

MRC

Medical  
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Council

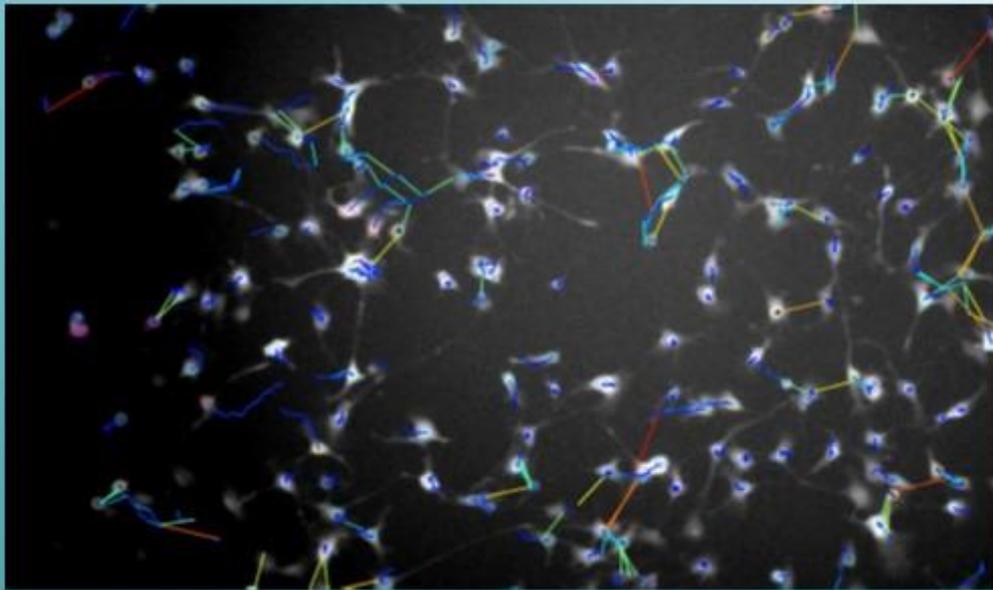


*Developing the next generation of biomedical researchers*

# GW4 BioMed

**MRC Doctoral Training Partnership**

Postgraduate Handbook 2016/17



GW4 BioMed MRC DTP website: [www.gw4biomed.ac.uk](http://www.gw4biomed.ac.uk)  
GW4 BioMed MRC DTP e-mail address: [GW4BioMed@cardiff.ac.uk](mailto:GW4BioMed@cardiff.ac.uk)

**Disclaimer:** Every attempt has been made to ensure the accuracy of the information contained in this handbook was correct at the time of release. However, the handbook may be amended during the course of the programme to reflect any changes. The current version will be available on the GW4 BioMed DTP website and supersedes all previous versions.



# Welcome!



## **A Message from Professor Sir Mike Owens GW4 BioMed MRC DTP Chief Advisor and Chair of the DTP Management Board**

Welcome to the MRC GW4 BioMed Doctoral Training Partnership, a unique alliance of biomedical research expertise within the four research-intensive universities located in the southwest of the UK (Cardiff, Bristol, Exeter and Bath). This GW4 alliance offers you, as one of our first cohort of doctoral students, unrivalled opportunities for development and access to our combined research strengths, training expertise and resources. You will also have extensive possibilities to engage in interdisciplinarity, collaboration and 'team science', which are becoming ever more critical for scientific discovery and translational research. Good luck in your research journey!



## **A Message from Professor Colin Dayan GW4 BioMed MRC DTP Director**

Doctoral Training Partnerships (DTPs) are a relatively new phenomenon established with the aim of fostering the development of new and enriched PhD programmes and collaboration between Higher Education Institutions (HEIs), and between HEIs and wider research, industrial, cultural and civic partners. The Medical Research Council have embraced this philosophy with the funding of 18 DTPs across the UK and I am delighted that the GW4 BioMed Doctoral Training Partnership is in the vanguard of this new initiative, set up to exploit the unique training potential of the four research-intensive universities located in the southwest of the UK (Cardiff, Bristol, Exeter and Bath).

