**MICHAEL HOTT**, The University of Texas at Austin A cookbook for deriving the NLS

When describing very large (Quantum) systems, it is essential to pass to an effective description. In the case of Bosons and in the regime of low temperatures, this led to the notion of Bose-Einstein condensation. I will present a list of ingredients that can be used to both derive the NLS and adjust certain mathematically and physical important parameters in the derivation.