Association of University Radiation Protection Officers

Annual Conference 2019
CARDIFF 3rd – 4th September
Dear Member,

I would like to invite you to attend the Annual Conference of the Association of University Radiation Protection Officers. As usual, the event will include the Annual General Meeting, the Annual Dinner and an Exhibition which will give you the opportunity to meet and talk to providers of many of the services and products that are essential to our work.

This year the AURPO Annual Conference will be hosted by Cardiff University. The organisation team consists of myself, Mike Sobanski (Cardiff University), John Shepley (Pharmaron, Cardiff Bay) and members of the AURPO Executive Committee.

The Exhibition and Conference will take place in the Sir Martin Evans Building which houses the Cardiff School of Biosciences on the University’s Cathays Park campus.

For further information on the exhibition please contact:

exhibitions@aurpo.org.uk

The Booking Form may be found on the website and is attached to your e-mailed invitation. Please download it, save a copy & submit the completed form to:

AURPOconference@cardiff.ac.uk

Please ensure that you return your form by 31st July 2019, to avoid the late booking fee.

We hope that you will find this method easier and more convenient than the paper version, but if you prefer the latter, you may print off the booking form and send by post to the address in the contacts section.
Accommodation

The accommodation will be in Colum Hall student residences, situated on Colum Road. All the rooms are ensuite singles only. Colum Hall is only a short walk away (8 minutes) from the conference venue.

On arrival, the accommodation reception point will be at the Julian Hodge Building situated opposite Colum Hall. Breakfast will be provided in the Julian Hodge Building refectory.

Please note, the accommodation does not have lifts. If you require a ground floor room, please indicate this on your booking form.

Those requiring double accommodation are asked to make their own arrangements. Cardiff has a wide selection of hotels and guest houses. City centre hotels close to the University Cathays Park campus include Park Plaza, Jurys Inn, Travelodge and Hilton. A handy list and booking information can be found on the Visit Cardiff website:

https://www.visitcardiff.com/wheretostay/
The Social Programme

Tuesday Networking Evening

The networking evening will be held at Cardiff Castle, in the city centre. Cardiff Castle has a history that spans over 2,000 years. Once a Roman fort, it is both a medieval castle and an impressive Victorian Gothic revival mansion designed by William Burges for the 3rd Marquess of Bute.

The main event is a Welsh banquet hosted in the stone-vaulted, atmospheric 15th century Undercroft and will also include resident entertainment with a selection of traditional and contemporary songs in both English and Welsh.

Smart casual wear is appropriate for the Welsh banquet.

The town centre has more than enough pubs for those who may wish to seek libation afterwards, with something to suit everyone. These three options (and others) are immediately opposite the main entrance to the Castle!
**Wednesday Conference Dinner**

On Wednesday evening our formal Conference Dinner will be held in [Aberdare Hall](#). Aberdare Hall is of Gothic revival design and a Grade II-listed building, retaining many interesting period features. Aberdare Hall was established in 1883 by Lady Aberdare & John Viriamu Jones (the College Principal) as a women’s hall of residence and was the first in Wales and the second in the UK. It is still a female-only residence today.

![Aberdare Hall](#)

**Dress code is strictly formal and Lounge Suit/Cocktail dresses are essential.**

Aberdare Hall is adjacent to the Cathays Park campus located on Corbett Road approximately a five-minute walk from the conference accommodation.

**Thursday Technical Tour**

For those of a technical inclination, an organised field trip has been arranged this year for [Pharmaron](#) in Cardiff Bay. The Cardiff site has impressive facilities for $^{14}$C and $^3$H radiochemical synthesis and radiolabelling services for supporting drug discovery and development. *Please indicate on the conference booking form if you wish to join the technical tour.* Places are limited, but we will endeavour to accommodate all who have an interest.
For those of you not engaging in the technical tour, Cardiff Castle is well worth a ‘return’ visit. Guided tours of the Castle apartments are highly recommended (I’m afraid we just couldn’t fit this in before the banquet!). The Castle grounds house many attractions in their own right including the Norman keep, the "Firing Line" regimental museum and the second world war air raid shelters.

