

# Council 2010

**International Federation** for Home Economics



## **Final Announcement**

Sunday 18th - Friday 23rd July 2010 St. Angela's College, Sligo, Ireland



in conjunction with **INTERNATIONAL FEDERATION FOR HOME ECONOMICS** 













sponsored by





#### Information at a Glance

#### IFHE Council 2010, Ireland - 18th - 23rd July 2010

#### Venue

The IFHE Council 2010 conference will be held at St Angela's College, Lough Gill, Sligo, Ireland, which is located 4 km from Sligo city. This beautiful campus is surrounded by attractive landscaped gardens and set on the lake shore of Lough Gill. For further information on St Angela's College please see the college website at **www.stangelas.nuigalway.ie** 

#### **Sponsor**

#### **Good4U Food and Drink Company**

Good4U is a family owned Health Food Company. What sets Good4U apart is its unique range of functional foods including Sprouted Seeds and Roasted Seed Snacks and Ingredients.

In 2004 Prof. Ian Rowlands of the University of Ulster had research published on Good4U's core line Brocco Shoots. Good4U has major plans to expand into European markets with a range of new and exciting products. For more information please log on to www.good4u.ie

#### Registration

Registration for the council and conference should be made using the official registration form included in this brochure or preferably by logging on to **www.ifhe2010.com.**If you complete the attached registration form, it should be returned by mail to:

**Fiona McGarry**, Conference Partners Ltd. 2nd Floor, Heritage House, Dundrum Office Park, Dundrum, Dublin 14, Ireland

	By 09/04/10	From 10/04/10
Full Delegates	€390.00	€475.00
Student**	€230.00	€250.00

\*\*Proof of student status must be provided by relevant institution on headed paper

#### **Payments**

All payments should be in Euros and made payable to Conference Partners Ltd. Payments can be made using Visa, MasterCard, Bank Draft & Bank Transfer

#### **Cancellation Policies**

#### **Registration Fee Cancellation**

Before 9th April 2010 Full Refund
On or After 10th April 2010 75% Refund
On or After 28th May 2010 No Refund

#### **Accommodation Cancellation**

On or Before 28th May 2010 Full Refund

On or After 29th May 2010 2 nights' accommodation charged

#### **Deadlines**

Closing date for submission of oral

and poster abstracts 1st December 2009

Notification of acceptance

of abstracts 15th February 2010

End of Early Registration 9th April 2010

**Late Registration** 10th April 2010



#### **Trade Exhibition**

A trade exhibition will run for the whole week of the council in parallel with the conference sessions. For more information on exhibiting please contact **Triona@conferencepartners.ie** 

#### **Access to Sligo**

There is a regional airport in Sligo with daily connections to Dublin please see **www.sligoairport.com** for more information. The airport is approximately a 15 minute drive from Sligo town.

Ireland West Airport Knock is the closest international airport to Sligo and is connected by a public bus service. It is approximately one hour from the Council venue. For more information, please go to www.irelandwestairport.com.

Dublin International airport is accessed directly by over 114 major international airports **www.dublinairport.com**.

There are trains from Dublin's Connolly Station to Sligo every two hours **www.irishrail.ie**. Sligo is also serviced by a network of bus routes, for further information & timetables please see **www.buseireann.ie**.

#### **Council Organisers**

# For information on registration fees, accommodation and social events please contact

Conference Partners Ltd, IFHE 2010, 2nd Floor, Heritage House, Dundrum Office Park, Dunrum, Dublin 14, Ireland. Tel: +353 1 296 9397 Fax: +353 1 296 8678

Email: fiona@conferencepartners.ie Web: www.conferencepartners.ie

# For information on submission of oral presentations, posters and programme please contact:

Amanda McCloat, Home Economics Dept., St. Angela's College, Sligo, Ireland. Tel: +353 71 9135 669 Email: amccloat@stangelas.nuigalway.ie

#### **Council 2010 Website**

www.ifhe2010.com

#### **Accommodation**

A limited number of rooms at special discounted rates have been negotiated for delegates. Early booking is essential. Please refer to page 4.



