

| Duration (mins) | Segment Title | Directors |
|----------------------------------|--|-----------------|
| | From the Mountains to the Sea | |
| 18 :30 – 19 :30 | Music and Food Reception | |
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| 19 :30 – 19 :45 | Introduction words from Veronica Relaño and Pascal Rösler | |
| 19 :45 – 19 :52 (7') | Consumption Food Sequence | Samsara |
| 19:53 – 20 :10 (17') | Mountains Elevated | Eddie Bauer |
| 20 :10 – 20 :40 (30') | Rivers The Soul of the Salzach | Pascal Rösler |
| 20 :40 – 21 :00 | Break | |
| 21 :00 – 21 :26 (26') | Agriculture Unbroken Ground | Patagonia |
| 21 :26 – 21 :56 (30') | Sea El Espíritu de nuestro mar (The Spirit of our Sea) | Veronica Relaño |
| 21 :56 – 22 :06 (10') | Prayer The last of my kind | Waterbear |
| 22:10 – 22:40 | Discussion with the public Veronica Relaño and Pascal Rösler | |