

## 8<sup>th</sup> Zinc-UK Meeting 4-5<sup>th</sup> July 2013

### The Rowett Institute of Nutrition and Health, University of Aberdeen

#### Information for Attendees

#### **General Information**

The Zinc-UK meeting this summer will be held at the Rowett Institute at the University of Aberdeen on 4<sup>th</sup> and 5<sup>th</sup> July. For a map of the venue, Google the Institute's postcode: AB21 9SB.

The meeting has 2 themes:

- Bioanalytical Methods in Zinc Biology
- Biomedical Roles of Zinc

As usual, we strongly encourage students to participate and posters can be on any subject related to zinc. Please refer to the appropriate document for the scientific and social program.

#### **The venue**

The meeting will be held in Strathcona House at the Rowett Institute which accommodates a lecture theatre and a large hall. This opens to a covered walkway and a large area of grass and marquee. As regards the BBQ therefore, there is contingency for every kind of weather!

#### **Registration**

A Zinc-UK registration desk will be manned at the entrance hallway to Strathcona House from 08.30 am until lunchtime. Please register there first and pick up the abstract book and a certificate of attendance/receipt. Although this meeting has been sponsored, a small registration charge is required to balance the meeting budget. This charge will be £5 per person for those attending the scientific program only, and £5 per person for each of the two social programs. Therefore if you attend all events, the charge is £15, and accompanying persons attending only the evening buffet and the tour will pay £10.

#### **Speaker PowerPoint files**

The projector PC runs MS Office 2010. There is capability to connect a laptop using a standard VGA cable. Please load your PowerPoint file to the correct folder **before** the session in which you are due to speak. Folders named "Session 1" etc. will be listed on the O: drive. Please remember to allow 5 min. for questions at the end of your allotted time: so for example, 20 min. is 15 min. speaking and 5 min. of questions.

#### **Posters**

Poster board size: 120 cm (height) x 180 cm (width).

Velcro spots will be provided.

Please put your posters onto the boards on arrival and take them down by 17.30 on 4<sup>th</sup> July.

#### **Wi-Fi**

Eduroam is available in the lecture theatre and hall, so if you have an account already, you can log in directly.

Basic free Wi-Fi is also available in the lecture theatre and hall as "guestweb". You should indicate at the registration desk if you want Wi-Fi access through guestweb. You will be given login and password details.

Paid Wi-Fi access to the Internet for more than light use can also be made through The Cloud (<http://www.thecloud.net/>).

### **Luggage Storage**

We can store your luggage in a secure room so you can travel directly from/to your point of arrival and Strathcona House. Transport from Strathcona House to your hotel after Session 3 will be available.

### **Catering**

There will be both meat and vegetarian options for lunches and for the banquet, which is centred on a hog roast (pork). It would be helpful to know if you have special dietary requirements, in which case please contact [m.j.gordon@abdn.ac.uk](mailto:m.j.gordon@abdn.ac.uk)

### **Fire and Bomb Alerts**

If there is a fire (bell) or bomb (siren) alert which lasts more than a minute, please exit the building by walking and assemble on the lawn furthest away from Strathcona House. There is a fire or bomb alarm test every Thursday morning at 11 am, but this test should not last more than 1 minute.

### **Washroom**

Washroom facilities are accessed from the entrance hallway of Strathcona House. The male washroom is on the ground floor but the female washroom is accessed up a flight of stairs. Please let us know in advance if this is a problem.

### **Accommodation**

The Bucksburn Travelodge, the Britannia Hotel and the Craighaar Hotel are the closest hotels to the Institute (within walking distance), but a more complete list is also attached and is downloadable from the Zinc-UK website. Prices vary, but we have secured discount at the Britannia Hotel on the nights of 4<sup>th</sup> and 5<sup>th</sup> July (£45 each night) and you need to follow the instructions on the accommodation information to get this price. We have also organised discount at the Craighaar, and although it is more expensive at £97/night, breakfast is included. If you have difficulty making a booking, please contact Margaret-Jane Gordon ([M.J.Gordon@abdn.ac.uk](mailto:M.J.Gordon@abdn.ac.uk)) or Eva Rosenkranz ([E.Rosenkranz@abdn.ac.uk](mailto:E.Rosenkranz@abdn.ac.uk)).