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#### Invitation to the IFHE Council 2010



"Vision 2020: Home Economics, Changing Perspectives in a Changing Environment" 18 - 23 July 2010 St. Angela's College, Sligo, Ireland

#### **Dear IFHE Members, Home Economists and Professionals**

On behalf of the IFHE Executive Committee and the IFHE Council 2010 Organising Committee, we would like to extend a warm invitation to all Home Economists and interested persons around the world to attend the International Federation of Home Economics (IFHE) Council Meeting, in Sligo in the beautiful North West of Ireland.

It will be an exciting time where we as an international community will be able:

- To network among professionals from across the globe
- To promote the recognition of the field of Home Economics
- To create an awareness for the importance of the field for everyday life
- To share and discuss research, developments, challenges and perspectives in the fields of home economics, families and a sustainable future.

One special highlight will be the Conference Day with the focus "Vision 2020: Home Economics, Changing Perspectives in a Changing Environment" where well-known international experts will present their perspectives. In Tuesday afternoons' sessions, IFHE members will present and discuss current research, professional experiences and best practices in the field. While attending to the important business of The Council, which is to define and strengthen the working programme of IFHE, we invite you to enjoy the magnificent country of Ireland and in particular Sligo and the North West region.

We look forward to welcoming you in July 2010.



**Dr. Geraldene Hodelin**IFHE President

Oh Ilmac



Ursula OBhoa



Smanda NC Clost

Ursula O'Shea & Amanda McCloat
Chairpersons of IFHE Council 2010 Organising Committee

## **Organising Committee**

### **Local Organising Committee**

#### **Chairperson:**

Ms. Ursula O'Shea, Home Economics Department, St Angela's College Email: uoshea@stangelas.nuigalway.ie

#### Co-Chair:

Ms. Amanda McCloat, Home Economics Department, St. Angela's College Email: amccloat@stangelas.nuigalway.ie

#### **Official Secretary:**

**Ms.** Helen Maguire, Home Economics Department, St. Angela's College

#### **Treasurer:**

Ms. Anne Beades

## **Keynote Speakers**



#### Dr. Kate Fletcher

Dr. Kate Fletcher is a Reader in Sustainable Fashion at London College of Fashion. She has helped develop the concept of 'slow fashion' and has championed innovative approaches to developing sustainable fashion products and services.

#### **Prof. Martin Caraher**

Prof. Martin Caraher is the Associate Dean/Reader in Food and Health Policy at City University, London. He has worked extensively on issues related to food poverty, cooking skills, local sustainable food supplies, the role of markets and co-ops in promoting health, farmers markets, food deserts & food access, retail concentration and globalisation.

#### Dr. Dympna Devine

Dr. Dympna Devine is a senior lecturer in the School of Education, University College Dublin. She has published nationally and internationally in the areas of Childhood Studies and Children's Welfare; Migration, Ethnicity and Schooling; Gender and Education Management and School Effectiveness and Improvement.

## Registration

Before 09th A	pril 2010	After 10th April 2010

 Full Delegates
 €390.00
 €475.00

 Student\*\*
 €230.00
 €250.00

### **IFHE Council 2010 Full Registration Fee includes:**

- Entry to all programme committees, council \* and conference sessions
- Access to trade exhibits and poster displays
- Morning and afternoon refreshments each day
- Lunch on each day of the council and conference
- Conference Materials including Programme with the Book of Abstracts
- Limited transport to and from the venue (from council accommodation only) each day

#### **Accompanying Persons**

Accompanying persons are welcome to attend any of the tours on offer. However, they are not permitted to attend any of the programme sessions.

#### **Registration Fee Cancellation Policy**

Before 9th April 2010 Full Refund
On or After 10th April 2010 75% Refund

On or After 28th May 2010 No Refund Money will not be refunded until after the conference

#### **Special Requirements**

If you have any special dietary requirements, need special accommodation or need to provide our staff with emergency contact information, please submit your request on the registration form.

#### Call for Oral Presentations & Posters

#### **Guidelines for submitting an abstract**

Please refer to the conference website: www.ifhe2010.com Final confirmation of oral and poster presentations is only upon receipt of registration fees.

### Please note the following critical dates:

Closing date for submission of Abstracts1st December 2009Notification of acceptance of contributions15th February 2010End of early registration9th April 2010

<sup>\*\*</sup>Proof of student status must be provided by relevant institution on headed paper

<sup>\*</sup> IFHE Delegates with the right to vote will have to pay an additional Council fee of €50. The Council fee should be paid directly to the IFHE office via credit card online or cash at the Council Meeting in Sligo.