Complementarity between our institutions makes us a powerhouse in our three key strategic themes of Neuroscience and Mental Health (NMH); Infection, Immunity and Repair (IIR); and Population Health (PH), and allows us to add value through increased interdisciplinarity, shared resources and more opportunities for the highest quality training. There is a strong emphasis on embedding the MRC's cross-cutting priority skills throughout the programme.

Our goal is to see further evolution of high quality, innovative research training, with strong emphasis on the opportunities for individuals to make an impact outside of academia, alongside academic career tracks. We envisage over 70% of our students will gain advanced training in quantitative skills, 40% in interdisciplinary and 25% in *in vivo* skills and that students will seek a broader perspective of their subject area than the narrow confines of their research topic.

We hope that you embrace the opportunities, shared resources and expertise that this collaboration between our HEIs brings you. Please take the time to read through this handbook, which offers a brief guide to the management and structures of the GW4 BioMed MRC DTP, explains regulations and processes, and outlines our expectations of you in this exciting and illuminating journey.

## Important Documentation

This handbook contains useful administrative information about the Doctoral Training Partnership, its structure, access to training and development opportunities and useful contacts. Please read it carefully and keep for future reference. The handbook will be reviewed annually and the most up-to-date copy will be available on the DTP website.

It is your responsibility to understand the rules and regulations that govern your PhD, so you should also read the regulations and codes of practice for your home university:

University of Bath: <http://www.bath.ac.uk/regulations/Regulation16.pdf>  
<http://www.bath.ac.uk/quality/documents/QA7.pdf>

University of Bristol: <http://www.bristol.ac.uk/academic-quality/pg/cop-research-degrees.html>

Cardiff University: <http://www.cardiff.ac.uk/public-information/policies-and-procedures/academic-regulations>

University of Exeter: <http://as.exeter.ac.uk/academic-policy-standards/tqamanual/pgrstudent/>

Please also ensure you check your university e-mail address regularly. If you decide to use another e-mail address, you must ensure your university e-mail address is redirected accordingly, as **all communications related to your studentship or the DTP will be sent to this e-mail address.**

## MRC documentation

As a MRC-funded DTP student, please ensure you familiarise yourself with and abide by the following MRC documents and policies:

- MRC policy on 'Good research practice: Principles and guidelines':  
<http://www.mrc.ac.uk/publications/browse/good-research-practice-principles-and-guidelines/>
- RCUK 'Conditions of research council training grants':  
<http://www.rcuk.ac.uk/documents/documents/termsconditionstraininggrants-pdf/>

In addition, you should note the following policies:

- MRC Information Security Policy:  
<http://www.mrc.ac.uk/documents/pdf/mrc-information-security-policy/>
- MRC Records Management Policy:  
<http://www.mrc.ac.uk/documents/pdf/records-management-policy/>
- Information Standards, including:
  - Freedom of information
  - Information security
  - Data protection
  - Document marking policy
  - Equality & diversity<http://www.mrc.ac.uk/about/information-standards/>
- Regulation and Policy on working with animals:  
<http://www.mrc.ac.uk/research/policies-and-resources-for-mrc-researchers/research-involving-animals/regulation-and-policy/>

## Contacts

### ***Institutional Contact***

The DTP is separate from your local university administration and you should direct questions regarding annual progress monitoring, holiday, your stipend and supervisor/project issues to the relevant departments/schools within your institution. In the first instance, contact the Postgraduate Research Administrator within your school

Within your institution, you will also have local named DTP representatives who you can contact with any problems or queries in relation to the DTP programme:

Bath DTP Representative: Tracey Brend (T.S.Brend@bath.ac.uk)

Bristol DTP Representative: Helen Hampson (h.hampson@bristol.ac.uk)

Cardiff DTP Representative: Dr Amanda Rouse (RouseA@cardiff.ac.uk)

Exeter DTP Representative: Elizabeth Noon (e.noon@exeter.ac.uk)

### ***GW4 BioMed MRC DTP DTP Contact***

Your first point of contact for any administrative aspects of the delivery of the GW4 BioMed DTP training programme across the partnership are the DTP Manager or Administrative Officer:

**GW4 BioMed DTP Hub Manager: Sarah Brasher**

[GW4BioMed@cardiff.ac.uk.ac.uk](mailto:GW4BioMed@cardiff.ac.uk.ac.uk)