All museums and galleries are free to enter so spend some time in the National Museum of Wales adjacent to the Main College Building on Park Place (it has an impressive art collection). Alternatively, Cardiff has many pleasant walks and green places to visit, Alexandra Gardens (in front of the Main College Building) and Bute Park arboretum (behind the castle), are within easy walking distance. Those with a keen sporting interest might want to tour the Principality Stadium in the city centre.

If you have transport, there are several other big tourist attractions in the local area. There are yet more spectacular Castles to visit in Tongwynlais (Castell Coch), in Caerphilly (Caerphilly Castle) and at the St Fagans Museum of Welsh Life, all on the outskirts of Cardiff. If you fancy a walk by the sea, Penarth has a Victorian pier and a costal path, whilst Cardiff Bay offers shopping, entertainment, the Wales Millennium Centre and The Senedd (the Welsh Parliament). If you want to, you can even go subterranean (the Big Pit in Torfaen).

Cardiff City (did-you-know?)

Welcome to the Welsh capital. It is the seat of the National Assembly for Wales, the biggest city in Wales and the most popular visitor destination in Wales. Originally settled in the Neolithic, Cardiff was established by the Romans in the first century. The Roman fort built alongside the River Taff has always formed the heart of the city. Through Roman, Norman and Victorian times it evolved into the Castle we see today.

Coal mining in the South Wales valleys saw Cardiff’s prominence as a major industrial port rise, and in 1905, it was proclaimed a city. It is an economic capital; in 1907 the world’s first £1million deal was signed in Cardiff Bay. By 1913, Cardiff was the biggest coal exporting port in the world. Despite this, Cardiff has more green space per person than any other UK core city today. In 1955 Cardiff became the capital of Wales.
Cardiff University

Cardiff University was founded by Royal Charter in 1883 as the University College of South Wales and Monmouthshire. In 2005 a new Charter was granted by the Privy Council making Cardiff a university in its own right, independent of the University of Wales. Cardiff University entered the world's top 100 universities in 2007 (Times Higher Rankings). It is a member of the Russell Group of leading research led universities and is the 8th largest university in the UK in terms of student numbers.

Today it is composed of three colleges: Arts, Humanities & Social Sciences; Biomedical & Life Sciences; and Physical Sciences & Engineering. Cardiff now has nine research institutes, each offering a multidisciplinary approach to significant modern-day research issues.
Getting Here

Follow the link below for maps and a location guide (scroll to the bottom of the page);

https://www.cardiff.ac.uk/visit/map

We would advise you when making your travel arrangements to consider the use of public transport in the first instance.

By Train

Cardiff Central Station (CDF) is in the city centre with taxi ranks available at front and rear exits from the station. A taxi to Colum Hall will be approximately £8.

From Cardiff Central Station there is a frequent train service which stops at Cathays Station (CYS) on Park Place (the Cathays Park campus). Colum Hall is an 8 minute walk away.

http://www.nationalrail.co.uk/

From Cardiff Central Station the No 27 bus service leaves Havelock Street bus stop (JU) every 8 minutes throughout the day. The Blackweir stop is opposite Colum Road and Colum Hall is 150m away. A single fare is £1.90 (exact change).

https://www.cardiffbus.com/services/CB/27

By Coach

Cardiff is well served by National Express, Megabus and Greyhound Express. There is a coach stop on Park Place, alongside the Main College Building (the Cathays Park campus). Colum Hall is an 8 minute walk away.

https://www.checkmybus.co.uk/

By Car

A limited number of University car parking spaces at Colum Drive car park (behind the Julian Hodge Building) are available, subject to availability. Pay and display public parking is also available at the North Road car park (behind Colum Hall) at £8.00 per day (payment by coin or debit/credit card). Park and Ride Cardiff East is located just off the A48 and can be easily accessed from either east or west on the M4. If you intend to travel by car and require car parking please confirm this on the conference booking form.