## Sunday 18th July 2010

#### **Welcome Reception:**



The official welcome reception will take place in St Angela's College. This evening will provide an opportunity for delegates to meet in a relaxed environment and catch up with old friends. **Cost:** €15

## **Tuesday 20th July**

#### **Gala Dinner:**



The Gala Dinner will be held in the Sligo Park Hotel. This evening begins with a drinks reception, followed by sumptuous food and an exciting entertainment programme.

Cost: €65.00 includes pre-dinner drinks, four course meal, wine with your meal, entertainment and return transportation after dinner for those in council accommodation only.

### **Friday 23rd July**

#### **Civic Reception**

A drinks reception hosted by the Mayor in Sligo City Hall. This reception is only open to members of the IFHE Executive Committee & the IFHE Council 2010 organising committee.

#### **Optional Tours** (during the conference)



For a relatively small island, Ireland offers a large variety of entertainment, scenery and culture. The social programme we have drawn up offers delegates and accompanying persons the opportunity to sample the atmosphere and hospitality for which Ireland is famous worldwide.

## **Accommodation**



Special council rates have been negotiated with the following hotels, delegates can choose which accommodation they would like to book on their registration form. Accommodation is available across a wide range of price categories. You can avail of

- Self Catering Accommodation
- · Hotels in Sligo town centre

## **Self Catering Accommodation:**

#### **Clarion Holiday Village**

Clarion Holiday Village is the wonderful 3 star self catering village situated on the edge of Sligo town. It is in situated close to the Clarion Hotel with its Restaurant and bar. it offers great value for money in any type of accommodation to suit your budget. A typical apartment comprises Kitchen/Dining/Living Room/Bedrooms, Cooker, Fridge Freezer, Microwave Iron & Ironing Board, Multi Channel T.V. with Remote Control.

Room Type: Single En-suite Rooms with shared facilities

#### **Yeats Village**

Yeats Village comprise of 27 self-catering houses and 130 Apartments in a gated village setting, with large greens to relax in. The complex is only 10 minutes walk from vibrant Sligo town. It offers great value for money in any type of accommodation to suit your budget. Apartments comprise of kitchen/dining/living room. Cooker, fridge, freezer, microwave iron & ironing board & multi channel TV.

Room Type: Single En-suite Rooms with shared facilities.

#### **Hotel Accommodation:**

#### Sligo Park Hotel - 4 Star

This four star hotel is located on the edge of Sligo and is also the venue for the Gala Dinner. This is a landmark hotel in Sligo, the Hazelwood Restaurant is popular with locals. Guest rooms are all en-suite, have tea/coffee making facilities, hair dryer, wifi and TV. All guests have access to the leisure centre.

Room Types: Single, Twin, Double Rooms.

## **Clarion Hotel – 4 Star**

This new redesigned four star hotel exudes classic contempary style with Elizabethan façade. It is located in Sligo on the Atlantic coast. All rooms are en-suite with minibar, 24 hour room service, digital TV, tea/coffee making facilities and all guests have access to the Sanovitae Leisure Centre and Essence Spa.

Room Types: Single, Twin, Double Rooms.

#### **Accommodation Cancellation Policy**

Full refund before 28th May, 2 nights will be charged for any cancellations after this date.

## **Programme Time Table**

Time	Sunday July 18	Monday July 19	Tuesday July 20	Wednesday July 21	Thursday July 22	Friday July23
08:30			Registration			
09:00	Executive Committee	IFHE Council	IFHE Conference Day	IFHE Council	Regional Meetings	Academic Excursion
10:00	Meeting		Vision 2020:		IFHE Council	
11:00	Programme		Home Economics, Changing Perspectives			
12:00	Committees Meetings		in a Changing Environment			
13:00	Lunch	Lunch	Lunch	Lunch	Lunch EC Meeting	
14:00	Executive Committees	Council Committees	Conference Sessions:	Technical Excursion	IFHE Council	
15:00	Meeting Programme	Meetings	- Sustainability - Globalisation - Interculturalism			
16:00	Committees Meetings		mereurearansm			
17:00					Executive	
18:00	Welcome Reception				Committee Meeting	
19:00	,		Gala Dinner		Civic Reception	
					Executive Committee	