+44 (0)29 20879027

**GW4 BioMed Administrator: Keighley Perkins**

[GW4BioMed@cardiff.ac.uk.ac.uk](mailto:GW4BioMed@cardiff.ac.uk.ac.uk)

+44 (0)29 20870450

**Office Hours: 9.30am to 3.30pm on Mondays, Tuesdays, Thursdays and Fridays (subject to review).**

### ***Academic Contact***

For matters regarding academic aspects of the delivery of the programme across the partnership or within each institution, the contacts are:



**DTP Director:**  
Professor Colin Dayan



**Bath Academic Lead:**  
Dr Amanda MacKenzie



**Bristol Academic Leads:**  
Professor Paul Martin/Professor David Shepherd



**Cardiff Academic Lead:**  
Dr Emma Kidd



**Exeter Academic Lead:**  
Professor Tim Frayling

## Research themes

As part of the DTP, there are three research themes which encompass the MRC biomedical research areas. These are as follows:

- Neuroscience and Mental Health (NMH)
- Infection, Immunity and Repair (IIR)
- Population Health (PH)

For each theme, there is an academic Research Theme Leader who will organise theme-specific activities. This is to promote networking opportunities between those undertaking research in similar areas and to expose you to current methods and challenges within these areas.

Note: you are expected to attend the research theme event that is most relevant to your project, within both your second and third year (optional for fourth year).

**Theme leaders are:**



**NMH**

Dr Anthony Isles  
IslesAR1@cardiff.ac.uk



**IIR**

Prof Phil Taylor  
TaylorPR@cardiff.ac.uk



**PH**

Prof Kate Tilling  
Kate.Tilling@bristol.ac.uk

## General Information

### Personal Supervision

You will be allocated a lead supervisor and one or more co-supervisors, who may be located at a GW4 institution other than your own. Regulations concerning frequency of supervisory meetings etc. will be determined by the institution of your lead supervisor, and it will be your responsibility to arrange meetings with your supervisors throughout the year, including those off-site, by mutual consent.

You may find that you have the opportunity to conduct research and/or spend time at one of the other GW4 institutions. When based at a different institution, please ensure you follow their local rules and procedures.

### Progress Monitoring

You will be registered for a higher degree at the home university of your lead supervisor and will be subject to their local procedures for performance monitoring, progression between years and thesis examination. Your home School will be responsible for your annual progress monitoring.

In addition, you will be expected to complete the online Researcher Development Framework (RDF) planner at regular intervals, exporting and providing the set format reports when requested. This will also help you when creating or updating your CV. For details on how to access this see the section on the RDF Online Planner.

We are required to monitor your accomplishments so we can report back to the funder the success of the DTP. From your second year, this will be via a tool called Researchfish, details of which will be sent to you when appropriate.

### Visiting status

If you require visiting status to the partner universities (the university of your co-supervisor) please contact the GW4 BioMed MRC DTP Admin team who will arrange this on your behalf. This will allow you to use their facilities (e.g. the library, courses, the gym, etc.) To be able to access the internet at each of the sites, please ensure you activate Eduroam by following your local institutional guidelines in advance of your visit.

## Training and Cohort Activities

As its name suggests, the Doctoral Training Partnership has a strong emphasis on developing the skills of its students in the strategic priorities (<http://www.mrc.ac.uk/documents/pdf/mrc-strategic-skill-priorities/>) of the MRC, notably Resilience, Repair and Replacement and Living a Long and Healthy Life. Our training will therefore be centred around the themes of: Neuroscience and Mental Health; Infection, Immunity and Repair; and Population Health.

The training programme will have three strands:

1. Research skills,
2. Professional and career development skills,
3. Opportunities to broaden horizons.

An induction day will establish the cohort, and ongoing cohort-building and networking activities will include an annual student congress.

You are encouraged to undertake industrial placements, research visits, public engagement internships and placements exposing yourself to clinical practice surrounding the disease you are studying.

### Induction and Orientation

You will be invited to an induction event at your home institution to welcome you to your university and academic school. Scheduling of Induction activities will differ between the four universities, so please check with the university with which you are registered.

