



Cardiff
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CoLeadTourism
Co-operating for Leadership in Tourism



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PRACTICAL INFO SHEET

PM4SD Foundation Training Course

12th – 16th June 2017

Cardiff Metropolitan University





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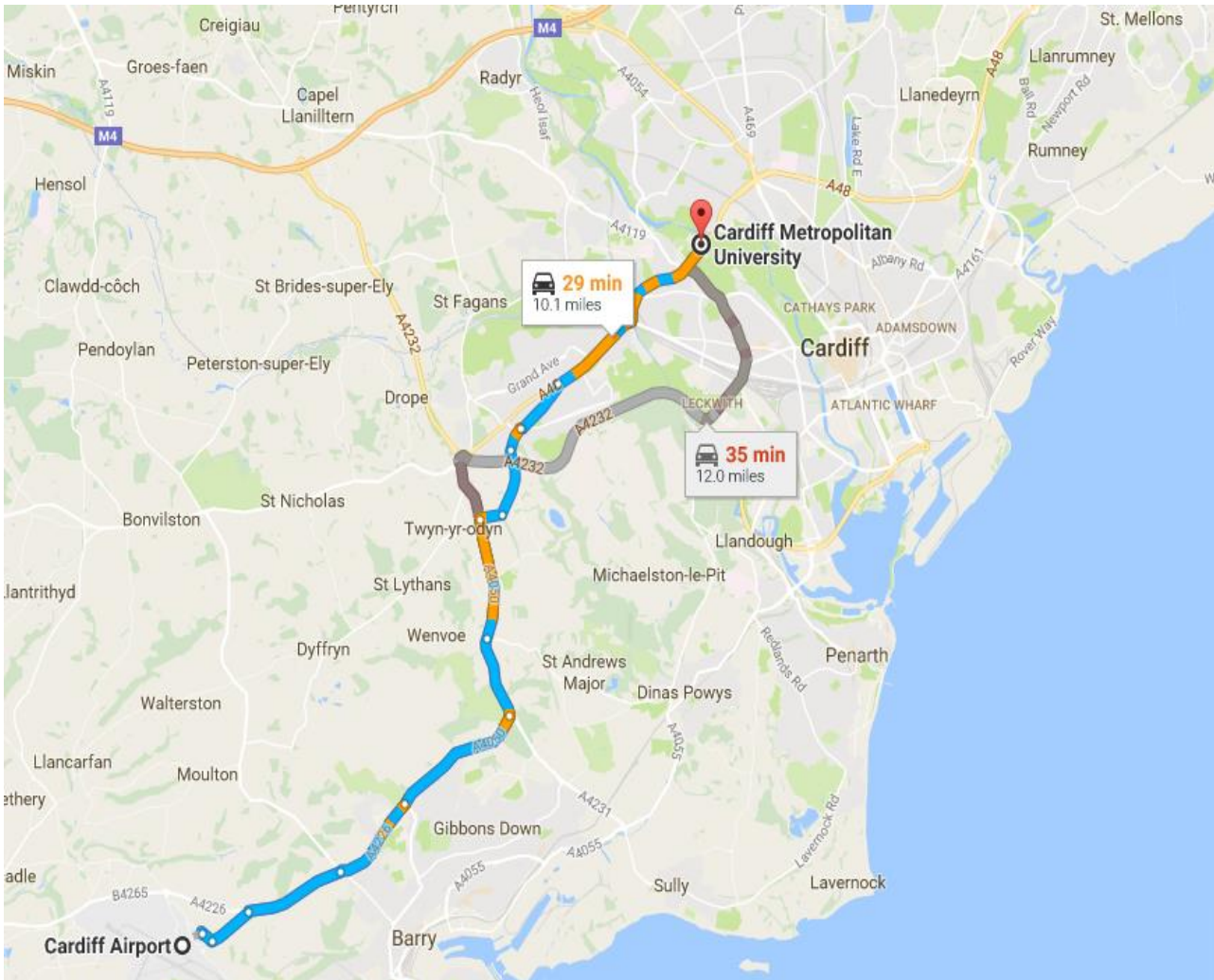
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Venue

The training will be held at **Cardiff Metropolitan University** located at the following address:

Western Avenue

Llandaff

Cardiff - CF5 2YB.