Satnav Postcodes: Julian Hodge Building CF10 3EU
Colum Hall CF10 3EJ
Main College Building CF10 3AT
North Road public car park CF10 3DU
Park and Ride Cardiff East CF23 8HH
Cardiff is served by the M4 and is easily accessible from all parts of Britain. From the south west, take the M5 and from the south of England, follow major A-roads to the M4.

From Scotland, the north of England and the Midlands, travel via the M50 to the M4.

Please drive carefully. There are speed reductions en-route to the city centre and speed cameras are found on the A48 & A470. Follow the link below for door-to-door directions;

http://www.cardiff.ac.uk/visit

From the M4 West
- Exit M4 at Junction 32 and follow the A470 and signs for Cardiff
- As you near the city centre you will reach the Gabalfa Interchange/Flyover
- Continue over this onto North Road (still A470)
- After approximately a mile, take the left fork (signposted Cardiff University) onto Colum Road (just before this fork you will see the Blackweir Tavern on your right)
- Take the 2nd left turn onto Colum Drive, just before the zebra crossing, and the Julian Hodge Building will be on the right

From the M4 East
- Leave the M4 at Junction 29 (sign-posted Cardiff East and South) to join the A48(M)
- Continue on the A48 (for around seven miles) to Gabalfa Interchange/Flyover (on the approach you will see the University Hospital on your right)
- Stay in the left hand lane (signposted City Centre A470), then at the roundabout take the 2nd exit onto North Road (still A470)
- After approximately a mile, take the left fork (signposted Cardiff University) onto Colum Road (just before this fork you will see the Blackweir Tavern on your right)
- Take the 2nd left turn onto Colum Drive, just before the zebra crossing, and the Julian Hodge Building will be on the right

By Air

Cardiff Airport is 11 miles from the city centre and served by Shuttle Bus Services, or flight-link taxis (£41).

https://www.cardiff-airport.com/to-and-from/

Please note that some buildings may present problems of access and egress for those with mobility difficulties. However we are able to accommodate any specific needs an individual might have. If you have a disability or special needs please indicate this on the conference booking form. We will contact you so that we can provide any support necessary.

Please direct all queries and communications to AURPOconference@cardiff.ac.uk.

Mike Sobanski
On behalf of AURPO and Cardiff University
We look forward to welcoming you to Cardiff in September

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Further Information

Booking form

Please download from the website; [https://aurpo.org.uk/](https://aurpo.org.uk/) or e-mail AURPOconference@cardiff.ac.uk for a copy.

Contacts:

Conference Organiser:

Mike Sobanski 02920 875395  
AURPOconference@cardiff.ac.uk

Colum Hall Accommodation Reception: 02920 874574 02920 870047

Postal communications:
Mike Sobanski  
Cardiff University  
Safety and Staff Wellbeing  
59-60 Park Place  
Cardiff  
CF10 3AT

Payments:

Cheques: Please send to Mike Sobanski
BACS: IMPORTANT! Please e-mail Mike to let him know that payment has been made and what the Reference Number is, so your payment can be matched to your booking: AURPOconference@cardiff.ac.uk

Account: Association of University Radiation Protection Officers
Bank: National Westminster Bank plc
Address: Leeds City Office, 8 Park Row, Leeds, LS1 5HD
Sort Code: 60-60-05  Account Number: 98900846

Queries
If you need any information that is not contained within this document or you have any further queries, please do not hesitate to contact us at AURPOconference@cardiff.ac.uk.

CPD Points
Rather than assign a number of CPD points for the conference as common in previous years, you will be free to choose your own number of points (or write your own reflective statement IOSH style), based on how useful you found the event.