The DTP Orientation Event is the opportunity for you to meet other students in the DTP partnership for the first time. A number of team-building activities, training workshops and presentations will be organised within an informal setting. It is the opportunity for you to ask questions and develop your early stage researcher networks. Attendance is compulsory, unless valid reasons are given to the DTP Manager in advance for absences.

The DTP Orientation Event for 2016 will run over two days and takes place on Monday 17 October (at Bristol University) and Tuesday 18 October (at Cardiff University). Meals, accommodation (if required) and transport between sites will be provided. Transport costs to Bristol and from Cardiff/Bristol will be reimbursed.

### Access to Training in Transferable Skills within GW4

You can access careers workshops and training in transferable skills, including communication and project management, at any of the GW4 universities (subject to availability), both face-to-face and via webinars. There is no charge to attend the courses, but you will be responsible for your own travel costs.

A full list of training for postgraduate researchers is available at each of the respective universities:

University of Bath:

<http://www.bath.ac.uk/learningandteaching/rdu/courses/pgskills/index.html>

University of Bristol:

<http://www.bristol.ac.uk/doctoral-college/ppd/whats-available/catalogue/>

Cardiff University:  
<http://www.cardiff.ac.uk/doctoral-academy>

University of Exeter:  
<http://as.exeter.ac.uk/rdp/postgraduateresearchers/>

To access workshops and training at institutions other than your own, you will need to email the relevant postgraduate training office, explaining that you are in the GW4BioMed DTP and outlining the workshops you wish to attend.

## Cohort activities

As part of this programme, there will be a number of DTP cohort activities that you are expected to attend (unless otherwise stated). These activities bring all students together from across the partnership and provide excellent opportunities for networking, peer-to-peer learning and sharing of knowledge. These may include the following:

- Annual Student Congress
- Theme-specific activities e.g. site visits, workshops

Please refer to our DTP cohort events tab on the GW4 BioMed MRC DTP website for dates of cohort activities.

If for any reason you are unable to attend these activities, please e-mail [GW4BioMed@cardiff.ac.uk](mailto:GW4BioMed@cardiff.ac.uk) as soon as possible. You are expected to ensure that your research/fieldwork/other training does not interfere with attendance at these cohort activities.

	Year 1				Year 2				Year 3				Year 4	
Q	1	2	3	4	1	2	3	4	1	2	3	4	1	2
Core Training	■	■	■											
Advanced Training Element		■				■				■				
Bespoke Training	■	■	■	■	■	■	■	■	■	■	■			
Induction	C + Br						Broader devpt							
Congress				Ex				Ba				Tbc		

Pre-PhD training where appropriate – e.g. <i>in vivo</i> skills summer school				
<b>Yr 1</b>	<b>Induction:</b> 1-day DTP induction RO and departmental inductions Student Needs Analysis (SNA)			
	Congress SNA	<b>Professional/ career development skills</b> • including communication	<b>Research skills</b> • Key skills programme • Menu of advanced research and priority skills • Experiential learning • Theme-based skills, techniques and knowledge	<b>Broader development opportunities</b> • Placements • Visits • Mini-MD • Public engagement
<b>Yr 2</b>	Congress SNA			
<b>Yr 3</b>	Congress SNA			
<b>Yr 4</b>	Thesis completion; career support Post-submission, transition to post-doc fellowship			

## Annual Student Congress

The Congress is an opportunity to see the research from right across the DTP, broadening your research training. It may also involve specific training sessions for your year group. At this conference you will be expected to present your own research in the form of either a poster or oral presentation.

Note: you are expected to attend each Annual Student Congress that takes place during your PhD studies.

## Core Training

Core training modules will be made available in your first year in subjects such as statistics, data handling, research methods and ethics. Some may be online courses, whilst others may be at face-to-face workshops, primarily delivered locally. Further details will be provided in due course.

## Advanced Training Elements

A menu of specific training opportunities will be available, drawn from an array of established provision across the four universities and particularly highlighting priority skills. You and your supervisor(s) will consider training needs (annually, through formal review mechanism, and through day to day supervision) and will develop individual training plans.

## Broader Development Opportunities

As part of the DTP programme, you will be expected to undertake at least one opportunity for broader development, for example an industrial placement or exposure to clinical disciplines related to the disease you will be researching to engender a better feel for translation of your research.

