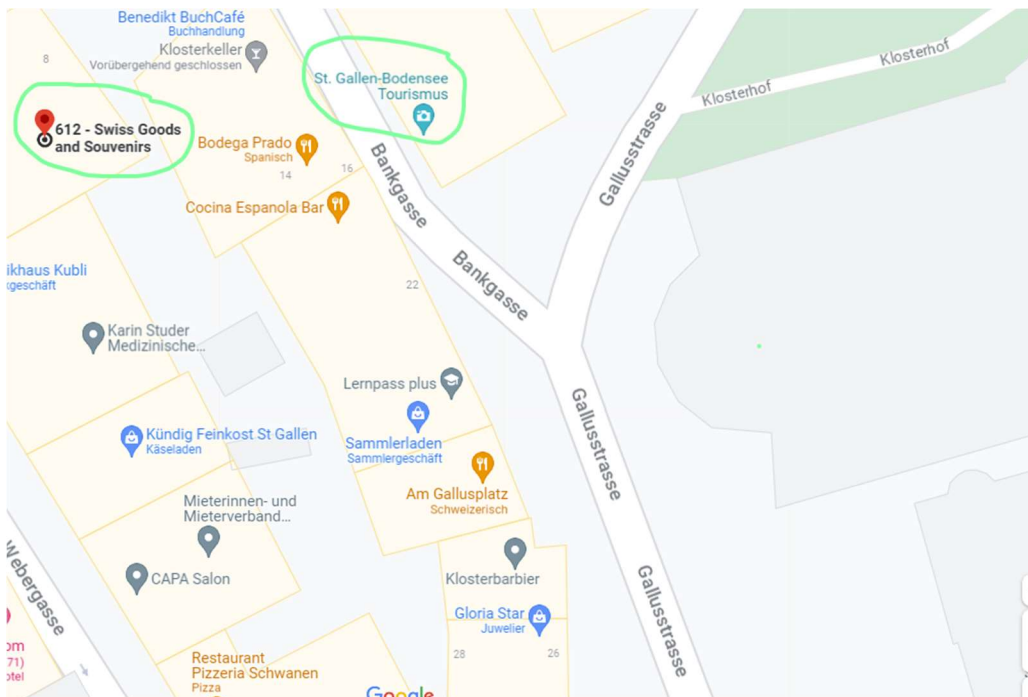
Alpästärn

Turm-gasse 1, 9000 St. Gallen



This Shop doesn't exist anymore.

There's another one near the Cathedral and the Tourist Office, where you can also buy Souvenirs.



Another possibility is the Shop at the station of the Sântisbahn.