### **Travel**

**By Air:** There are direct flights from most major cities in the UK: for example easyJet flies from Gatwick and Luton. British Airways has 3 flights per day to/from London City Airport. For those coming from Europe, there are direct flights from Frankfurt (Lufthansa), Amsterdam (KLM) and Paris (Air France), to name a few. The Rowett Institute and local hotels are 5-10 minutes by car from Aberdeen Airport (we are at the end of the runway!) and there is a taxi rank outside the terminal entrance.

**By Train:** There are direct trains from London and Plymouth to Aberdeen that pass through or provide good connection with most of the major cities in the UK. A taxi journey from the train station to the Rowett Institute will take 20-30 minutes, depending on the traffic.

**By Car:** SatNav postcode AB21 9SB. There is only one easy route to Aberdeen and that is the A90 dual carriageway. There are regular speedcams from Dundee to Aberdeen. At the south of the city after crossing the River Dee, take the North Anderson Drive bypass (follow signs to the airport) and eventually (several roundabouts/traffic lights and 15 min later after driving down a long hill) turn left onto the Great Northern Road.

- For those staying at the **Britannia**, turn right at the Bucksburn traffic lights onto Oldmeldrum Road and then first left into Malcolm Road. The hotel is on your left.
- For those staying at the **Travelodge**, when you come to the Bucksburn roundabout (McDonald's in view) turn right onto the A947, and then turn immediately left, go past the supermarket and restaurants, and then turn right to the hotel.
- For those staying at the **Craighaar**, when you come to the Bucksburn roundabout (McDonald's in view) turn right onto the A947 and continue until the road becomes single lane. Take the first left into Stoneywood Road, go under the bridge and take the first right into Waterton Road. The hotel is on the right.
- For those going direct to the **Rowett**, follow the instructions for the Craighaar, but instead of taking the first right into Waterton Road, take the second right into Greenburn Road. Keep straight and Strathcona House is the large red sandstone building on the left. You can park in any of the car parks, but suggest the large car park on the left past Strathcona House.

### Transport to/from Local Hotels, City Centre and Airport

In case of inclement weather, we shall make transport available to/from local hotels as a shuttle car service. Those staying in the city centre should be aware that rush hour traffic periods can mean delays of 30 minutes or more onto normal travel times (30 min. from city centre to the Rowett Institute). Rush hours are normally 7.30-9.30 am and 4.00-6.00 pm. Traffic from the airport to the Rowett Institute is relatively clear in the morning rush hours, but very congested in the evening rush hours. Bus connections and timetables between the city centre and the Rowett Institute can be found on the First Group (<http://www.firstgroup.com/ukbus/aberdeen/>) and Stagecoach (<http://www.stagecoachbus.com/localdefault.aspx?Tag=Aberdeen>) bus website. The number 18, 27 (First Group) or 37/37A (Stagecoach) buses all stop near the Institute. Strathcona House will be open from 08.30 am on Thursday 4<sup>th</sup> July.

### Tourist Opportunities

**History:** There are many accessible castles in the Aberdeen area, both ruined and habitable. The Old Aberdeen campus (about 15 min. by car from the Rowett) was founded in 1495 and has some historic buildings. There are of course many whisky distilleries in the area.

**Scenery:** The area around Aberdeen is not mountainous, so for access to hills and lochs, you need to travel west and north – best done with a hired car over more than one day, but our meeting tour will take in some more hilly countryside. There is a train from Aberdeen to Plockton and Kyle of Lochalsh (close to the Isle of Skye), changing in Inverness, that passes through some lovely countryside. Plockton is very scenic and has palm trees...!

**Shopping:** Limited in Aberdeen but a trip to Edinburgh is highly recommended for both shopping and historic sights (2.5 hours by train or car from Aberdeen).

### Sponsors