In addition, you will develop science communication skills through the Annual Student Congress, and there is an expectation that all students will present at least one conference paper and submit at least one journal paper during their studentship.

## Researcher Development Framework Online Professional Planner

The Researcher Development Framework (RDF) is a tool for planning, promoting and supporting the personal, professional and career development of researchers in Higher Education. It describes the knowledge, skills, behaviours and personal qualities of researchers and encourages them to aspire to excellence through achieving higher levels of development. The RDF is endorsed by Research Councils UK and other higher education bodies and institutions.

The RDF provides a way for you to assess your strengths and areas for further development to ensure you progress in your career. All GW4 BioMed DTP students will be expected to complete an initial skills audit using the planner, then set themselves SMART training objectives to address their development needs, adding evidence to support their completion as and when they have, for example, undertaken workshops, acquired skills or achieved a goal or target. A biomedical 'lens' is currently under development which allows you to focus on those skills which are particularly important to a biomedical researcher.

To access the planner, you will be sent an invitation which you must accept to register as a user. Further information on the RDF can be found on the Vitae website:

<https://www.vitae.ac.uk/researchers-professional-development/about-the-vitae-researcher-development-framework-planner> and a video tutorial can be found at

<https://www.youtube.com/watch?v=7Viv5MueIC8>.



**RDF Planner** Researcher Development Framework Planner

Professional development tool for researchers  
Available via organisation or individual subscription

For individual researchers  
Take control of your professional and career development with the Vitae RDF Planner

- Identify your expertise and capabilities
- Plan your career
- Focus your training effort where it is needed most
- Record and showcase your achievements
- Monitor your progress
- Use in professional development review meetings with your supervisor or PI

Ask your institution if you have access. Individual subscription available at introductory charge of £10\* per year. (\*inclusive of UK VAT)

myRDF  
Already have an account?  
Log in

Subscribe now

## Other Information

### Finance

Your studentship has been awarded for a period of 3.5 years, for the period 1 October 2016 to 31 March 2020 (unless an exceptional extension has been granted by the Management Board, in advance of the project starting). The studentship includes tuition fees, which are paid direct to your home institution; a stipend in line with RCUK recommendations which is paid to you directly through your home institution; and a travel and conference and Research and Training Support Grant (RTSG) to support your research (such as consumables, fieldwork) and training needs (e.g. workshops, conferences, travel to DTP cohort activities), which will be released through your supervisory team at your home institution. Note that the RTSG differs from student to student in line with the expected needs of the project, for example, 'wet lab' projects (which involve substantial laboratory work) will usually attract a greater RTSG than 'dry lab' projects which may be predominantly desk based.

There will be a further opportunity to bid for funding, led by your supervisor, to fund exceptional activities which have not been covered in your initial grant, such as internships/placements, extensions to the project, broadening horizons activity or exceptional training opportunities as projects and students' interests develop (e.g. travel to an international laboratory for collaboration or learning techniques, a public engagement activity, or a taught course). Note that this is a competitive bidding process and not a guaranteed pot of funds.

As a DTP student, you are expected to monitor your budgets in liaison with your supervisor. If you underspend the RTSG budget in your first year, this can be carried over into the following years of your PhD. Similarly, if you need to draw down funds from the following year to meet an exceptional need, this can be arranged through your supervisor.

Please also note that there are many additional sources of funding, usually in the form of bursaries, to help you attend conferences and courses. These are often provided by professional societies and they will require you to prepare and submit an application for funding.

### Student representation

As part of the DTP there is the opportunity to act as a student representative. Each institution will have 1-2 student representatives to represent the interests of the Research Theme students and wider cohort. They will also be expected to develop a feeling of community and cohesion within the cohort, both by organising physical events and establishing a digital network. Student representatives will be invited to provide feedback to the Management Board about ideas, issues and concerns on behalf of their fellow students. They may also be invited to assist in the recruitment process for future cohorts.