## **IFHE Council Tours**

Date	Full or Half Day	Type of Tour	Cost
Thurs.15 <sup>th</sup> – Sat. 17 <sup>th</sup> July	3 Day / 2 Night	Pre Tour: Dublin-Kilkenny	€495.00 sharing
Thurs.15 <sup>th</sup> – Sat. 17 <sup>th</sup> July	3 Day / 2 Night	Pre Tour: Shannon-Limerick-Galway	€535.00 sharing
Thurs.15 <sup>th</sup> – Fri. 23 <sup>rd</sup> July	9 Day / 8 Night	Pre Tour & Accommodation: For Young Professional Network (YPN)*	€200.00
Friday 16 <sup>th</sup> July	Full Day	Pre Tour: 1. Yeats Country Tour 2. Ancient Ireland	€41.50 €50.00
Saturday 17 <sup>th</sup> July	Full Day	Pre Tour: 1. Yeats Country Tour 2. Ancient Ireland	€41.50 €50.00
Monday 19 <sup>th</sup> July	Half Day	Accompanying Persons: 1. Afternoon walking tour of Sligo 2. Wellness Tour & Seaweed Baths	€22.00 €46.00
Tuesday 20 <sup>th</sup> July	Half Day	Accompanying Persons: Wellness Tour & Seaweed Baths	€46.00
Tuesday 20 <sup>th</sup> July	Full Day	Accompanying Persons: Community Attractions Tour	€41.50
Wednesday 21st July	Half Day	Technical Excursion: 1. Living Craft Tour 2. Organic Centre Tour	€34.00 €20.00
Thursday 22 <sup>nd</sup> July	Half Day	Accompanying Persons: Afternoon Cruise on Lough Gill and tour of Parkes Castle	€26.00
Friday 23 <sup>rd</sup> July	Full Day	Academic Excursion: Excursion to Donegal, Magee's Textiles and Salthill Gardens	€50.00
Friday 23 <sup>rd</sup> July	Half Day	Academic Excursion: Excursion to Prosper Fingal Training Service, Seatown Road, Swords, Co. Dublin	€46.00
Saturday 24 <sup>th</sup> July	Full Day	Post Tour: Landscapes & Legends Tour	€41.50
Sat. 24 <sup>th</sup> – Mon. 26 <sup>th</sup> July	3 Day / 2 Night	Post Tour: Sligo-Northern Ireland-Dublin	€410.00 sharing

These tours are subject to availability and based on minimum numbers.

All tours, **except** the Young Professional Network (YPN) tour can be booked through the online registration form.

**Aisling Ryan** e-mail: niriainaisling@gmail.com phone: 00353 (0) 863757022 Daniel Walsh email: dwirl@hotmail.com phone: 0044 (0) 7947943065

<sup>\*</sup>To book the YPN tour, please contact:

