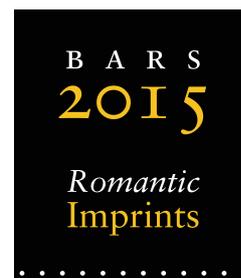


◆ USEFUL INFORMATION FOR DELEGATES ◆

Please use the information provided here with the Location Guide: you'll have received a digital copy of this in the round, as well as being able to access it online; printed copies can also be found in delegates' conference packs. All map references are to Map 4 in the location guide. Please note that the conference coincides with Graduation Week and spans a Cardiff weekend, so do ensure that you anticipate the challenges that these might generate during your visit!



UNIVERSITY FACILITIES

As BARS 2015 is running during the summer recess, most university facilities will be running on reduced service. If you find yourself needing to make urgent contact, especially out of hours, you are advised to call the University's Security Centre, which is located in Park Place (D4, building 35); tel. no. +44 (0)29 2087 4444. If you need to make contact with the BARS team regarding the conference, please email BARS2015@CARDIFF.AC.UK: the organizers will have frequent access to the conference email account, and should be able to respond in good time.

LOCAL AMENITIES

Cashpoints/ATMs (also, often available in/outside supermarkets)

- Colum Rd/Corbett Rd (D4)
- Woodville Rd [fee] (D4)
- Park Place (D3), by Students' Union (58)
- Cathays Terrace (D4–D5)
- Crwys Rd (D5–E5)

Supermarkets (arranged by distance from conference venue)

- *Lidl*, Maindy Rd (D4), next to Optometry Building (building 15)
- *Tesco*, Cathays Terrace (D5)
- *Tesco*, Salisbury Rd (E3)
- *Tesco*, North Rd (B6)
- *Sainsbury's*, Cathays Terrace (D5)
- *Co-operative*, Crwys Rd (D5)
- *Sainsbury's*, Dumfries Place (E2)
- *Co-operative*, Severn Grove (A3)

Laundrettes

For those staying in University Accommodation, laundrettes are available in Aberconway Hall (C4, building 12). Other, commercial laundrettes can be found at the following locations:

- *Drift In*, Salisbury Rd (E4)
- *Lauderroom*, Whitchurch Rd (C6)
- *Fabricare*, City Rd (E4)
- *Tophat Albany Ltd*, Albany Rd (F5)
- *Penylan Laundrette*, Penylan Rd (F5)
- Canton Laundrette, Cowbridge Rd East (A2)

TRANSPORT

Buses

- There are numerous bus services operating between the campus and other parts of Cardiff: you can find out more by visiting the Cardiff Bus site (www.cardiffbus.com).
- The No. 36 will take you from Westgate Street (D2), which is a few minutes' walk from Central Station, to Colum Road: a Single costs £1.80; a Day-to-Go travel pass is £3.60, and allows travel around the entire city for 24 hours.

Rail

- *Cardiff Central Station* (D1) is about 25 minutes' walk away from the conference venue. There are taxi ranks signed (although building work outside the station means the precise location of the ranks can vary).
- *Cathays Station* (D4, next to building 31) is the closest station to the conference venue. A regular service runs from Central (generally Platform 6) to Cathays, 6 times per hour: ticket prices are about £2.20 for a Single.

Cars

- The conference location for SatNavs is CF10 3EU.
- Parking is located immediately next to the conference venue (C4/D4, building 9). The barrier will be up for the duration of the BARS 2015, so you can park without needing a permit.
- There is parking throughout the city centre. It will either be council-run (cheaper, but often time-limited) or run by NCP (expensive, but open-ended). You can park close to the city centre for free after 6pm, in Park Place (D4–F3), in front of the Museum (D3, building 52), Museum Place (E3) or St Andrew's Crescent (E3).

Taxi hire

Taxis will cost around £6–7 and are available outside Central Station. Ask them to take you to the Julian Hodge Building on Colum Drive: the conference building is just next to it (C4, building 9). Recommended taxi firms are:

- *Capital Cabs*: +44 (0)29 2077 7777
- *Dragon Taxis*: +44 (0)29 2033 3333
- *Premier Cabs*: +44 (0)29 2055 5555

HEALTHCARE AND FIRST AID

Emergency/Urgent Care

- Call 999 in an emergency or NHS Direct (0845 46 47) for urgent, but non-emergency, health advice.
- You can also call NHS Choices (111) if you require general medical advice.
- Accident & Emergency services are located in the University Hospital of Wales, also known as ‘Heath Hospital’ (C8).
- Emergency dental care is also handled on the Heath Campus, where the School of Dentistry is located (C8).
- For more information on out-of-hours medical advice, go to: www.cardiffandvaleuhb.wales.nhs.uk/out-of-hours-gp-service.

