

## EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



[www.jainvegans.org](http://www.jainvegans.org)

| DATE                                  | EVENT, VENUE & ADMISSION  | FURTHER INFORMATION  |
|---------------------------------------|---|--|
| <b>CALENDAR OF EVENTS (WORLDWIDE)</b> |   |  |
| <b>14th May</b><br>(Saturday)         | <b>Taunton Vegan Food Fair</b><br>North Street Church Hall, North Street, Taunton. UK.<br><br>11am to 3pm<br><br>Free entry & free food   | Organisers: Taunton Vegans ( <a href="http://www.tauntonveg.moonfruit.com">www.tauntonveg.moonfruit.com</a> )<br>"Free vegan food, cooking demonstrations, live music, tombola with fab prizes, face painting, variety of stalls"<br>"Non-vegans welcome."<br>Full details: <a href="http://www.tauntonveg.moonfruit.com/#/taunton-vegan-fayre/4548102162">www.tauntonveg.moonfruit.com/#/taunton-vegan-fayre/4548102162</a><br>Contact form for information: <a href="http://www.tauntonveg.moonfruit.com/#/contact/4543833497">http://www.tauntonveg.moonfruit.com/#/contact/4543833497</a>  |
| <b>14th May</b><br>(Saturday)         | <b>15th Global Boycott Procter &amp; Gamble Day</b><br>Various events worldwide<br><br>Details: <a href="http://www.uncaged.co.uk/pgday.htm">www.uncaged.co.uk/pgday.htm</a>  | Organisers: Uncaged ( <a href="http://www.uncaged.co.uk">www.uncaged.co.uk</a> )<br>"Please unite with fellow activists for our fifteenth Global Boycott P&G Day on Saturday 14th May 2011 to expose the callous animal testing practices of the world's largest consumer goods corporation, and makers of Herbal Essences."<br>"With your help, we can give millions of consumers the information they need to vote with their purses and help save innocent animals from deadly poisoning tests. If we want to protect animals, it's vital to empower consumers to pressure companies like P&G directly."  |
| <b>15th May</b><br>(Sunday)           | <b>Veggie Pride Parade</b><br>New York City, USA.<br><br>11am onwards<br><br>Start point: Intersection of 9th Avenue & Gansevoort St., West Village.<br><br>End point: Union Square Park, north end at 17th St.<br><br>Detailed information: <a href="http://www.veggieprideparade.org/dept/startendpoint.htm">www.veggieprideparade.org/dept/startendpoint.htm</a> | Organisers: listed at this link: <a href="http://www.veggieprideparade.org/dept/about.htm">www.veggieprideparade.org/dept/about.htm</a><br>Goals: "For a Veggie Pride Parade, there could be as many goals as there are vegetarians and vegans. Just the same, the organizers of the event feel the need to state their aspirations for the parade, ones that can be shared by all."<br>"1. To set a positive example by standing proud and standing up for the veg'n lifestyle.<br>2. To show our true love of animals, which must include farmed animals.<br>3. To celebrate our healthy diet.<br>4. To educate about the issues surrounding today's cruel, unsustainable, and exploitative meat-, egg-, and dairy-production systems.<br>5. To encourage meat eaters—through advocacy and example—to join us in our compassionate way of living."<br>Full details: <a href="http://www.veggieprideparade.org/dept/startendpoint.htm">www.veggieprideparade.org/dept/startendpoint.htm</a>   |
| <b>21st May</b><br>(Saturday)         | <b>Open Day at Hugletts Wood Farm Animal Sanctuary, with a celebration of Gromit's 15th birthday</b><br>Grovelye Lane, Dallington, Heathfield. East Sussex. TN21 9PA. UK.<br><br>11am to 5pm<br><br>Please see opposite for details, directions, contacts for general information and transport options.  | Organisers: Hugletts Wood Farm Animal Sanctuary ( <a href="https://www.facebook.com/pages/Hugletts-Wood-Farm-Animal-Sanctuary/211947600388">www.facebook.com/pages/Hugletts-Wood-Farm-Animal-Sanctuary/211947600388</a> )<br>"On the day you will get the opportunity to meet the animals. You will find out how many of the animals ended up at Hugletts. One lucky cow, Gromit, will be celebrating his 15th birthday and you will get to join in the fun activities. On the day you will also get the chance to learn about the various ahimsa-based activities that Wenda and Matthew undertake – including 'Ahimsa Compost' and 'Ahimsa Vegetables', and you'll have the opportunity to buy compost, plants and other items if you wish. There will also be time to enjoy the tranquility of the beautiful ancient broadleaf forest – which Wenda and Matthew have been working to restore to its former glory."<br>"There will be plenty of hot and cold food and drinks, all freshly prepared and made without any animal having to suffer!"<br>"You are also welcome to bring your own food, but you're kindly requested to ensure it is vegan."<br>"See <a href="http://www.youtube.com/watch?v=WR284seD_Ks">http://www.youtube.com/watch?v=WR284seD_Ks</a> for a video providing more information about the open day."<br>Directions to the sanctuary from the M25 at this link: <a href="http://unhub.com/ngZQ">http://unhub.com/ngZQ</a><br>Direct trains from Charing Cross take approximately 1hr 20, and a return ticket is £21.70. Pick ups from Robertsbridge rail station (and return) can be arranged, just let the sanctuary know in advance by contacting: <a href="mailto:janejacks0n@btinternet.com">janejacks0n@btinternet.com</a> , 07884 046703<br>For information about transport arrangements by Jain Vegans, please email: <a href="mailto:sagar@jainvegans.org">sagar@jainvegans.org</a> , 07727 675 225<br>If you would like to know more about Hugletts Wood Farm Animal Sanctuary, please contact Wenda Shehata: <a href="mailto:wendashhata@yahoo.com">wendashhata@yahoo.com</a> , tel: 01435 831028 |
| <b>21st May</b><br>(Saturday)         | <b>Veggie Pride</b><br>Marseille, France<br><br>2pm to 5pm<br><br>Start point: Place des Réformés (Métro / Tramway: Réformés)<br><br>Further info about pre and post events and meetups: <a href="http://marseille.veggiepride.fr/programme">http://marseille.veggiepride.fr/programme</a>  | Organisers: Veggie Pride ( <a href="http://www.veggiepride.fr">www.veggiepride.fr</a> )<br>"Every year since 2001 the Veggie Pride demonstration has brought together persons who wish to express publicly their refusal to eat meat and fish, and, for some, any animal products, out of respect for animals. Over the last decade, the organizers have contributed to revealing the existence of vegophobia and to defining and highlighting the ways in which this attitude of exclusion and contempt for vegetarians displays itself."<br>"Because vegophobia exists and in France is stronger than ever, for the one billion of land animals and the billions of fish killed each year in France we call vegetarian and vegan men and women to mobilize even more for the tenth anniversary of the Veggie Pride, on Saturday, May 21 in Marseille, and on Saturday, June 11 in Paris."<br>"Together, let us fight for our right to be treated as full citizens!"<br>"Together, let us fight for our right to express and practice our solidarity with the animals!"<br>"See you in Marseille, see you in Paris!" The organisers of the Veggie Pride 2011.<br>Full details of Marseille event: <a href="http://marseille.veggiepride.fr">http://marseille.veggiepride.fr</a>   |

## EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



[www.jainvegans.org](http://www.jainvegans.org)

| DATE                              | EVENT, VENUE & ADMISSION   | FURTHER INFORMATION   |
|-----------------------------------|--|---|
| <b>21st May</b><br>(Saturday)     | <b>Lincoln Indoor Picnic</b><br>United Reformed Holy Trinity Church,<br>Garmston Street, Lincoln. LN2 1HZ. UK<br><br>11am to 4pm<br><br>Entrance: Free   | Organisers: Vegan Lincs ( <a href="http://www.veganlincs.co.uk">www.veganlincs.co.uk</a> )<br>"To kick start vegetarian week, a fun day for all the family!<br>Free entry! Free food!<br>"Including craft stalls, cake stall, Tombola, competitions, Information stalls, local businesses and more!<br>"Free Picnic Food - sandwiches, cakes, sausage rolls, pizza, chocolate, etc.<br>"Lots of stalls selling a variety of goods including cakes, arts, crafts and great gift ideas!<br>"Information stalls with free recipes!<br>"Plus tombola, competitions and a cookery demo!<br>"First 25 visitors through the door receive a goody bag!"<br><br>Full details: <a href="http://www.veganlincs.co.uk/events/lincoln_indoor_picnic_2086.html">www.veganlincs.co.uk/events/lincoln_indoor_picnic_2086.html</a>   |
| <b>21 – 27 May</b>                | <b>VegfestUK Bristol Fringe week</b><br>Bristol, UK.<br><br>Details to emerge here:<br><a href="http://www.bristol.vegfest.co.uk/fringe-week-overview">www.bristol.vegfest.co.uk/fringe-week-overview</a>  | Organisers: VegfestUK ( <a href="http://www.vegfest.co.uk">www.vegfest.co.uk</a> )<br>A week of fringe activities from 21 to 28 May on the runup to VegfestUK Bristol vegan festival, on 27 to 29 May (see below).<br><br>Details of the fringe week will emerge here:<br><a href="http://www.bristol.vegfest.co.uk/fringe-week-overview">www.bristol.vegfest.co.uk/fringe-week-overview</a>  |
| <b>23 - 29 May</b><br>(Mon - Sun) | <b>National Vegetarian Week</b><br>National, UK<br><br>Various events due to take place around the UK. See website mentioned opposite.   | Organisers: The Vegetarian Society of the United Kingdom ( <a href="http://www.vegsoc.org">www.vegsoc.org</a> )<br>"National Vegetarian Week (NVW) is the annual awareness-raising campaign promoting inspirational vegetarian food and the benefits of a meat-free lifestyle. Celebrated by the Vegetarian Society since 1992, the Week is now an established event that gets bigger and better every year."<br>"A huge range of organisations from small businesses to big corporations, schools, community groups and individuals all across the UK get involved and everyone is invited to join in and make the Week a success."<br><br>Full details: <a href="http://www.nationalvegetarianweek.org">www.nationalvegetarianweek.org</a>  |
| <b>23 - 29 May</b><br>(Mon - Sun) | <b>World week for the Abolition of Meat</b><br>Events will take place worldwide<br><br>Information:<br><br>web: <a href="http://meat-abolition.org/">http://meat-abolition.org/</a>  | <a href="http://meat-abolition.org/">http://meat-abolition.org/</a><br>"Because meat production involves killing the animals that are eaten, because their living conditions and slaughter cause many of them to suffer, because eating meat isn't necessary, because sentient beings shouldn't be mistreated or killed unnecessarily, therefore, farming, fishing and hunting animals for their flesh, as well as selling and eating animal flesh, should be abolished."<br>"Please join activists worldwide for the World Week for Abolition of Meat from January 24th to 30th, 2011!"<br>"The past world days for the abolition of meat were a huge success. And as we know that this demand is a very important one we decided to hold this day on a more regular basis. So starting from the last September 2010 actions take place in the week of the last Saturday of the months of January, May and September. This means the next action week will be from January 24th until 30th, 2011."<br><br>Full details: <a href="http://meat-abolition.org/">http://meat-abolition.org/</a>  |
| <b>27 -29 May</b><br>(Fri - Sun)  | <b>VegfestUK Bristol</b><br>The Amphitheatre and Waterfront Square,<br>Bristol, UK.<br><br>Friday 27th May: 6pm - 11pm (pay)<br>Saturday 28th May:<br>11am - 6pm (Free), 6pm -11pm (pay)<br>Sunday 29th May:<br>11am - 6pm (free), 6pm - 11pm (pay)<br><br>Entrance:<br>"Entrance is FREE on Saturday and Sunday from 11am – 5.30pm"<br>After 6pm, there's an entrance payable for the evening events – to be announced (see website). | Organisers: VegfestUK ( <a href="http://www.vegfest.co.uk">www.vegfest.co.uk</a> )<br>"A three day outdoor extravaganza in the heart of Bristol by the historic and picturesque harbourside<br>"100 stalls, caterers, juice bars cafes, talks. cookery demos, information, entertainment and inspiration<br>"The evening events on Friday Saturday and Sunday start at 6pm and finish at 11pm and feature headline bands and DJ's. These are pay events. All the stalls, food and drink at the evening events is vegan<br>"VegfestUK Bristol is preceded by a week of fringe activities from May 21st - May 28th - see <a href="http://www.bristol.vegfest.co.uk/fringe-week-overview">www.bristol.vegfest.co.uk/fringe-week-overview</a><br>"VegfestUK Bristol is a not for profit event designed to showcase the very best of the vegan lifestyle to the public<br>* 100 stalls including food. bodycare, fashion, accessories, gifts, information, campaigns, charities<br>* Expert vegan caterers from across the UK<br>* Main Stage entertainment day and night<br>* Over 50 Talks and Cookery Demos<br>* Cinema showing vegan friendly films<br>* Expert nutritional and lifestyle advice<br>* Detox Clinic<br>* Kids Area with Kids Cookery Classes<br>* Performance Stage featuring vegan performers during the day<br>* Licensed Bar open for the whole show<br>* Expected 10,000 visitors during the day<br>* Expected 10,000 visitors during the evenings"<br><br>Full details: <a href="http://www.vegfest.co.uk">www.vegfest.co.uk</a> |

## EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



[www.jainvegans.org](http://www.jainvegans.org)

| DATE                            | EVENT, VENUE & ADMISSION   | FURTHER INFORMATION   |
|---------------------------------|--|---|
| <b>28th May to 4th June</b>     | <p><b>One World Festival '11, Spring Gathering</b><br/>Penninghame House, Galloway, Scotland.</p> <p>Advance booking &amp; fees apply. Full details at this link:<br/><a href="http://www.macrobios.com/event/1/63/">www.macrobios.com/event/1/63/</a></p>   | <p>Organisers: One World Health Foundation CIC (<a href="http://www.macrobios.com/aboutus">www.macrobios.com/aboutus</a>)</p> <p>"Our Scottish event is a more intimate gathering, offering the opportunity for healing, inner transformation, and a clearer awareness of who you are in mind, body and spirit, in stunningly lovely surroundings. If you especially enjoy the outdoors and being very close to nature, why not come to the Scottish festival? It is an ideal opportunity to make those special connections with like-minded people in a community of friendship, and a great way to spend the bank holiday weekend. A space of exchange, learning, wonderment, happiness, creativity, laughter and joy."</p> <p>Catering: vegan macrobiotic</p> <p>Full details: <a href="http://www.macrobios.com/event/1/63/">www.macrobios.com/event/1/63/</a></p>  |
| <b>2nd June (Thursday)</b>      | <p><b>"Mood Food" by Viva!'s Juliet Gellatley and Cookery Demo by Helen Rossiter</b><br/>Friends Meeting House, Queens Road, Leicester LE2 1WP. UK.</p> <p>7pm onwards</p> <p>Entrance:<br/>Free for members and £2 for visitors.</p>  | <p>Organisers: Leicestershire Vegetarian/Vegan Group (<a href="http://www.leicesterveggy.org.uk">www.leicesterveggy.org.uk</a>)</p> <p>"Mood Food: Why what you eat affects your mood, view of yourself and the world. Why going vegan helps you beat stress and the blues!"</p> <p>"The links between physical health and what we eat are well established and yet there are equally profound connections between food and our state of mind. We are always being told to eat healthily but what does that really mean? What does our brain need to thrive? Why do some foods zap our energy or make us moody, irritable and anxious? While others make us happy and much more able to cope with modern life?"</p> <p>"Food can be our medicine or the root of illness. This is a fascinating and compelling talk that explores the good, the bad and the ugly in food and how they directly affect us."</p> <p>Talk by Juliet Gellatley, Founder and Director, Viva! and Vegetarian &amp; Vegan Foundation and nutritional therapist</p> <p>Helen Rossiter, Viva!'s Food &amp; Cookery expert will be giving a cookery demo of various delicious good mood foods.</p> |
| <b>4th June (Saturday)</b>      | <p><b>Redditch Green Fair</b><br/>St Stephen's Church, Redditch. UK.</p> <p>10.30am to 3pm</p> <p>Entrance: Free</p>   | <p>Organisers: Committee of volunteers</p> <p>"Free vegan food samples, all catering vegan"</p> <p>"Are you into recycling?? Energy conservation?? Clean green living?? The annual Redditch Green Fair promotes all this and lots more."</p> <p>"The Redditch Green Fair aims to show how we can make the world a better place. It's a chance for anyone concerned about the environment to learn how to lead a greener, more sustainable life. Don't panic, we don't want to turn you into a hippy!! We can all make a real difference to the future of the planet by making simple changes to our daily lives - incl cutting down on waste, changing to a renewable energy supplier and buying green/fair trade products etc."</p> <p>Details of the 2011 event to emerge here: <a href="http://www.redditchgreenfair.org.uk">www.redditchgreenfair.org.uk</a></p>  |
| <b>4-5 June (Sat &amp; Sun)</b> | <p><b>The London Green Fair</b><br/>Cumberland Green in Regents Park, London NW1. UK.<br/>Nearest tubes: Camden Town, Great Portland St, Regents Park.<br/>"Access is via The Broadwalk, or through either Cumberland or Gloucester gates"</p> <p>Midday until 7.30pm each day</p> <p>Entrance: Free</p>   | <p>Organisers: London Green Fair CIC (<a href="http://www.londongreenfair.org">www.londongreenfair.org</a>)</p> <p>"The London Green Fair will be a free festival that reflects the green aspirations and achievements of London as a whole, as well as providing an enjoyable and engaging day out for people from all walks of life."</p> <p>"In the prestigious setting of The Regents Park, central London, with covered and open-air environments, the London Green Fair will be an interactive smorgasbord of both serious and suggestive takes on the environmental issues that affect Londoners."</p> <p>Full details: <a href="http://www.londongreenfair.org">www.londongreenfair.org</a></p>   |
| <b>4 - 12 June</b>              | <p><b>13th International Vegan Festival: "A Whole World to Share"</b><br/>Elimar Hotel, Rincón de la Victoria, Málaga, Spain.</p> <p>Advanced registration required – see website.</p> <p>Fees per person (including accommodation for 8 nights, registration, and tours):<br/>For bookings made until end December 2010:<br/>- 480 Euros for a double room<br/>- 450 Euros for a triple room, and<br/>- 550 Euros for a single room<br/>Children younger than 12, accompanied by two adults, stay free, and a second child or one accompanied by one adult, pay only 50%.</p> <p>For bookings made between 1-Jan-2011 and 15-Mar-2011, add 30 Euros to above fees.<br/>For bookings between 16-Mar-2011 and 31-May-2011 (final registration), add 30+20 Euros.</p> <p>Arrangements outside the specific festival dates are possible – please contact the organiser for a quote (contact details on website:<br/><a href="http://www.ivu.org/veganfest/2011/">www.ivu.org/veganfest/2011/</a>)</p> | <p>Organiser: Francisco Martín of the Asociación Vegana Española (AVE) (Spanish Vegan Society)</p> <p>"The Festival motto is "A Whole World to Share", and the programme will address all matters relating to vegan nutrition, its benefits and positive social and environmental impact, including the ethical, ecological, educational and scientific aspects of veganism, in stark contrast to the cruel unsustainable model of animal food production and the health and environmental problems derived from the consumption and exploitation of animals."</p> <p>Full details: <a href="http://www.ivu.org/veganfest/2011/">www.ivu.org/veganfest/2011/</a></p>  |

## EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



[www.jainvegans.org](http://www.jainvegans.org)

| DATE                           | EVENT, VENUE & ADMISSION  | FURTHER INFORMATION  |
|--------------------------------|---|--|
| <b>11th June</b><br>(Saturday) | <b>Vegfest</b><br>Place Joachim du Bellay Paris 1er, France.<br><br>From 10.30am<br><br>Details of event being posted here:<br><a href="http://vegfest.fr">http://vegfest.fr</a><br><br>For information, email:<br><a href="mailto:vegfestparis@gmail.com">vegfestparis@gmail.com</a>                               | Organisers: Committee of volunteers<br>"Objectifs:<br>- Rassembler les acteurs (associations/collectifs/entreprises) de la cause animale, du végétarisme et du véganisme lors de manifestations,<br>- Faire connaître ceux-ci au grand public et aux végétariens et vegans,<br>- Développer une entraide entre ces différents acteurs, par exemple le travail sur des dossiers communs."<br>"L'état d'esprit des événements organisés par le comité du Vegfest vise à faciliter les liens et la coopération entre les différents acteurs de la cause animale, du végétarisme et du véganisme (associations, collectifs...). Il se donne aussi pour but de favoriser les rencontres entre les personnes qui souhaitent s'engager dans la cause animale et les organismes déjà existants."<br>Full details will emerge here: <a href="http://vegfest.fr">http://vegfest.fr</a>   |
| <b>11th June</b><br>(Saturday) | <b>Veggie Pride</b><br>Paris, France<br><br>4pm to 7pm<br><br>Start point: to be confirmed, but near St Eustache place (square) opposite la rue Montorgueil<br><br>Further info about pre and post events and meetups:<br><a href="http://paris.veggiepride.fr/programme">http://paris.veggiepride.fr/programme</a> | Organisers: Veggie Pride ( <a href="http://www.veggiepride.fr">www.veggiepride.fr</a> )<br>"Every year since 2001 the Veggie Pride demonstration has brought together persons who wish to express publicly their refusal to eat meat and fish, and, for some, any animal products, out of respect for animals. Over the last decade, the organizers have contributed to revealing the existence of vegophobia and to defining and highlighting the ways in which this attitude of exclusion and contempt for vegetarians displays itself."<br>"Because vegophobia exists and in France is stronger than ever, for the one billion of land animals and the billions of fish killed each year in France we call vegetarian and vegan men and women to mobilize even more for the tenth anniversary of the Veggie Pride, on Saturday, May 21 in Marseille, and on Saturday, June 11 in Paris."<br>"Together, let us fight for our right to be treated as full citizens!"<br>"Together, let us fight for our right to express and practice our solidarity with the animals!"<br>"See you in Marseille, see you in Paris!" The organisers of the Veggie Pride 2011.<br>Full details of Paris event: <a href="http://paris.veggiepride.fr">http://paris.veggiepride.fr</a> |
| <b>11th June</b><br>(Saturday) | <b>Animal Aid's annual sponsored walk</b><br>Hampstead Heath, London, UK.<br><br>Starts at 1pm<br>"To register for the walk and to receive a map and directions, please email Karin at <a href="mailto:karin@animalaid.co.uk">karin@animalaid.co.uk</a> or call her on 01732 364546 ext 223"                        | Organisers: Animal Aid ( <a href="http://www.animalaid.org.uk">www.animalaid.org.uk</a> )<br>"Come join us on Hampstead Heath in London for our annual 10km sponsored walk, starting at 1pm. Everyone who completes the course will receive a certificate signed by Animal Aid's director, Andrew Tyler, a special T-shirt and a glass of bubbly. To register for the walk and to receive a map and directions, please email Karin at <a href="mailto:karin@animalaid.co.uk">karin@animalaid.co.uk</a> or call her on 01732 364546 ext 223."<br>Details: <a href="http://www.animalaid.org.uk/h/n/NEWS/news_other//2477//">www.animalaid.org.uk/h/n/NEWS/news_other//2477//</a>  |
| <b>12th June</b><br>(Sunday)   | <b>20th Annual Animal Blessing Service</b><br>Craigiebuckler Parish Church Hall,<br>Springfield Road, Aberdeen, Scotland. UK.<br><br>Starts: 3pm  | "The 20th annual Animal Blessing Service at Craigiebuckler Parish Church Hall, Springfield Road, Aberdeen will be at 3pm on 12 June. The Service will be conducted by the Revd Kenneth Petrie. All animals with their human companions welcome. We would be particularly pleased to welcome back old friends, animal or human, who have attended previously."  |
| <b>18th June</b><br>(Saturday) | <b>Veggie Pride</b><br>Milan, Italy<br><br>From 2pm at Piazza Missori (metropolitana linea 3), Milan.<br><br>Coaches have been arranged from various cities in Italy:<br><a href="http://www.veggiepride.it/index.php/vieni-al-veggie-pride">www.veggiepride.it/index.php/vieni-al-veggie-pride</a>                 | Organisers: Various<br>"L'obiettivo del Veggie Pride è incoraggiare i veg*ani a manifestare la propria presenza pubblicamente per diventare dei portavoce attivi della causa animale invece di cercare di passare inosservati. Per far ciò noi li invitiamo ad esprimere il loro orgoglio di essere veg*ani per gli animali, a lottare contro la vegefobia di cui essi sono vittime e a difendere i loro diritti di cittadini. In effetti, l'oppressione degli animali non umani si traduce anche con la violazione di diritti riconosciuti in linea di massima agli esseri umani. Tra questi ci sono:<br>* il diritto ad ottenere una corretta alimentazione veg*ana nelle mense, negli ospedali, nelle prigioni e in tutte le comunità;<br>* il diritto a un'informazione medica imparziale e corretta;<br>* il diritto di crescere i propri figli secondo le proprie convinzioni senza essere considerati degli stravaganti;<br>* il diritto di rifiutare che la carne o il pesce degli altri siano finanziati con le nostre tasse;<br>* il diritto di rispondere alle persone che li attaccano attraverso i media."<br>Full details: <a href="http://www.veggiepride.it">www.veggiepride.it</a>  |
| <b>18th June</b><br>(Saturday) | <b>Richmond Vegetarian Festival</b><br>Azalea Gardens at Bryan Park, Richmond,<br>Virginia. USA.<br><br>Noon to 6pm<br><br>Entrance: Free   | Organisers: Fox Richmond, Vegan Action, The Vegetarian Society of Richmond<br>* Food!<br>* Music!<br>* Speakers!<br>* Local Businesses!<br>* Nonprofits!<br>* Family Fun!<br>* Free admission!<br>Full details: <a href="http://www.veggiefest.org">www.veggiefest.org</a>   |

## EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



[www.jainvegans.org](http://www.jainvegans.org)

| DATE                                  | EVENT, VENUE & ADMISSION   | FURTHER INFORMATION  |
|---------------------------------------|--|--|
| <b>19th June</b><br>(Sunday)          | <b>McLibel: Anniversary Day of Action</b><br>International<br><br><a href="http://www.mcspotlight.org">www.mcspotlight.org</a><br><br>(Possible Nottingham Free Food Give-Away at Exchange Walk – organisers: Veggies – <a href="http://www.veggies.org.uk">www.veggies.org.uk</a> )   | <p>"McLibel: Anniversary of 1997 High Court Victory!"</p> <p>Following the "infamous British court case between McDonald's and a former postman &amp; a gardener from London (Helen Steel and Dave Morris)", "The judge ruled that [McDonald's] 'exploit children' with their advertising, produce 'misleading' advertising, are 'culpably responsible' for cruelty to animals, are 'antipathetic' to unionisation and pay their workers low wages. But Helen and Dave failed to prove all the points and so the Judge ruled that they HAD libelled McDonald's and should pay 60,000 pounds damages. They refused and McDonald's knew better than to pursue it. In March 1999 the Court of Appeal made further rulings that it was fair comment to say that McDonald's employees worldwide "do badly in terms of pay and conditions", and true that "if one eats enough McDonald's food, one's diet may well become high in fat etc., with the very real risk of heart disease."</p> <p>"As a result of the court case, the Anti-McDonald's campaign mushroomed, the press coverage increased exponentially, this website was born and a feature length documentary was broadcast round the world."</p> <p>"The legal controversy continued. The McLibel 2 took the British Government to the European Court of Human Rights to defend the public's right to criticise multinationals, claiming UK libel laws are oppressive and unfair that they were denied a fair trial. The court ruled in favour of Helen and Dave: the case had breached their their rights to freedom of expression and a fair trial."</p> <p>"Who said ordinary people can't change the world?"</p> <p>Read the full story here: <a href="http://www.mcspotlight.org/case/trial/story.html">www.mcspotlight.org/case/trial/story.html</a></p> <p>Plus general information &amp; links at the home page: <a href="http://www.mcspotlight.org">www.mcspotlight.org</a></p> |
| <b>25th June</b><br>(Saturday)        | <b>The Coventry Green Fayre</b><br>War Memorial Park, Kenilworth Road,<br>Coventry. CV3 6PT. UK.<br><br>11am to 5pm<br><br>Entrance: Free  | <p>Organiser: Cathy of Green Garden Cafe (<a href="http://www.greengardencafe.co.uk">www.greengardencafe.co.uk</a>)</p> <p>"Are you into recycling? Want to know more what is happening locally concerning sustainable and compassionate living? The Coventry Green Fayre promotes all this and lots more!"</p> <p>"The Coventry Green Fayre aims to show how we can make the world a better place. It's a chance for anyone concerned about the environment to learn how to lead a greener, more sustainable and compassionate lifestyle. We can all make a real difference to the future of the planet by making simple changes to our daily lives."</p> <p>Catering: Vegan</p> <p>Full details: <a href="http://www.coventrygreenfayre.org.uk">www.coventrygreenfayre.org.uk</a></p>  |
| <b>25th June</b><br>(Saturday)        | <b>Portsmouth Summer Fair</b><br>Victoria Park, Portsmouth, UK.<br><br>A green fair.<br><br>11am to 4pm<br><br>Entrance: free  | <p>Organisers: PCAN (<a href="http://www.portsmouthcan.co.uk">www.portsmouthcan.co.uk</a>) + Portsmouth City Council</p> <p>"A greener way to spend the day!"</p> <p>"Energy saving, green transport, local, organic &amp; grow your own food, wildlife conservation, green fashion, ethical/eco gifts, jewellery &amp; clothes green fashion, local food market, picnic, circus skills, live entertainment throughout the day crafts and eco-gifts, live music, children's games and rides, cafe-bar plus gallery &amp; food stalls, displays, competitions, renewable energy, therapists"</p> <p>"Fun for all the family!"</p> <p>Full details: <a href="http://www.portsmouthcan.co.uk/portsmouth-summer-fair.html">www.portsmouthcan.co.uk/portsmouth-summer-fair.html</a></p>   |
| <b>June</b><br>(date to be announced) | <b>2nd Latin American Vegetarian Congress, Bolivia.</b>  | Details to be announced  |
| <b>1-4 July</b>                       | <b>16th Biennial JAINA Convention: Live and Help Live</b><br>Houston, Texas, USA.<br><br>Advanced registration required (see website)<br><br>Fees:<br>Vary from \$99 to \$175 for adults and from \$79 to \$135 for children/youth (6-17yrs) depending on when you book Basically, the earlier you book, the lower the fee – see website for details of which early-bird rates apply when. | <p>Organisers: Federation of Jain Associations in North America (<a href="http://www.jaina.org">www.jaina.org</a>) and Jain Society of Houston (<a href="http://jain-houston.org">http://jain-houston.org</a>)</p> <p>"Convention Highlights:</p> <ul style="list-style-type: none"> <li>• "Jains Got Talent" Show</li> <li>• Bollywood Entertainment</li> <li>• Garba-Rass Night</li> <li>• Community/Family Reunion</li> <li>• International Leaders Forum "Diaspora"</li> <li>• Religious and Spiritual Discourse</li> <li>• Prominent Sadhus, Sadhvis, and Scholars</li> <li>• Exhibits and Poster Sessions of Community Accomplishments</li> <li>• Facilitating Socio-Economic Development and Growth of Jains</li> <li>• Federally and State funded Community Rights and Opportunities</li> <li>• Jain Way of Life (JWOL) and Healthy Lifestyles"</li> </ul> <p>Full details: <a href="http://convention.jaina.org">http://convention.jaina.org</a></p>  |



## EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



[www.jainvegans.org](http://www.jainvegans.org)

| DATE                          | EVENT, VENUE & ADMISSION  | FURTHER INFORMATION   |
|-------------------------------|---|---|
| <b>5-9 July</b><br>(Tues-Sat) | <p><b>37th Vegetarian Summerfest</b><br/>Conference Center at Pitt-Johnstown on the University of Pittsburgh campus at Johnstown, Pennsylvania, USA.</p> <p>Registration &amp; fees apply. Fees detailed at this link (+ link to online registration form):<br/><a href="http://www.vegetariansummerfest.org/prices.htm">www.vegetariansummerfest.org/prices.htm</a></p>  | <p>Organisers: The North American Vegetarian Society (<a href="http://navs-online.org">http://navs-online.org</a>)</p> <p>"Over 50 informative and inspiring speakers".</p> <p>"Health and nutrition, lifestyle issues, cooking, recipes, exercise and fitness, animal rights, compassionate living, Earth stewardship, and even more!"</p> <p>"Hundreds of attendees, from beginners to seasoned vegetarians – all ages. Social gatherings for everyone – singles, couples and families."</p> <p>"Great Natural-food Vegan Meals: Prepared under the direction of an 'International Gold Medal Winning' chef, Ken Bergeron. Many organic ingredients."</p> <p>Full details: <a href="http://www.vegetariansummerfest.org">www.vegetariansummerfest.org</a></p>   |
| <b>7-10 July</b>              | <p><b>Fresh Food Festival</b><br/>Pederstrup Efterskole, Pederstrupvej 120, 4943 Torrig. Denmark.</p> <p>A raw food festival</p> <p>Registration and fees apply.<br/>For information, visit festival website:<br/><a href="http://freshfoodfestival.com/">http://freshfoodfestival.com/</a></p>   | <p>Organisers: Various</p> <p>"What are you looking for?"</p> <ul style="list-style-type: none"> <li>* Healthy Lifestyle?</li> <li>* Better Health?</li> <li>* More Energy?</li> <li>* Raw Food?</li> <li>* Optimal Nutrition?</li> <li>* Sports Performance?</li> <li>* Mental Health?</li> <li>* Weight loss?</li> <li>* Delicious organic Fruits?</li> <li>* Gardening, Permaculture?</li> <li>* Yoga, Tai Chi?</li> <li>* Social Contact?</li> <li>* Music and Dance?</li> <li>* Natural surroundings?"</li> </ul> <p>"Come and enjoy it all this year at the Fresh Food Festival!"</p> <p>Full details: <a href="http://freshfoodfestival.com/">http://freshfoodfestival.com/</a></p>  |
| <b>15-17 July</b>             | <p><b>International Animal Rights Gathering</b><br/>Netherlands.</p> <p>"The IARG 2011 will take place at a campsite in the Dutch countryside. The location is reachable by public transport (train and bus) from different cities. The closest airports are Amsterdam Schiphol and Bremen (Germany)"<br/>(Visit website for more information)</p> <p>"To cover all costs, we ask every person to pay 25/30 euro's for the whole weekend. This includes the cost of using the campsite, breakfast lunch &amp; dinner for all three days, and the workshops."</p> <p>More info: <a href="http://www.argathering.net">www.argathering.net</a></p> | <p>Organisers: Team of volunteers</p> <p>"The event features a wide variety of workshops and discussions, as well as some great vegan food and entertainment. The program will contain subjects ranging across the wide spectrum of activism; philosophy of animal rights, setting up groups, organising investigations, effective campaigning, environmentalism, feminism, safety and security, design skills and much more!"</p> <p>"Activists from all over the world will be getting together to swap ideas, tactics, information and skills, to meet up with old friends and make some new ones, all in beautiful rural surroundings of the Dutch countryside."</p> <p>"This event is child friendly and creche facilities will be arranged for young children, so families are very welcome to attend."</p> <p>Full details: <a href="http://www.argathering.net">www.argathering.net</a></p> |
| <b>17th July</b><br>(Sunday)  | <p><b>Green Day Out</b><br/>Morden Hall Park, Morden Road, Morden, Surrey. SM4 5JD. UK.</p> <p>Noon to 4pm</p> <p>Entrance: Free</p> <p>For information, email:<br/><a href="mailto:mordenhallpark@nationaltrust.org.uk">mordenhallpark@nationaltrust.org.uk</a><br/>or phone: 020 8545 6850</p>  | <p>Organisers: National Trust, Morden Hall Park (<a href="http://www.nationaltrust.org.uk/main/w-mordenhallpark-2">www.nationaltrust.org.uk/main/w-mordenhallpark-2</a>)</p> <p>"Discover how to make your life greener. Browse the various stalls, join in with a range of activities, listen to the live bands and enjoy the refreshments. Discover more about how you can make your life greener with lots of hints and tips from local green organisations. Suitable for children."</p> <p>Vegan catering will be available</p> <p>For further information, email: <a href="mailto:mordenhallpark@nationaltrust.org.uk">mordenhallpark@nationaltrust.org.uk</a><br/>or phone: 020 8545 6850</p>   |
| <b>21-25 July</b>             | <p><b>Animal Rights 2011 National Conference</b><br/>Westin LAX Hotel, 5400 West Century Blvd (just west of I-405), Los Angeles, California 90045. USA.</p> <p>Advance registration &amp; fees apply. Full details about registration and fees at this link:<br/><a href="http://www.arconference.org/registration.htm">www.arconference.org/registration.htm</a></p>   | <p>Organisers: Various</p> <p>"...the world's largest and oldest animal rights gathering"</p> <p>HIGHLIGHTS:</p> <ul style="list-style-type: none"> <li># More than 100 speakers from 60 organizations</li> <li># Sessions on animal abuse, organizing, tactics, issues</li> <li># Eyewitness reports on key campaigns</li> <li># Diverse approaches to animal liberation</li> <li># Talks by other social justice leaders</li> <li># Awards to celebrities and activists</li> <li># Extensive learning and networking options</li> <li># 90 exhibits (free &amp; open to the public)</li> <li># 40 videos, including premieres</li> <li># Highly discounted sleeping rooms</li> </ul> <p>Full details: <a href="http://www.arconference.org">www.arconference.org</a></p>  |

## EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



[www.jainvegans.org](http://www.jainvegans.org)

| DATE                               | EVENT, VENUE & ADMISSION  | FURTHER INFORMATION   |
|------------------------------------|---|---|
| <b>30th July</b><br>(Saturday)     | <b>Incredible Veggie Roadshow</b><br>Hall for Cornwall, Back Quay, Truro, TR11 2LL. UK.<br><br>10.30am-4pm<br><br>Free entry<br><br>Visit weblink opposite for full details.  | Organisers: Viva! ( <a href="http://www.viva.org.uk">www.viva.org.uk</a> )<br><br>Come along to Viva!'s Incredible Veggie Roadshow and enjoy, with family and friends, a fantastic day out. You can:<br><ul style="list-style-type: none"> <li>* Taste a whole range of veggie foods from international dishes you can whiz up at home to ready-to-go convenience foods</li> <li>* Receive one-to-one nutritional advice</li> <li>* Pick up free recipes and helpful factsheets</li> <li>* Sit in on cookery demos and informative talks</li> <li>* Browse and buy lots of veggie goodies – from chocolate to cruelty-free cosmetics, bags to books, convenience foods to clothing, wallets to wallcharts and cuddly toys to T-shirts and more!</li> <li>* Find out how you can get active</li> <li>* Take a break with a cuppa and veggie snack!</li> </ul> Full details: <a href="http://www.viva.org.uk/vegetarian-vegan-roadshow-2011/cornwall.html">www.viva.org.uk/vegetarian-vegan-roadshow-2011/cornwall.html</a>   |
| <b>1-7 August</b>                  | <b>One World Festival `11, Summer Festival (Week 1)</b><br>Mount St. Mary's, Spinkhill, Derbyshire. England (UK).<br><br>Advance booking & fees apply. Full details at this link:<br><a href="http://www.macrobios.com/event/5/">www.macrobios.com/event/5/</a> | Organisers: One World Health Foundation CIC ( <a href="http://www.macrobios.com/aboutus">www.macrobios.com/aboutus</a> )<br><br>"Set in beautiful Derbyshire countryside, near the Peak district, the One World Festival is a truly magical mid-summer event. Individuals and families come together from all over the world to share one or two weeks in a unique atmosphere of rest and activity, fun and freedom, challenge and adventure. The One World Festival presents over 200 workshops and lectures throughout the week, with separate activity programmes for teens and children of all age groups. All our teachers are dedicated and experienced in a range of therapies, natural movement and dance forms, exercise for physical and spiritual development, holistic health, arts, crafts and sports, as well as in specialist areas such as Natural Cookery."<br><br>Catering: vegan macrobiotic<br><br>Full details: <a href="http://www.macrobios.com/event/5/">www.macrobios.com/event/5/</a>   |
| <b>5-8 August</b>                  | <b>Animal Rights Summer Gathering</b><br>near Northampton, UK.<br>(exact address to be announced)<br><br>Further details here:<br><a href="http://www.argathering.org.uk/information.html">www.argathering.org.uk/information.html</a>                          | Organisers: team of volunteers<br><br>"This is the national gathering of the grass roots animal rights movement. It's a chance for activists from throughout the country to get together for a weekend of talks, discussions, workshops and films on a wide range of topics connected to animal rights activism, to take stock of where we are and make plans for the future, as well as some practical and skills based workshops and activities to share and learn new skills."<br><br>"There will also be plenty of time and opportunities for us to relax and unwind, to spend some time catching up with old friends and meeting some new ones, to try some tasty vegan food and drinks, all in beautiful rural surroundings."<br><br>Full details: <a href="http://www.argathering.org.uk/information.html">www.argathering.org.uk/information.html</a>   |
| <b>6-20 August</b><br>(Sat to Sat) | <b>31st Vegan Camp</b><br>Ashbourne Heights, Derbyshire. UK.<br><br>Full details:<br><a href="http://www.vegancamp.co.uk">www.vegancamp.co.uk</a><br><br>(or email: Gordon Forrest:<br><a href="mailto:gforrest@tiscali.co.uk">gforrest@tiscali.co.uk</a> )     | Organisers: committee of individuals<br><br>"31st consecutive annual Vegan Camp for singles, couples and families, this year near Ashbourne, in the Peak District National Park, with on-site swimming pool.<br><br>"Come for a day or stay up to the full two weeks, camping (from £5 per night) or in luxury self-catering lodges.<br><br>"Usually between 70 & 130 people stay over the two-week period. Many of us have been coming for more than ten years.<br><br>"We often have communal meals, talent shows, sing-songs, camp fires, walks, picnics & visits to local places of interest.<br><br>"We are a diverse group with ages from babies up to those in their 70s, singles, couples and families. Some people come every year and some when we are in their area. What is consistent is the friendly, helpful and fun atmosphere. We can draw on the many talents and enthusiasm of some of those attending to put on events that in the past have included circus skills workshops, first-aid lessons, raw- and wild-food workshops, rock climbing, surfing, orienteering, meditation, talent shows and yoga, and we welcome offers and suggestions.<br><br>"It is an ideal opportunity for the many children who attend each year to meet other vegan children and to see that they are not the odd one out."<br><br>Full details: <a href="http://www.vegancamp.co.uk">www.vegancamp.co.uk</a> |
| <b>7th August</b><br>(Sunday)      | <b>Asheville Vegfest</b><br>Battery Park Avenue, Downtown Asheville, USA.<br><br>Noon to 7pm  | Organisers: The Asheville Vegetarians & Goat Mountain<br><br>"Come and join us for a free street festival in downtown Asheville to learn, experience and enjoy everything Vegetarian."<br><br>"Including: food, vendors, speakers, live entertainment."<br><br>Full details: <a href="http://www.ashevillevegfest.org">www.ashevillevegfest.org</a>   |
| <b>8-14 August</b>                 | <b>One World Festival `11, Summer Festival (Week 2)</b><br>Mount St. Mary's, Spinkhill, Derbyshire. England (UK).<br><br>Advance booking & fees apply. Full details at this link:<br><a href="http://www.macrobios.com/event/6/">www.macrobios.com/event/6/</a> | Organisers: One World Health Foundation CIC ( <a href="http://www.macrobios.com/aboutus">www.macrobios.com/aboutus</a> )<br><br>"Set in beautiful Derbyshire countryside, near the Peak district, the One World Festival is a truly magical mid-summer event. Individuals and families come together from all over the world to share one or two weeks in a unique atmosphere of rest and activity, fun and freedom, challenge and adventure. The One World Festival presents over 200 workshops and lectures throughout the week, with separate activity programmes for teens and children of all age groups. All our teachers are dedicated and experienced in a range of therapies, natural movement and dance forms, exercise for physical and spiritual development, holistic health, arts, crafts and sports, as well as in specialist areas such as Natural Cookery."<br><br>Catering: vegan macrobiotic<br><br>Full details: <a href="http://www.macrobios.com/event/6/">www.macrobios.com/event/6/</a>   |

## EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



[www.jainvegans.org](http://www.jainvegans.org)

| DATE                                       | EVENT, VENUE & ADMISSION  | FURTHER INFORMATION   |
|--|---|---|
| <b>8-17 August</b>                         | <p><b>Fresh Food Folk Festival</b><br/>Lönsboda, Scania (approx. 140 km northeast of Malmö), Southern Sweden.</p> <p>A raw food festival</p> <p>Registration and fees apply. For information, visit festival website: <a href="http://en.self-healing.eu/?pid=49">http://en.self-healing.eu/?pid=49</a></p> | <p>Organisers: Various</p> <p>"This is a festival for fresh, organic, vegetarian raw and living foods. We are planning lectures on diet and health, organic gardening, edible wild plants, music, social activities and more. This is an opportunity to learn more about the health benefits of eating fresh fruits and vegetables and to meet others who do. Of course there will be lots of fresh raw vegetables, fruit, sprouts, salads, smoothies, salad dressings, pâtés, etc. available."</p> <p>"Our goal with this festival is to:</p> <ul style="list-style-type: none"> <li>* Be a source of information and knowledge.</li> <li>* Be a social meeting place for those who had long lived on the living/raw/fresh food, as well as for those who are new to this lifestyle.</li> <li>* Inspire others to Fresh Food lifestyle.</li> <li>* Show the possibility of a better quality of life and health by living on a fresh/raw/living foods diet. We know from personal experience and through modern scientific research that a diet rich in fresh fruits and vegetables is health producing and disease preventing.</li> <li>* Have fun and eat delicious food!</li> <li>* The food will be mainly or entirely organic."</li> </ul> <p>Language: Swedish and English</p> <p>Full details: <a href="http://en.self-healing.eu/?pid=49">http://en.self-healing.eu/?pid=49</a></p> |
| <b>21st August</b><br>(Sunday)             | <p><b>13th London Vegan Festival</b><br/>Kensington Town Hall,<br/>London W8 7NX. UK.</p> <p>Entrance: £2</p>   | <p>Organisers: CALF (Campaign Against Leather and Fur) and Vegan Campaigns (<a href="http://www.vegancampaigns.org.uk">www.vegancampaigns.org.uk</a>)</p> <p>Inspiring talks, ethical cruelty-free (vegan) shopping ☺, various vegan campaigning/education groups, animal sanctuaries, delicious vegan food, music and a lot more ☺</p> <p>Full details: <a href="http://www.vegancampaigns.org.uk/festival">www.vegancampaigns.org.uk/festival</a></p>   |
| <b>26th August</b>                         | <b>PARYUSHAN BEGINS</b>   |   |
| <b>28th August</b><br>(Sunday)             | <p><b>Ludlow Green Fair</b><br/>Ludlow, Shropshire. UK.</p> <p>Details to emerge here: <a href="http://www.greenfestival.co.uk">www.greenfestival.co.uk</a></p>   | <p>Organisers: Ludlow 21 (<a href="http://ludlow21.org.uk">http://ludlow21.org.uk</a>)</p> <p>"We aim to raise awareness of the massive environmental challenges facing us all and, at the same time, demonstrate how you can enrich your lives by treading more lightly on the earth."</p> <p>"The Green Festival has events and activities for all ages to help you along."</p> <p>"Come on! Go green for the day..... You could stay that way!"</p> <p>Details to emerge here: <a href="http://www.greenfestival.co.uk">www.greenfestival.co.uk</a></p>  |
| <b>29th August</b><br>(UK bank hol Monday) | <p><b>Carshalton Environmental Fair</b><br/>Carshalton Park, Ruskin Road, Surrey. UK.</p> <p>10:30am - 8pm</p> <p>Entrance: To be announced</p>   | <p>Organisers: Ecolocal (<a href="http://www.ecolocal.org.uk">www.ecolocal.org.uk</a>)</p> <p>"The Environmental Fair is one of the best events in South West London showcasing local sustainability initiatives. On average around 10,000 people attend and enjoy a range of entertainment, food and stalls."</p> <p>Full details: <a href="http://www.ecolocal.org.uk/efair">www.ecolocal.org.uk/efair</a></p>  |
| <b>29th August to 4th September</b>        | <p><b>One World Festival '11, International Event</b><br/>Prumiano, Chianti region, Tuscany, Italy.</p> <p>Advance booking &amp; fees apply. Full details at this link: <a href="http://www.macrobios.com/event/10/">www.macrobios.com/event/10/</a></p>  | <p>Organisers: One World Health Foundation CIC (<a href="http://www.macrobios.com/aboutus">www.macrobios.com/aboutus</a>)</p> <p>"Stretch all your senses in the Italian sunshine! This OneWorld gathering in the heart of the glorious Tuscan countryside is a wonderful opportunity to nurture your mind Body &amp; Soul, and to laugh, play, share, create, learn, exchange ideas and completely unwind, in an idyllic setting. If you love the idea of being surrounded by nature, enjoying delicious meals &amp; wonderful conversation whilst gazing out over lush vineyards and the rolling Tuscan hills Come to the One World Italian Festival!"</p> <p>Catering: vegan macrobiotic</p> <p>Full details: <a href="http://www.macrobios.com/event/10/">www.macrobios.com/event/10/</a></p>   |
| <b>3rd September</b><br>(Saturday)         | <p><b>School Speakers' Workshop for Primary School Talks London, UK.</b></p> <p>10am-4:30pm</p> <p>Advance registration required – see weblink and contact details opposite,</p> <p>Free to attend but £5 deposit required on booking, which will be returned upon attendance.</p>                          | <p>Organisers: Animal Aid (<a href="http://www.animalaid.org.uk">www.animalaid.org.uk</a>)</p> <p>"Informing and empowering young people is one of the best ways to create a cruelty-free future. You can help by joining Animal Aid's school speaker network. We are asked to provide speakers by Religious Education, English, Food Technology, PSE, Citizenship and General Studies teachers.</p> <p>"We will provide free training and information to help you get up to speed and then provide videos to show and free resources to give to the students so they can find out more. You can fit in as many or as few talks as you wish and we're sure that you'll find the experience rewarding."</p> <p>To find out more, visit: <a href="http://www.animalaid.org.uk/h/n/ACTIVE/school_speaker/ALL///">www.animalaid.org.uk/h/n/ACTIVE/school_speaker/ALL///</a> or contact Mark White (tel: 01732 364546 ext. 230, email mark@animalaid.co.uk)</p>  |
| <b>9-11 September</b>                      | <p><b>Vegetarian Food Festival</b><br/>Harbourfront Centre, 235 Queens Quay West, Toronto, ON. M5J 2G8. Canada.</p> <p>Further details to be announced. Check festival website: <a href="http://veg.ca/content/view/52/83/">http://veg.ca/content/view/52/83/</a></p>                                       | <p>Organisers: Toronto Vegetarian Association (<a href="http://www.veg.ca">www.veg.ca</a>)</p> <p>"Regarded as the largest event of its kind in North America, the Annual Vegetarian Food Festival gives you an unparalleled opportunity to enjoy a diverse cross-section of vegetarian cuisine. Discover new products and ideas from more than 100 exhibitors and enjoy a wide variety of presentations and cooking demos."</p> <p>"Not a vegetarian? Whether you're looking for new ideas to add colour and variety to your meals or you're a seasoned vegetarian interested in expanding your knowledge of nutritious and ethical foods, this is the place for you."</p> <p>Further details will emerge here: <a href="http://veg.ca/content/view/52/83/">http://veg.ca/content/view/52/83/</a></p>  |



## EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



[www.jainvegans.org](http://www.jainvegans.org)

| DATE                                | EVENT, VENUE & ADMISSION  | FURTHER INFORMATION   |
|-------------------------------------|---|---|
| <b>17th September</b><br>(Saturday) | <b>School Speakers' Workshop for Secondary Schools London, UK.</b><br><br>10am-4:30pm<br><br>Advance registration required – see weblink and contact details opposite,<br><br>Free to attend but £5 deposit required on booking, which will be returned upon attendance.                              | Organisers: Animal Aid ( <a href="http://www.animalaid.org.uk">www.animalaid.org.uk</a> )<br><br>"Informing and empowering young people is one of the best ways to create a cruelty-free future. You can help by joining Animal Aid's school speaker network. We are asked to provide speakers by Religious Education, English, Food Technology, PSE, Citizenship and General Studies teachers.<br><br>"We will provide free training and information to help you get up to speed and then provide videos to show and free resources to give to the students so they can find out more. You can fit in as many or as few talks as you wish and we're sure that you'll find the experience rewarding."<br><br>To find out more, visit: <a href="http://www.animalaid.org.uk/h/n/ACTIVE/school_speaker/ALL///">www.animalaid.org.uk/h/n/ACTIVE/school_speaker/ALL///</a> or contact Mark White (tel: 01732 364546 ext. 230, email mark@animalaid.co.uk)   |
| <b>19 - 25 Sept</b><br>(Mon - Sun)  | <b>World week for the Abolition of Meat</b><br>Events will take place worldwide<br><br>Information:<br><br>web: <a href="http://meat-abolition.org/">http://meat-abolition.org/</a>   | <a href="http://meat-abolition.org/">http://meat-abolition.org/</a><br><br>"Because meat production involves killing the animals that are eaten, because their living conditions and slaughter cause many of them to suffer, because eating meat isn't necessary, because sentient beings shouldn't be mistreated or killed unnecessarily, therefore, farming, fishing and hunting animals for their flesh, as well as selling and eating animal flesh, should be abolished."<br><br>"Please join activists worldwide for the World Week for Abolition of Meat from January 24th to 30th, 2011!<br><br>"The past world days for the abolition of meat were a huge success. And as we know that this demand is a very important one we decided to hold this day on a more regular basis. So starting from the last September 2010 actions take place in the week of the last Saturday of the months of January, May and September. This means the next action week will be from January 24th until 30th, 2011."<br><br>Full details: <a href="http://meat-abolition.org/">http://meat-abolition.org/</a> |
| <b>24th September</b><br>(Saturday) | <b>Festival of Life</b><br>Conway Hall, 25 Red Lion Square, Holborn, London WC1R 4RL. UK.<br><br>10.30am to 11.30pm (Party from 7pm)<br><br>Entrance info to be announced.  | Organisers: committee of individuals<br><br>"The Festival is a unique one-day event with over 50 free talks and workshops and over 60 stalls covering: Self-healing and Self-empowerment • Natural Parenting and Nature Cures • Healthy Vegan Organic Meals and Whole-foods • Permaculture and Environmentalism • Musical, Poetic and Artistic Expression • Simple and Non-consumerist Living • Creating Community and Networks • Celebration and Connection"<br><br>Full details: <a href="http://www.festivaloflife.net">www.festivaloflife.net</a>   |
| <b>25th September</b><br>(Sunday)   | <b>International Rabbit Day</b><br>International  | "Every year over 33,000 rabbits are handed into rescue centres around the UK, and most of these rabbits spent less than 3 months with their owner before being abandoned! Rabbits are the third most popular companion animal in the UK but they are also the most neglected. Many rabbits spend their lives in small hutches isolated at the bottom of the garden, when in reality they have very specialist needs and require lots of space, lots of attention and the companionship of their own kind.<br><br>"For information on rabbit care please visit <a href="http://www.rabbitwelfare.co.uk">www.rabbitwelfare.co.uk</a><br><br>"If you might be interested in sharing your home with a rabbit in need, please visit <a href="http://www.rabbitrehome.org.uk">www.rabbitrehome.org.uk</a> for a list of rescues in your area and a database of rabbits who are all looking for loving homes."   |
| <b>October</b>                      | <b>World Vegetarian Awareness Month</b><br>International  | Very limited information available at the present time, but details should appear over the course of the year.<br><br>Some information at this link: <a href="http://www.veggies.org.uk/event.php?ref=88">www.veggies.org.uk/event.php?ref=88</a>   |
| <b>1st October</b><br>(Saturday)    | <b>World Vegetarian Day</b><br>International<br><br><a href="http://www.worldvegetarianday.org">www.worldvegetarianday.org</a>  | Promoters: North American Vegetarian Society ( <a href="http://www.navs-online.org">www.navs-online.org</a> )<br><br>"World Vegetarian Day is promoted by North American Vegetarian Society, for veggie organisations worldwide" (Information from Veggies' events calendar: <a href="http://www.veggies.org.uk/event.php?ref=88">www.veggies.org.uk/event.php?ref=88</a> )<br><br>WVD website: <a href="http://www.worldvegetarianday.org">www.worldvegetarianday.org</a>  |
| <b>1st October</b><br>(Saturday)    | <b>School Speakers' Workshop on Using PowerPoint Presentations for School Talks London, UK.</b><br><br>10am-4:30pm<br><br>Advance registration required – see weblink and contact details opposite,<br><br>Free to attend but £5 deposit required on booking, which will be returned upon attendance. | Organisers: Animal Aid ( <a href="http://www.animalaid.org.uk">www.animalaid.org.uk</a> )<br><br>"Find out how to use our 'standard' presentations and how to modify them."<br><br>"Informing and empowering young people is one of the best ways to create a cruelty-free future. You can help by joining Animal Aid's school speaker network. We are asked to provide speakers by Religious Education, English, Food Technology, PSE, Citizenship and General Studies teachers.<br><br>"We will provide free training and information to help you get up to speed and then provide videos to show and free resources to give to the students so they can find out more. You can fit in as many or as few talks as you wish and we're sure that you'll find the experience rewarding."<br><br>To find out more, visit: <a href="http://www.animalaid.org.uk/h/n/ACTIVE/school_speaker/ALL///">www.animalaid.org.uk/h/n/ACTIVE/school_speaker/ALL///</a> or contact Mark White (tel: 01732 364546 ext. 230, email mark@animalaid.co.uk)   |

## EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



[www.jainvegans.org](http://www.jainvegans.org)

| DATE                              | EVENT, VENUE & ADMISSION   | FURTHER INFORMATION  |
|-----------------------------------|--|--|
| <b>2nd October</b><br>(Sunday)    | <b>World Farm Animals Day</b><br>International<br><br><a href="http://www.wfad.org">www.wfad.org</a><br><br>"World Farm Animals Day ... honors the birthday of Mahatma Gandhi, an outspoken advocate of non-violence towards animals."   | Organisers: FARM (Farm Animal Rights Movement) ( <a href="http://www.farmusa.org">www.farmusa.org</a> )<br>"Each year, approximately 58 billion animals are killed in the world's factory farms and slaughterhouses to produce meat, eggs, and dairy. World Farm Animals Day (WFAD) is dedicated to exposing, mourning, and memorializing the needless suffering and death of cows, pigs, turkeys, chickens, and other innocent, sentient animals raised and slaughtered for food."<br>"World Farm Animals Day takes place on October 2nd, which honors the birthday of <b>Mahatma Gandhi</b> , an outspoken advocate of non-violence towards animals."<br>Full details: <a href="http://www.wfad.org">www.wfad.org</a>  |
| <b>3rd October</b><br>(Monday)    | <b>National Badger Day</b><br>National, UK<br><br><a href="http://www.badger.org.uk">www.badger.org.uk</a>   | Organisers: The Badgers Trust ( <a href="http://www.badger.org.uk">www.badger.org.uk</a> )<br>"Each year the Badgers Trust helps thousands of badgers in Britain. You can help badgers too, by organising or taking part in an event to raise funds for, or awareness of, the Badgers Trust on or around National Badger Day."   |
| <b>4 - 12 October</b>             | <b>AYAMBIL OLI</b>   |  |
| <b>4th October</b><br>(Tuesday)   | <b>World Animal Day</b><br>International<br><br><a href="http://www.worldanimalday.org.uk">www.worldanimalday.org.uk</a>   | <a href="http://www.worldanimalday.org.uk">www.worldanimalday.org.uk</a><br>Mission statement:<br>** To celebrate animal life in all its forms<br>* To celebrate humankind's relationship with the animal kingdom<br>* To acknowledge the diverse roles that animals play in our lives – from being our companions, supporting and helping us, to bringing a sense of wonder into our lives<br>* To acknowledge and be thankful for the way in which animals enrich our lives"   |
| <b>4th October</b><br>(Tuesday)   | <b>World Day of Prayer for Animals (St Francis Day)</b><br>International   | "Each year on or near the Feast Day of St. Francis, which falls on October 4th, there are blessings for animals."<br>Information obtained from Veggies calendar of events:<br><a href="http://www.veggies.org.uk/event.php?ref=289">www.veggies.org.uk/event.php?ref=289</a>   |
| <b>15th October</b><br>(Saturday) | <b>Vegetarian cookery demonstration workshop (for school speakers) Manchester, UK.</b><br><br>10am-4:30pm<br><br>Advance registration required – see weblink and contact details opposite,<br><br>Free to attend but £5 deposit required on booking, which will be returned upon attendance. | Organisers: Animal Aid ( <a href="http://www.animalaid.org.uk">www.animalaid.org.uk</a> )<br>"Informing and empowering young people is one of the best ways to create a cruelty-free future. You can help by joining Animal Aid's school speaker network. We are asked to provide speakers by Religious Education, English, Food Technology, PSE, Citizenship and General Studies teachers.<br>"We will provide free training and information to help you get up to speed and then provide videos to show and free resources to give to the students so they can find out more. You can fit in as many or as few talks as you wish and we're sure that you'll find the experience rewarding."<br>To find out more, visit: <a href="http://www.animalaid.org.uk/h/n/ACTIVE/school_speaker/ALL///">www.animalaid.org.uk/h/n/ACTIVE/school_speaker/ALL///</a> or contact Mark White (tel: 01732 364546 ext. 230, email <a href="mailto:mark@animalaid.co.uk">mark@animalaid.co.uk</a> ) |
| <b>16th October</b>               | <b>27th International Day of Action Against McDonalds, to mark World Food Day</b><br><b>What's Still Wrong With McDonalds?</b><br>International  | Various vegan events taking place, for example:<br><a href="http://www.foodnotbombs.net/world_food_day_action.html">www.foodnotbombs.net/world_food_day_action.html</a><br><a href="http://www.veggies.org.uk/event.php?ref=50">www.veggies.org.uk/event.php?ref=50</a>  |
| <b>November</b>                   | <b>World Vegan Month</b><br>International<br><br><a href="http://www.veganmonth.com">www.veganmonth.com</a>  | <a href="http://www.veganmonth.com">www.veganmonth.com</a><br>(website produced by Animal Aid: <a href="http://www.animalaid.org.uk">www.animalaid.org.uk</a> )<br>"World Vegan Day takes place every year on 1st November, the anniversary of the founding of the Vegan Society in 1944."   |
| <b>1st November</b>               | <b>World Vegan Day</b><br>International<br><br><a href="http://www.worldveganday.org">www.worldveganday.org</a>  | <a href="http://www.worldveganday.org">www.worldveganday.org</a><br>(website produced by The Vegan Society: <a href="http://www.vegansociety.com">www.vegansociety.com</a> )<br>"World Vegan Day marks the start of World Vegan Month every year, commemorating the coining of the term 'vegan' and the founding of The Vegan Society in November 1944."   |

## EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



[www.jainvegans.org](http://www.jainvegans.org)

| DATE                               | EVENT, VENUE & ADMISSION  | FURTHER INFORMATION  |
|------------------------------------|---|--|
| <b>8 - 9 November</b>              | <p><b>5th Asian Vegetarian Congress: "Vegetarian nutrition from theory to practice"</b><br/>International Convention Center (ICC) of Hangzhou, Hangzhou, China.</p> <p>See opposite for links to further information.</p>   | <p>Organiser: Duo Li (PhD, MSc, Bmed), Chair of Scientific Committee, Professor of Nutrition, Dept of Food Science &amp; Nutrition, Zhejiang University.</p> <p>Detailed information, including location, transport, accommodation, booking etc is currently available at this link: <a href="http://www.vegsource.com/news/2010/12/5th-asian-vegetarian-union-congress-to-be-held-in-hangzhou-china.html">www.vegsource.com/news/2010/12/5th-asian-vegetarian-union-congress-to-be-held-in-hangzhou-china.html</a></p> <p>Or email the organiser: <a href="mailto:cissyichen@126.com">cissyichen@126.com</a></p>  |
| <b>12th November</b><br>(Saturday) | <p><b>Lincoln Veggie Fayre</b><br/>United Reformed Holy Trinity Church,<br/>Garmston Street, Lincoln. LN2 1HZ. UK</p> <p>10am - 4pm</p> <p>Entrance: Free</p>   | <p>Organisers: Vegan Lincs (<a href="http://www.veganlincs.co.uk">www.veganlincs.co.uk</a>) with the support of Animal Aid (<a href="http://www.animalaid.org.uk">www.animalaid.org.uk</a>) and Veggies Catering Campaign (<a href="http://www.veggies.org.uk">www.veggies.org.uk</a>).</p> <p>"Sample vegan delights at Lincoln's forth Free Food Fayre. There will be a variety of food to sample from leading vegetarian companies, as well as ideas for tasty dishes to try at home. Staff will be on hand to offer help and advice, as well as lots of free literature to take home."</p> <p>Full details: <a href="http://www.veggies.org.uk/event.php?ref=1857">www.veggies.org.uk/event.php?ref=1857</a></p>   |
| <b>13 - 20 Nov</b>                 | <p><b>National Anti-Fur Week</b><br/>National, UK</p>   | <p>Details of event to be announced</p>  |
| <b>26th November</b><br>(Saturday) | <p><b>Incredible Veggie Roadshow</b><br/>Liverpool Town Hall, 2 High Street,<br/>Liverpool, L2 3SW. UK.</p> <p>10.30am-4pm</p> <p>Free entry</p> <p>Visit weblink opposite for full details.</p>  | <p>Organisers: Viva! (<a href="http://www.viva.org.uk">www.viva.org.uk</a>)</p> <p>Come along to Viva!'s Incredible Veggie Roadshow and enjoy, with family and friends, a fantastic day out. You can:</p> <ul style="list-style-type: none"> <li>* Taste a whole range of veggie foods from international dishes you can whiz up at home to ready-to-go convenience foods</li> <li>* Receive one-to-one nutritional advice</li> <li>* Pick up free recipes and helpful factsheets</li> <li>* Sit in on cookery demos and informative talks</li> <li>* Browse and buy lots of veggie goodies - from chocolate to cruelty-free cosmetics, bags to books, convenience foods to clothing, wallets to wallcharts and cuddly toys to T-shirts and more!</li> <li>* Find out how you can get active</li> <li>* Take a break with a cuppa and veggie snack!</li> </ul> <p>Full details: <a href="http://www.viva.org.uk/vegetarian-vegan-roadshow-2011/liverpool.html">www.viva.org.uk/vegetarian-vegan-roadshow-2011/liverpool.html</a></p>   |
| <b>27th November</b><br>(Sunday)   | <p><b>Animal Aid's Southwest Christmas without Cruelty Fayre</b><br/>Exeter Corn Exchange (formerly St George's Hall), St George Street, Exeter, EX1 1BU. UK.</p> <p>Details to emerge. Meanwhile, to book a stall or for information, send an email to <a href="mailto:info@animalaid.org.uk">info@animalaid.org.uk</a> or phone 01732 364546.</p> | <p>Organisers: Animal Aid (<a href="http://www.animalaid.org.uk">www.animalaid.org.uk</a>)</p> <p>Inspiring talks, ethical cruelty-free (vegan) Christmas shopping ☺, various vegan campaigning/education groups, animal sanctuaries, delicious vegan food, music and a lot more ☺</p> <p>Details will become available here: <a href="http://www.animalaid.org.uk">www.animalaid.org.uk</a></p>   |
| <b>4th December</b><br>(Sunday)    | <p><b>Animal's Aid Christmas Fayre</b><br/>Kensington Town Hall, Hornton Street,<br/>London. W8 7NX. UK.</p> <p>Details to emerge. Meanwhile, to book a stall or for information, send an email to <a href="mailto:info@animalaid.org.uk">info@animalaid.org.uk</a> or phone 01732 364546.</p>  | <p>Organisers: Animal Aid (<a href="http://www.animalaid.org.uk">www.animalaid.org.uk</a>)</p> <p>Inspiring talks, ethical cruelty-free (vegan) Christmas shopping ☺, various vegan campaigning/education groups, animal sanctuaries, delicious vegan food, music and a lot more ☺</p> <p>Details will become available here: <a href="http://www.animalaid.org.uk">www.animalaid.org.uk</a></p>   |
| <b>10th December</b><br>(Saturday) | <p><b>East Midlands Vegan Festival</b><br/>Nottingham, UK.</p>  | <p>Organisers: Veggies Catering Campaign (<a href="http://www.veggies.org.uk">www.veggies.org.uk</a>)</p> <p>Details to emerge here: <a href="http://www.veggies.org.uk/campaigns/vegan/emvf/">www.veggies.org.uk/campaigns/vegan/emvf/</a></p>  |
| <b>10th December</b><br>(Saturday) | <p><b>International Animal Rights Day</b><br/>International</p> <p>Series of candlelit vigils around the world.</p> <p><a href="http://www.uncaged.co.uk/iard.htm">www.uncaged.co.uk/iard.htm</a></p>   | <p>Coordinators: Uncaged Campaigns (<a href="http://www.uncaged.co.uk">www.uncaged.co.uk</a>)</p> <p>"International Animal Rights Day (IARD) is when animal advocates around the world conduct candlelit vigils and campaign stalls to remember all the animals harmed and killed by humans, to call for the recognition of the Universal Declaration of Animals' Rights, and demonstrate to the public and media that 'animal rights' is about rational and well thought-out ethical principles.</p> <p>"Each animal protection campaign is strengthened by the unity of being under a global banner in solidarity with hundreds of thousands of caring people all over the world. In previous years, vigils have taken place at very diverse locations, including: vivisection facilities, circuses, butchers, abattoirs, vivisection-funding charity shops, McDonalds, companies &amp; government departments that conduct, fund or promote vivisection, universities, and even bull-rings!</p> <p>"Please join us, and the many other like-minded groups and individuals around the world by holding a candle-lit vigil or town-centre campaign stall on - or around - International Animal Rights Day to demonstrate the need for animals to be afforded fundamental rights."</p> <p>Details about this year's day will become available here: <a href="http://www.uncaged.co.uk">www.uncaged.co.uk</a></p> |

## EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



[www.jainvegans.org](http://www.jainvegans.org)