To reach the venue, you can use the following modes of transportation:-

When arriving at Cardiff International Airport the following public transportation options are available to Cardiff City center (from the center of Cardiff you would need to travel via taxi to Cardiff Metropolitan University):-

Via Bus T9 - The Cardiff Airport Express Bus Service

Travelling to and from Cardiff Airport by bus is easy and convenient, with good connections between the Airport and Cardiff city center. All bus pick up and drop off points are situated in front of the terminal building.



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For up to date information on public transport throughout Wales call *Traveline Cymru* on 0871 200 22 33 (national call rate applies) or visit the website.

T9 - The Cardiff Airport Express Bus Service

The Cardiff Airport Express Bus Service provides more frequent, comfortable and speedier journeys for travelers between Cardiff Airport and the city centre.

The service includes:

- Coach-style leather seating,
- Climate control,
- WiFi,
- Extra luggage space
- Improved on-board information

Tickets cost from £5, and you can also pay in Euros - €7 one way and €10 return.

To view the T9 winter timetable (effective from 1 November 15) or to book tickets please visit the Traws Cymru website <http://www.trawscymru.info/t9/>

Book T9 tickets to Cardiff Airport from destinations across the UK via the National Express coach network. Tickets can be purchased online at www.nationalexpress.co.uk

Via Train

Cardiff Airport is located in Rhoose which has a rail link connecting to Cardiff Central and Bridgend.

Trains run every hour from Monday to Saturday and every two hours on Sundays.

A shuttle bus service from the train station to the Airport is available for passengers, which connects with all trains, to carry passengers on the short journey to the Airport terminal. The journey takes approximately 10 minutes and there is a small charge of £1 per journey on the shuttle bus.

Full facilities are available for passengers requiring special assistance.

To plan your journey please visit <https://www.traveline.cymru/> or call 0871 200 22 33. Further information on train times can be found on <https://www.thetrainline.com/>

Direct travel via taxi to Cardiff city center or Cardiff Metropolitan University

Taxi Companies – Vale of Glamorgan / Cardiff International Airport

A2B Taxis: 01446 747500

<http://a2btaxisbarry.co.uk/>

Business Drive Wales Taxis: 01446 621251

<http://www.businessdrivewales.co.uk/>

Taxi Companies – Cardiff

Capital Cabs: 029 2077 7777

<http://www.capitalcabs.co.uk/>

Dragon Taxis: 029 2033 3333

<http://dragontaxis.com/>

In case your hotel is located in the city center, you can walk as everything in this area is within 15-20 min. walking distance.