### Disability

Your lead supervisor is the first point of contact for any disability issues. They will also provide you with details of the relevant disability representative within your institution who you can contact for further information about disability matters. Alternatively, information can be found on the relevant institutional websites:

Bath: <http://www.bath.ac.uk/groups/disability-service/>

Bristol: <http://www.bristol.ac.uk/disability-services/>

Cardiff: <https://intranet.cardiff.ac.uk/students/support-and-services/disability-and-dyslexia>

Exeter: <http://www.exeter.ac.uk/wellbeing/accessability/>

Please be aware that the MRC will also provide a disabled students allowance. If you think you may be eligible, please contact your local postgraduate team.

## **Sharing of data**

You will be aware that the doctoral training programme you are undertaking may include collaboration between the GW4 universities, research organisations and other partners (including the MRC). As a result we may need to share information about you, which may include personal data with those partners.

Your personal data is processed in accordance with the Data Protection Act 1998. Cardiff University will remain a data controller for the personal data it holds, and other universities, research organisations and/or partners may also become data controllers for the relevant personal data they receive a result of their participation with the collaborative programme of doctoral training. The processing and storage of your personal data may occur outside of the EEA.

Further information can be found on your registered University's data protection webpages. If you have any queries or concerns about the use of your personal data during your time as a student, please contact your local data protection team.

Further information about how MRC may share your data can be found in the RCUK Terms and Conditions of Training Grant.

## **Acknowledgements**

As you are in receipt of a MRC-funded studentship, please ensure that you acknowledge MRC and GW4 BioMed DTP support on all publications, presentations, exhibitions, press announcements and other similar events. If you wish to use logos, for example on posters or in talks, the MRC logo can be downloaded from the MRC website (<http://www.mrc.ac.uk/about/information-standards/mrc-brand-guidelines/>) and the GW4 BioMed MRC DTP logo is available on the DTP website.

## **Photographs**

During cohort activities, photographs will be taken which may be used for publicity purposes for the DTP, for example on the GW4 BioMed DTP website, leaflets and posters. If you do not wish to give permission, please inform the photographer at the time.

## **Appendix 1: Statements of Expectations**

### **RCUK – Statement of Expectations for Postgraduate Training (Extract)**

Full text available at <http://www.rcuk.ac.uk/documents/skills/statementofexpectation-pdf/>

The Research Councils' ambitions are to continue to develop highly skilled researchers to achieve impact across the whole economy, as well as developing the next generation of researchers to maintain national capability. Research Councils support PhD training through a number of mechanisms; however the principles set out below apply to all students irrespective of mechanism.

- Students should be actively involved in managing and directing their research project and training, taking advice from their supervisor.
- Students will be expected to develop the higher-level capabilities as outlined in the Researcher Development Statement.
- Where students get the opportunity to work in a non-academic environment, they should maximise the opportunity by seeking to understand the role of research within the organisation and the wider context

Further information about the Statement and the associated Researcher Development Framework (including a self-assessment and planning tool for students) is available at the Vitae website. Information and advice on researchers' professional and career development can be found on the Vitae website.

Revised June 2016

### **GW4 BioMed MRC Doctoral Training Partnership's Expectations of Students**

The MRC-funded GW4 BioMed MRC Doctoral Training Partnership (DTP) studentship you have been offered is part of a programme that trains postgraduate students in world-class biomedical science across the universities of Bath, Bristol, Cardiff and Exeter.

By accepting your offer of a GW4 BioMed MRC DTP studentship, you have agreed to abide by:

- the programme requirements as described in this Handbook
- the terms and conditions of the funder (MRC)
- the RCUK Terms and Conditions of training grants and training grant guide
- by the regulations and code of practice of your home institution for the duration of your doctoral studies and accept the jurisdiction of the Senate:

and

- submit your thesis within 3.5 years of starting the programme
- attend DTP cohort activities when expected and to alert the DTP Administrative Hub (GW4BioMed@cardiff.ac.uk) as soon as possible if you are unable to attend
- monitor your studentship budgets in liaison with your supervisor.

Please note, research across the GW4BioMed MRC DTP is diverse and addresses biomedical issues at a wide range of levels. You are expected to respect the differing research approaches and techniques used by colleagues and to behave in a considerate and professional manner at all times in your dealings with one another. Healthy debate of research approaches and outcomes is a normal part of research and is welcomed. However, such discussions should always be conducted with respect for colleagues, acknowledging the validity of the diversity of views and approaches that can be expected in a broad programme of this type.

