

**Insurance** – Teagasc, the conference organisers, do not provide Travel or Personal Accident insurance cover for ECPLF 2019, therefore delegates should have their own Travel/Personal Accident Insurance cover for the duration of the trip.

**Weather** - In the month of August Cork has a mean temperature of 15°C with daytime temperatures generally reaching 18°C and lows dipping to 11°C at night, so be prepared with a warm jacket. Additionally, there is the likelihood of showers or rain.

**What to pack** – For the Technical Tours, the Walking Tour of UCC and the Accompanying Persons Tour, delegates are advised to pack suitable outdoor rainproof wear, a warm jumper/jacket and appropriate footwear for walking outdoors. Delegates should also bring sun screen.

**Tipping** - Most restaurants add a discretionary service charge to the bill for parties of six people or more. If this charge is added to your bill, tipping is not necessary. If a service charge is not included, it is customary to tip 10-15%.

**Shopping** - Many shops open at 9 am and close at 6 pm from Monday to Friday. Some may operate late night shopping hours (until 9 pm) on Thursdays and Fridays. Sunday opening is very common for shopping centres, from 12 pm to 6 pm mostly.

**Communications** - The international code for Ireland is **00** followed by **353**. The local prefix is preceded by a zero, which is dropped when calling from abroad but has to be dialled when calling within Ireland.

Most hotels offer Internet and Wi-Fi access or will be able to provide information on where to get Wi-Fi access.

**Banking** - The Euro is the currency used in Ireland. Check the current exchange rate before travelling. Most banks are open Monday to Friday 9 am to 5 pm and most offer ATMs which can be accessed 24/7. While most ATMs will accept credit cards for cash withdrawal is a good idea to check the fees with your credit card company first to avoid surprises. ATMs can also be found in shopping centres and in many cases at special event venues. Credit cards are widely accepted everywhere in Ireland with Visa and Mastercard being the most popular. If using Traveller's checks, a word of caution as they might not actually be accepted outside the major tourist centres.

**Smoking** - In Ireland smoking is banned in all workplaces and enclosed public spaces. This includes restaurants, hotels bars, pubs or any other such public building. These places normally provide dedicated smoking areas. The ban also includes public transport, taxis, trains, etc. To avoid fines, and if you're unsure whether you can smoke or not, take a look around for potential signs or ask a member of staff.

### **Useful contacts**

- Emergency services – 999/112
- Doctor – 1850 335 999 (SouthDoc – out of hours; contact registration desk between 9 am and 5 pm)
- Taxi - Satellite Taxis - +353 (0)21 480 80 80