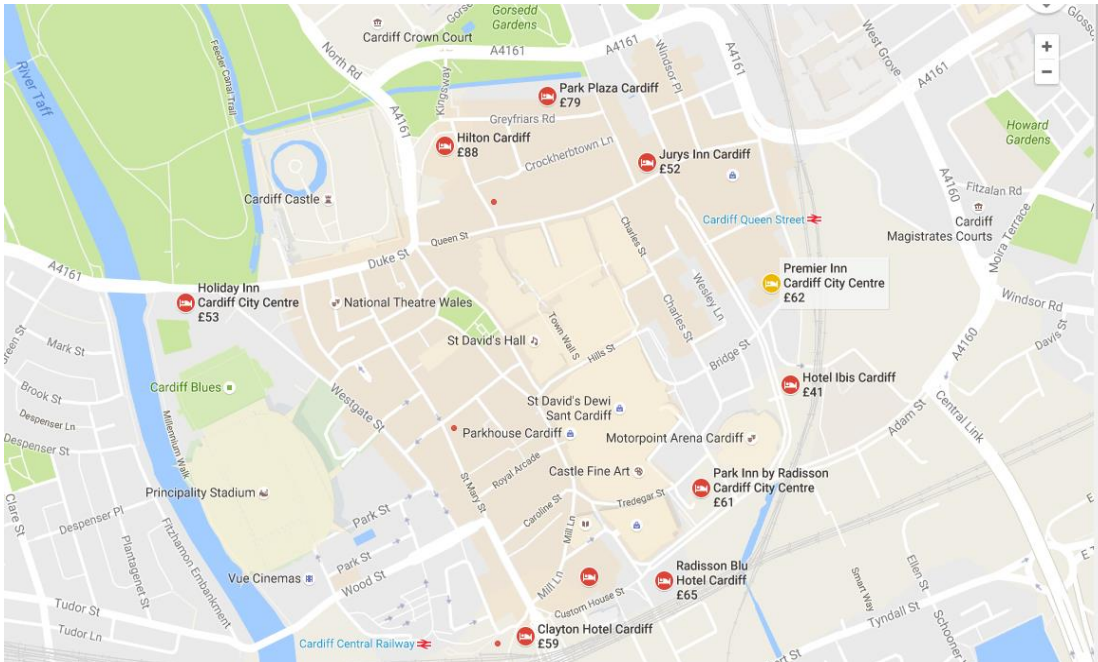


1. Who can I contact for more information about the Cardiff training course?

Silvia Barbone: PM4SD Trainer: Jlag Brussels –silvia.barbone@ilageurope.com

Dr. Sheena Carlisle: Senior Lecturer in Tourism Management, Cardiff Metropolitan University –
02920 416475
scarlisle@cardiffmet.ac.uk

Louise Ballantyne: Cardiff Metropolitan University onsite Contact
02920 416934
csmresearch@cardiffmet.ac.uk



2. Currency exchange and accommodation

The British currency is the pounds sterling (GBP)

Currency exchange Euro – £1GBP – 0.85 Euros as at time of writing 13.09.16

There are several websites that can assist whilst looking for accommodation within Cardiff City Centre, we recommend you use the following certified websites to make your booking:-

<http://www.laterooms.com/>

<http://www.booking.com/>



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There is a wide range of hotel options available in Cardiff City Centre ranging from 2 - 5 star (see above details please note that prices are a guide at time of writing) the following are some suggestions to get you started.

<p>Hilton Cardiff Address: Kingsway, Cardiff CF10 3HH Tell: (+44) 29 2064 6300 Room Rate : from £85.00 - £265.00</p>	<p>Angel Hotel - The Hotel Collection Address: Castle Street, Cardiff CF10 1SZ Phone: (+44) 29 2064 9200 Room Rate: from £58.00 - £140.00</p>
<p>Park Plaza Cardiff Address: Greyfriars Road, Cardiff CF10 3AL Tel: (+44) 029 2011 1111 Fares: from £85.00 – £295.00</p>	<p>Park Inn by Radisson Cardiff City Centre Address: Mary Ann Street, Cardiff CF10 2JH Tel: (+44) 2920 341 441 Fares: from £79.00 - £150.00</p>
<p>Radisson Blu Hotel Cardiff Address: Meridian Gate, Bute Terrace, Cardiff CF10 2FL Tel.: (+44) 29 2045 4777 Fares: from £87.00 - £210.00</p>	<p>Jurys Inn Cardiff Address: Park Pl, Cardiff CF10 3UD Tel: +44 161 774 2983 Fares: from £69.00 - £150.00</p>
<p>Jolyons @ No. 10 Address: 10 Cathedral Rd, Cardiff CF11 9LJ Tel: +44 029 2009 1900 Fares: from £90.00 - £150.00</p>	<p>Travelodge Cardiff Central Queen Street Address: The Friary off Queen Street, Cardiff, CF10 2RG Tel: Tel: +44 08719 846467 Fares: from £32.00 - £65.00</p>

3. Experience Cardiff

Official Tourism portal:

<http://www.visitcardiff.com/>

Visit Wales Guide provides information about attractions, dining, night life, etc.

<http://www.visitwales.com/explore/south-wales/cardiff/must-do-list>

Cardiff Bay Visitors center

<http://www.visitcardiffbay.info/things-to-do-in-cardiff-bay/cardiff-bay-visitor-centre/>



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