## Appendix 2: Information for travelling between institutions

Note: Times stated below are approximations.

### University of Bath (BA2 7AY)

Campus map: <http://www.bath.ac.uk/travel-advice/pdf/campus-flat-map-with-key.pdf>

	Duration of journey	Frequency	Cost	Other notes
<b>Walking</b>	45 minutes from Bath Spa			Long uphill walk
<b>Train</b>				Main train station is Bath Spa.
<b>Bus</b>	15 minutes	Approximately every 10 minutes from Bath Spa		As a couple of different bus companies operate buses to campus, be aware that if you purchase a return or all-day bus ticket on one of the services, you can only use this ticket on a bus from the same company on the way back to the city centre. <i>The 18 service is run by First Bus, whereas the U18, X18 and U10 are run by Wessex Uniconnect.</i>
<b>Car</b>			£1/hr up to 6 hours	

### Medical Treatment

NHS walk-in centre: Royal United Hospital (BA1 3NG).

Telephone: 01225 428331

From the bus station (just up the road from Bath Spa train station), get the **service 14 towards Weston** which will stop just outside RUH reception (journey time about 14 minutes).

### University of Bristol (BS8 1TH)

Campus map: <http://www.bristol.ac.uk/maps/google/>

	Duration of journey	Frequency	Cost	Other notes
<b>Walking</b>		30 minutes from Bristol		Terrain is a mixture of flat and uphill
<b>Train</b>				Main train station is Bristol Temple Meads
<b>Bus</b>	20-30 minutes	Every 10 minutes	Single £1.50/return £3.00 (Discount with a NUS card).	☑ Take <b>Service 9</b> to the University and <b>Service 8</b> to Bristol Temple Meads. Bus stops are on the right as you head out of the station and drops you off outside the Hawthorns on campus.

				☑ Park and Ride services available.
Car		Most parking is permit-only or pay and display.	☑ Visit the Bristol City Council website for information about public car parks. ☑ JustPark can be used to reserve a parking space in certain locations where people have rented out spaces on driveways or in private car parks, starting from £5 a day.	

### Medical Treatment

Urgent medical attention is available at the Bristol Royal Infirmary (BS2 8HW) – 10 minute walk from campus.

NHS walk-in clinic: Boots in Bristol city centre (BS1 3EA) - 15 minute walk from campus

Opening times: 8am-8pm Monday to Saturday, 11am-5pm on Sunday.

### Cardiff University (CF10 3XQ)

Campus map: <http://www.cardiff.ac.uk/visit/map>

	Duration of journey	Frequency	Cost	Other notes
<b>Walking</b>	15 minutes from Cardiff Central			
<b>Train</b>		5-10 minutes (5:30am-11.30pm)	A single ticket is £2.20, return is £3.10	You can either walk from Cardiff Central (~15 minutes) or take the connecting train that takes you to Cathays.
<b>Car</b>			At University it is limited: £3.50 for five hours in short stay areas, and £5 in long stay areas	Tariffs vary - Dumfries Place (CF10 3FN) and North Road (CF10 3DY) are the most convenient: Dumfries Place parking is £19 for more than 4 hours whereas North Road is £5.20 for all-day parking Visit Cardiff's city council website for details about other public car parks

### Medical Treatment

NHS walk-in centre: Cardiff Royal Infirmary (CF24 0SZ) - 15 minute walk from campus.

Telephone: 029 2049 2233

University of Exeter (EX4 4QJ)

Campus map: <http://www.exeter.ac.uk/visit/directions/streathammap/>

	Duration of journey	Frequency	Cost	Other notes
<b>Walking</b>	15-20 minutes from Exeter St. David's			
<b>Train</b>				The closest train station is Exeter St. David's.
<b>Car</b>		Parking very limited and mostly restricted to members of staff.		Information about public car parks in the city centre can be found on the Exeter City Council website
<b>Bus</b>	15 minutes	Every 15-30 minutes (5:40am - 11pm)		Take the <b>H bus route</b> :

#### Medical Treatment

NHS walk-in centre: Sidwell Street (EX4 6NN) - 15 minute walk from campus.

Opening hours: 8am-4pm Monday-Saturday, and 10am-4pm Sunday.

Telephone: 01392 276892