



2020: IT'S TIME FOR ICD!

2020 is the year that the world of nutrition comes to Africa. Register online for the International Congress of Dietetics (ICD) at www.icda2020.com. There are significantly lower rates for ADSA and NSSA members. Early bird registration closes on **31 March 2020**.

REGISTRATION FEES	EARLY BOOK & PAY BY 31 March 2020	LATE BOOK & PAY AFTER 31 Mar 2020	LAST MINUTE BOOK & PAY AFTER 1 Sep 2020
ADSA and NSSA Members			
Member: Full Registration	R 4 700.00	R 6 000.00	R 7 300.00
Member: Day Registration - Day Rate	R 2 350.00	R 3 000.00	R 3 650.00
NON-MEMBER of NSSA & ADSA - South Africa & Developing Country Delegates			
Non-Member: Full Registration	R 5 500.00	R 6 000.00	R 7 300.00
Non-Member: Day Registration - Day rate	R 2 750.00	R 3 000.00	R 3 650.00
NON-MEMBER of NSSA & ADSA - Developed Countries			
Other: Full Registration	R 7 300.00	R 8 300.00	R 9 300.00
Other: Day Registration - Day rate	R 3 650.00	R 4 150.00	R 4 650.00
STUDENT REGISTRATION FEES: (Applies to non-earning students only)			
Student: Full Registration			R 3 800.00
Student: Day Registration - Day rate			R 1 900.00
WORKSHOPS			
Workshops are not included in the registration fee and will be held on Wednesday 16 September 2020 from 08h00–12h00. Only one workshop may be attended.			R 500.00
SOCIAL FUNCTIONS			
Welcome Function: 16 September 2020			R 50.00
Congress Dinner: 17 September 2020. Congress delegates only. Seats are limited.			R 500.00

ICD TOUR PACKAGES

Enjoy some downtime after the congress with four culturally rich tours around the Mother City. The tours will take place on Sunday 19 September and are limited to 40 people per tour. Go to <http://www.icda2020.com/index.php/tours> for more detailed information on the ICD tour packages.



Stay in touch with ADSA and help us spread the word that optimal nutrition is essential for all South Africans:

www.facebook.com/ADSAorgza

www.twitter.com/ADSA

Blog: <http://nutritionconfidence.wordpress.com>

Website: <http://www.adsa.org.za>

Email: info@adsa.co.za or adsacomms@gmail.com

Kind regards,

Association for Dietetics in South Africa (ADSA)

Executive Committee

www.adsa.org.za

WINELAND FOOD EXPERIENCE



BABYLONSTOREN GARDEN TOUR

An experienced gardener will be your guide on this tour, during which time you will be encouraged to pick, taste, smell and touch while walking through the garden. The garden comprises of 15 clusters spanning vegetable areas, stone fruits, nuts, citrus, berries, bees, herbs, ducks and chickens, a prickly pear maze, and more. Every one of the more than 300 varieties of plants in the garden is edible or has medicinal value.



STELLENBOSCH (Walking Tour 1 hour)

Explore the "village of the oaks" with its shady oak avenues bordered by the water furrows of the Mill Stream. Admire the charm and harmony of the Cape Dutch architecture – Dorp Street "the wagon way to Cape Town" is the oldest residential street in South Africa today. Historical buildings surround three sides of the Braak (village green). The Braak was proclaimed by Simon Van der Stiel, the eleventh governor to the Cape as an open space for the people.



DE VOLKOMBUIS RESTAURANT

In 1902 Sir Herbert Baker designed labourers' cottages which were constructed on the old farm formerly known as Vredenburg. In 1968 the property was acquired by Historical Homes of South Africa, restored and leased as a restaurant. During 2017 the Rupert family initiated a full restoration and today De Volkskombuis operates once again as a restaurant. A traditional South African set menu will be served.



SPICE ROUTE OF PAARL

Every artisan invited to be part of the Spice Route Destination community is handpicked and unique. From chocolate making and beer brewing, to wine tasting, distilling and a taste from all corners of the world, the shared goal is to bring a unique strength and art to the whole collective while supporting each other's individual trade.



DE VILLIERS CHOCOLATE

A hobby that started in a garage with machines built out of recycled home appliances, led to the discovery of the richness and diversity of single origin chocolate. The journey developed into a chocolate obsession that continues to this day. The chocolate factory is housed in an old Cape Dutch home where visitors can see the making of chocolate. Before heading back we will stop in for a wine tasting at the Spice Route Wine Tasting room.

08:00 collection at the CTICC – returning at 17:00
Costing based on minimum 20 / maximum 40 guests

R1 750.00 per person

Known as the "Rainbow Nation", South Africa's diverse culinary influences will be sampled as we visit local eateries and artisans of the Cape Winelands. Departing your hotel travel into the Winelands a 45 minutes' drive from the city center.

INCLUDES:

Transportation with english speaking guide
Entrance & Tour: Babylonstoren Garden Tour
De villiers Chocolate | Wine tasting at Spice Route Room
2 Course lunch & glass of wine at De Volkskombuis Restaurant

EXCLUDES:

Any other entrance fees
Drinks with lunch