First Aid

- Support staff trained in first aid will be on site during the conference on Thursday, 16th and Friday, 17th until 6pm.
- Out-of-hours first aid is then available via the Security Centre, located in Park Place (D4, building 35); tel. no. +44 (0)29 2087 4444.

Pharmacies

- Woodville Rd (D5)
- North Rd (B6)
- Crwys Rd (D5)
- City Rd (E4)
- Albany Rd (F5)
- Cathedral Rd (A4)

PLACES TO EAT AND DRINK

As the University campus is based in heart of Cardiff, there are numerous places to eat and drink within an easy stretch. You can head towards the city centre up Park Place (D4/D3) and into Queen Street (E2); Saint David’s 2 Eastside, Mill Lane and The Hayes (all E1) have plenty of chain restaurants (e.g. *Carluccio’s*, *Bill’s*, *Jamie’s*, *Wagamama*, *Ask*, *Pizza Express*, *Bellini’s Express*), which offer mid-priced cuisine. Alternatively, you might wish to head into the more affordable eateries of Cathays Terrace (D4/D5) and Crwys Road (D5/E5), or on to City Road (E4/E5/F5) and Albany Road (E4/F5). The following list has been organized by proximity to the conference venue.

Restaurants

- *Zi’s Café* (Chinese £), Woodville Rd (D5)
- *Face 11* (Café-style £), Cathays Terrace (D5)
- *The Vulcan Lounge* (Gastro £), Wyverne Rd (E4)
- *Daquiri’s* (Mexican £), Salisbury Rd (D4)
- *Laguna Bar* (Gastro ££), Greyfriars Rd (D2)
- *Gutsy Goose* (Diner-style ££), Crwys Rd (D5)
- *Svago* (Italian ££), Crwys Rd (D5)
- *Mina Restaurant* (Lebanese £), City Rd (D5)
- *Bellini’s* (Italian ££), Park Place (D2)
- *Giovanni’s* (Italian £££), Mill Lane (E1)
- *Wahaca* (Mexican ££), St David’s Centre (E1)
- *Apple Jack’s* (American ££), Church St (D2)
- *Milgi’s* (Vegetarian ££), City Rd (E4)
- *Mint & Mustard* (Indian £££), Whitchurch Rd (C6)
- *Juboraj Cuisine* (Indian £££), Mill Lane (E1)
- *Casanova* (Italian £££), Quay St (D2)
- *Potted Pig* (Fine dining £££), High St (D2)
- *Zizzi’s* (Italian ££), High St (D2)
- *Happy Gathering* (Chinese £££), Cowbridge Rd E (A2)
- *Calabrisella* (Italian £), Cowbridge Road East (A2)
- *Y Mochyn Du* (Gastro ££), by Swalec Stadium (C3)

Bars and pubs (most also serve food)

- *The Woodville*, Cathays Terrace/Woodville Rd (D4)
- *The Mackintosh*, Mundy Place (D4)
- *Blackweir Tavern*, North Road (C5)
- *The North Star*, North Rd (B6)
- *The Pen & Wig*, Museum Place (E3)
- *33 Windsor Place*, Windsor Place (E3)
- *Buffalo Bar*, Windsor Place (E3)
- *Ten Feet Tall*, Church St (D2)
- *Zero Degrees*, Westgate St (D2)
- *Brewdog*, Westgate St (D2)
- *The Brewery Quarter*, St Mary St (D1)
- *The Pear Tree*, Albany Rd/Wellfield Rd (F5)
- *The Cricketers*, Cathedral Rd (B2)

Cafes/lunches

- *Uni Kitchen*, Colum Rd (C4)
- *Hogwurst Hotdogs*, Colum Rd (C4)
- *Costa Coffee*, Park Place (D3)
- *Hoffi Coffee*, Colum Rd/Corbett Rd (D4)
- *Artigiano* (Late-night café/light bites), Queen Street (E2)