| DATE   | EVENT, VENUE & ADMISSION   | FURTHER INFORMATION  |
|--|--|--|
| <b>17th December</b><br>(Saturday)                                   | <b>East Midlands Caring Christmas Campaign</b><br>Lincoln, UK.<br><br>Details to be announced.   | Organisers: Vegan Lincs ( <a href="http://www.veganlincs.co.uk">www.veganlincs.co.uk</a> )<br><br>"We are asking animal lovers to help the many animals in care in rescues across Lincolnshire over Christmas by coming along to the event and helping raise as much money as possible for the chosen charities."<br><br>Full details to be announced: <a href="http://www.veggies.org.uk/event.php?ref=1855">www.veggies.org.uk/event.php?ref=1855</a>  |
| <b>24th December 2011 to 2nd January 2012</b><br>(9 nights, 10 days) | <b>Vegans' Year-End Camp at Sthitaprajna (Vegan Retreat)</b><br>Karnataka, India.<br><br>Cost: Rs.10,000/- (approximately)<br>"Cost includes transportation from/to Byndoor railway/Bus Station, accommodation at Sthitaprajna, food, all programs as per schedule. Excludes anything not specifically mentioned."<br>"Accommodation: Dormitory Type."<br>"External accommodation can be booked at extra cost."<br>For details, visit:<br><a href="http://www.indianvegansociety.com/vegan_centre">www.indianvegansociety.com/vegan_centre</a><br>or email: <a href="mailto:indianvegansociety@rediffmail.com">indianvegansociety@rediffmail.com</a> | Organisers: Indian Vegan Society ( <a href="http://www.indianvegansociety.com">www.indianvegansociety.com</a> )<br><br>"Main Features: Yoga & Pranayama Classes, Discourses on Yogic/Vegan Living, Meditation, Music & Dance Programs/classes, Excursions, Trekking, Beach Visits, Village Visits, Bird watching, Healthy Plant Foods, Relaxing and Rejuvenating Atmosphere, and many more." (Detailed programme to be announced)<br><br>"In today's complex and competitive world, where people are in pursuit of endless material pleasure, life is full of pulls and pressures causing enormous pain and making people immune to the problems and sufferings of their fellow beings. At Sthitaprajna one learns to live life in a state of constant happiness with good health and in harmony with nature using minimum resources."<br><br>"Sthitaprajna is a vegan community located close to the Western Coast of South India in the state of Karnataka, on the footsteps of Western Ghats-a world hot spot of bio-diversity. Sthitaprajna is spread over about 3 acres of vibrant nature in sylvan surroundings along a seasonal natural stream."<br><br>"At Sthitaprajna, we have places for the practice of yoga, pranayama and meditation. It is an eco-friendly centre for relaxation and rejuvenation having very basic amenities with places for reading and listening to soulful music, playing indoor and outdoor games, cooking and eating, etc."<br><br>Full details: <a href="http://www.indianvegansociety.com/vegan_centre">www.indianvegansociety.com/vegan_centre</a> |
| <b>14th January 2012 to 23rd January 2012</b><br>(9 nights, 10 days) | <b>Vegans' New Year Camp at Sthitaprajna (Vegan Retreat)</b><br>Karnataka, India.<br><br>Cost: Rs.10,000/- (approximately)<br>"Cost includes transportation from/to Byndoor railway/Bus Station, accommodation at Sthitaprajna, food, all programs as per schedule. Excludes anything not specifically mentioned."<br>"Accommodation: Dormitory Type."<br>"External accommodation can be booked at extra cost."<br>For details, visit:<br><a href="http://www.indianvegansociety.com/vegan_centre">www.indianvegansociety.com/vegan_centre</a><br>or email: <a href="mailto:indianvegansociety@rediffmail.com">indianvegansociety@rediffmail.com</a> | Organisers: Indian Vegan Society ( <a href="http://www.indianvegansociety.com">www.indianvegansociety.com</a> )<br><br>"Main Features: Yoga & Pranayama Classes, Discourses on Yogic/Vegan Living, Meditation, Music & Dance Programs/classes, Excursions, Trekking, Beach Visits, Village Visits, Bird watching, Healthy Plant Foods, Relaxing and Rejuvenating Atmosphere, and many more." (Detailed programme to be announced)<br><br>"In today's complex and competitive world, where people are in pursuit of endless material pleasure, life is full of pulls and pressures causing enormous pain and making people immune to the problems and sufferings of their fellow beings. At Sthitaprajna one learns to live life in a state of constant happiness with good health and in harmony with nature using minimum resources."<br><br>"Sthitaprajna is a vegan community located close to the Western Coast of South India in the state of Karnataka, on the footsteps of Western Ghats-a world hot spot of bio-diversity. Sthitaprajna is spread over about 3 acres of vibrant nature in sylvan surroundings along a seasonal natural stream."<br><br>"At Sthitaprajna, we have places for the practice of yoga, pranayama and meditation. It is an eco-friendly centre for relaxation and rejuvenation having very basic amenities with places for reading and listening to soulful music, playing indoor and outdoor games, cooking and eating, etc."<br><br>Full details: <a href="http://www.indianvegansociety.com/vegan_centre">www.indianvegansociety.com/vegan_centre</a> |
| <b>4th February 2012</b><br>(Saturday)                               | <b>Incredible Veggie Roadshow</b><br>Cambridge Guildhall, 3 Parsons Court, Wheeler Street, Cambridge, CB2 3QB. UK.<br><br>10.30am-4pm<br><br>Free entry<br><br>Visit weblink opposite for full details.  | Organisers: Viva! ( <a href="http://www.viva.org.uk">www.viva.org.uk</a> )<br><br>Come along to Viva!'s Incredible Veggie Roadshow and enjoy, with family and friends, a fantastic day out. You can:<br><ul style="list-style-type: none"> <li>* Taste a whole range of veggie foods from international dishes you can whiz up at home to ready-to-go convenience foods</li> <li>* Receive one-to-one nutritional advice</li> <li>* Pick up free recipes and helpful factsheets</li> <li>* Sit in on cookery demos and informative talks</li> <li>* Browse and buy lots of veggie goodies – from chocolate to cruelty-free cosmetics, bags to books, convenience foods to clothing, wallets to wallcharts and cuddly toys to T-shirts and more!</li> <li>* Find out how you can get active</li> <li>* Take a break with a cuppa and veggie snack!</li> </ul><br>Full details: <a href="http://www.viva.org.uk/vegetarian-vegan-roadshow-2011/cambridge.html">www.viva.org.uk/vegetarian-vegan-roadshow-2011/cambridge.html</a>   |
| <b>March 2012</b>  | <b>Veggie Snow</b><br>Somewhere in the Alps, Europe.   | Organisers: Activeg ( <a href="http://www.activeg.org">www.activeg.org</a> )<br><br>Details will emerge here:<br><a href="http://www.veggiesnow.org/events/veggie_snow_2012_2081.html">www.veggiesnow.org/events/veggie_snow_2012_2081.html</a>  |

## EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



[www.jainvegans.org](http://www.jainvegans.org)

| DATE  | EVENT, VENUE & ADMISSION  | FURTHER INFORMATION   |
|---|---|---|
| <b>4th August 2012 to 13th August 2012</b><br>(9 nights, 10 days) | <p><b>'Vegans in Rains' Camp at Sthitaprajna (Vegan Retreat)</b><br/>Karnataka, India.</p> <p>Cost: Rs.10,000/- (approximately)</p> <p>"Cost includes transportation from/to Byndoor railway/Bus Station, accommodation at Sthitaprajna, food, all programs as per schedule. Excludes anything not specifically mentioned."</p> <p>"Accommodation: Dormitory Type."</p> <p>"External accommodation can be booked at extra cost."</p> <p>For details, visit:<br/><a href="http://www.indianvegansociety.com/vegan_centre">www.indianvegansociety.com/vegan_centre</a><br/>or email: <a href="mailto:indianvegansociety@rediffmail.com">indianvegansociety@rediffmail.com</a></p> | <p>Organisers: Indian Vegan Society (<a href="http://www.indianvegansociety.com">www.indianvegansociety.com</a>)</p> <p>"Main Features: Yoga &amp; Pranayama Classes, Discourses on Yogic/Vegan Living, Meditation, Music &amp; Dance Programs/classes, Excursions, Trekking, Beach Visits, Village Visits, Bird watching, Healthy Plant Foods, Relaxing and Rejuvenating Atmosphere, and many more." (Detailed programme to be announced)</p> <p>"In today's complex and competitive world, where people are in pursuit of endless material pleasure, life is full of pulls and pressures causing enormous pain and making people immune to the problems and sufferings of their fellow beings. At Sthitaprajna one learns to live life in a state of constant happiness with good health and in harmony with nature using minimum resources."</p> <p>"Sthitaprajna is a vegan community located close to the Western Coast of South India in the state of Karnataka, on the footsteps of Western Ghats-a world hot spot of bio-diversity. Sthitaprajna is spread over about 3 acres of vibrant nature in sylvan surroundings along a seasonal natural stream."</p> <p>"At Sthitaprajna, we have places for the practice of yoga, pranayama and meditation. It is an eco-friendly centre for relaxation and rejuvenation having very basic amenities with places for reading and listening to soulful music, playing indoor and outdoor games, cooking and eating, etc."</p> <p>Full details: <a href="http://www.indianvegansociety.com/vegan_centre">www.indianvegansociety.com/vegan_centre</a></p> |

### GENERAL ONGOING EVENTS BY VARIOUS CENTRES *(contact the respective centres below for up-to-date information)*

|  |  |   |
|--|--|---|
|  | <b>Vegan Pledge</b>  | <p>"The Vegan Society offers a Vegan Pledge scheme for non-vegans who would like to try veganism for one week, fourteen days or one month. We are offering mentors, a vegan pledge pack with recipes and guidance and plenty of support."</p> <p>Full details: <a href="http://www.vegansociety.com/veganpledge">www.vegansociety.com/veganpledge</a></p> |
|  | <b>World Peace Diet talks by Dr Will Tuttle around the USA.</b>  | <p>See schedule of talks at:<br/><a href="http://willtuttle.com/schedule.htm">http://willtuttle.com/schedule.htm</a></p>  |
|  | <p><b>SHARAN - Health Seminars &amp; Workshops, including:</b></p> <ul style="list-style-type: none"> <li>- Reversing Diabetes</li> <li>- Reversing Hypertension &amp; Heart Disease</li> <li>- Peas Vs Pills</li> <li>- Vegan food events</li> <li>- Corporate workshops</li> </ul> <p><b>by Dr Nandita Shah.</b><br/>Various locations in India. Website: <a href="http://www.sharan-india.org">www.sharan-india.org</a></p> | <p>Organisers: SHARAN (<a href="http://www.sharan-india.org">www.sharan-india.org</a>)</p> <p>Visit the above website for further details of events, or email Dr Nandita Shah: <a href="mailto:nandita@sharan-india.org">nandita@sharan-india.org</a></p>   |
|  | <b>Young Jains, UK.</b><br><br>website: <a href="http://www.youngjains.org.uk">www.youngjains.org.uk</a>   | <p>Education, yoga, vegan lifestyle events with Jain Vegans, conferences, an inspiring quarterly magazine, and much more from this dynamic forward-thinking organisation:<br/><a href="http://www.youngjains.org.uk">www.youngjains.org.uk</a></p>  |

### Sources of event information

Animal Aid Diary: [www.animalaid.org.uk/h/n/ACTIVE/demo\\_organiser//2260//](http://www.animalaid.org.uk/h/n/ACTIVE/demo_organiser//2260//)

International Vegetarian and Vegan Festivals Calendar: [www.vegetarianguides.co.uk/calendar/index.shtml](http://www.vegetarianguides.co.uk/calendar/index.shtml)

International Vegetarian Union website: [www.ivu.org](http://www.ivu.org)

London Vegans Events Diary: [www.londonvegans.org.uk/lvdiary](http://www.londonvegans.org.uk/lvdiary)

Vegan Society events calendar: [www.vegansociety.com/events-calendar.aspx](http://www.vegansociety.com/events-calendar.aspx)

Veggies Animal Rights Calendar: [www.veggies.org.uk/events/arc/](http://www.veggies.org.uk/events/arc/)

Viva! Events diary: [www.viva.org.uk/events.php](http://www.viva.org.uk/events.php)

Washington DC Area Vegan Meetup Group calendar: [www.meetup.com/vegan-28/events/calendar/#events](http://www.meetup.com/vegan-28/events/calendar/#events)