## **Registration Form - Part 1**



## **Registration Details**

Surname		Prof.		Prof./Dr	/Mr/Ms	5
Name of Organisation (to	appear on name-badge)					
Address for corresponden	ce					
City	Postal Code		Country			
Contact Numbers: Teleph	one Number	Fax n	number			
E-mail						
Dietary Requirements (ple	ase specify)					
Section A - Registrat	ion Fees					
	Before 09th April 2010	After 10th April 2	010			
Full Delegates	€390.00	€475.00				
_	€230.00	€250.00	_			
**Proof of student status r	nust be provided by relevant institu	ution on headed p	aper	Total	<b>A:</b>	€
Section B - Social Pro	ogramme & Tours					
	☐ Welcome Reception					al: €
Sunday 18th July Tuesday 20th July Friday 23rd July	<u></u>	€65.00 x rganising commit	No. of t	ickets	= Tot	al: €
Sunday 18th July Tuesday 20th July Friday 23rd July	☐ Welcome Reception ☐ Gala Dinner in Sligo Park Hotel ☐ Civic Reception (executive & or	€65.00 x rganising commit	No. of t	ickets	= Tot	al: €
Sunday 18th July Tuesday 20th July Friday 23rd July <b>Daily Excursions</b> (please	☐ Welcome Reception ☐ Gala Dinner in Sligo Park Hotel ☐ Civic Reception (executive & or	€65.00 x rganising commit	No. of t	ickets Attendi	= <b>Tot</b> ng: □	<b>al:</b> € Yes □ No
Sunday 18th July Tuesday 20th July Friday 23rd July  Daily Excursions (please	☐ Welcome Reception ☐ Gala Dinner in Sligo Park Hotel ☐ Civic Reception (executive & or cick the box) –please website for full	€65.00 x rganising commit rther details	No. of t	ickets Attendi Yes	= Tot	<b>al:</b> € Yes □ No
Sunday 18th July Tuesday 20th July Friday 23rd July  Daily Excursions (please  Date  Thurs 15th – Sat 17th July	☐ Welcome Reception ☐ Gala Dinner in Sligo Park Hotel ☐ Civic Reception (executive & or  cick the box) –please website for full  Item  Pre-Tour: Dublin-Kilkenny	€65.00 x rganising commit rther details	No. of total control	Attendi	= Tot	<b>al:</b> € Yes □ No
Sunday 18th July Tuesday 20th July Friday 23rd July  Daily Excursions (please  Date  Thurs 15th – Sat 17th July Thurs 15th – Sat 17th July	☐ Welcome Reception ☐ Gala Dinner in Sligo Park Hotel ☐ Civic Reception (executive & or cick the box) –please website for full ltem ☐ Pre-Tour: Dublin-Kilkenny ☐ Pre-Tour: Shannon-Limerick-Galw ☐ Pre-Tour: 1) Yeats Country Tour or	€65.00 x rganising commit rther details	Cost €495.00 €535.00 1) €41.50	Yes	= Tot ng: □	<b>al:</b> € Yes □ No
Sunday 18th July Tuesday 20th July Friday 23rd July  Daily Excursions (please  Date  Thurs 15th – Sat 17th July Thurs 15th – Sat 17th July Friday 16th July	□ Welcome Reception □ Gala Dinner in Sligo Park Hotel □ Civic Reception (executive & oritick the box) –please website for full ltem □ Pre-Tour: Dublin-Kilkenny □ Pre-Tour: Shannon-Limerick-Galw □ Pre-Tour: 1) Yeats Country Tour or 2) Ancient Ireland □ Pre-Tour: 1) Yeats Country Tour or	€65.00 x rganising commit rther details ray	Cost €495.00 €535.00 1) €41.50 2) €50.00 1) €41.50	Yes	No	<b>al:</b> € Yes □ No
Sunday 18th July Tuesday 20th July Friday 23rd July  Daily Excursions (please  Date Thurs 15th – Sat 17th July Thurs 15th – Sat 17th July Friday 16th July  Saturday17th July	□ Welcome Reception □ Gala Dinner in Sligo Park Hotel □ Civic Reception (executive & oretick the box) –please website for full litem □ Pre-Tour: Dublin-Kilkenny □ Pre-Tour: Shannon- Limerick- Galw □ Pre-Tour: 1) Yeats Country Tour or 2) Ancient Ireland □ Pre-Tour: 1) Yeats Country Tour or 2) Ancient Ireland □ Technical Excursion: 1) Living Craft	€65.00 x rganising commit rther details ray Tour or ntre Tour	Cost €495.00 €535.00 1) €41.50 2) €50.00 1) €34.00	Yes	No	<b>al:</b> € Yes □ No
Sunday 18th July Tuesday 20th July Friday 23rd July  Daily Excursions (please  Date Thurs 15th – Sat 17th July Thurs 15th – Sat 17th July Friday 16th July  Saturday17th July  Wednesday 21st July	□ Welcome Reception □ Gala Dinner in Sligo Park Hotel □ Civic Reception (executive & oritick the box) –please website for furtilities.  Item □ Pre-Tour: Dublin-Kilkenny □ Pre-Tour: Shannon- Limerick- Galw □ Pre-Tour: 1) Yeats Country Tour or 2) Ancient Ireland □ Pre-Tour: 1) Yeats Country Tour or 2) Ancient Ireland □ Technical Excursion: 1) Living Craft 2) Organic Cell	€65.00 x rganising commit rther details ray Tour or ntre Tour Donegal, Magee's	Cost €495.00 €535.00 1) €41.50 2) €50.00 1) €41.50 2) €50.00 1) €34.00 2) €20.00	Yes	No CCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCC	<b>al:</b> € Yes □ No
Sunday 18th July Tuesday 20th July Friday 23rd July  Daily Excursions (please of the second of the s	□ Welcome Reception □ Gala Dinner in Sligo Park Hotel □ Civic Reception (executive & oretick the box) –please website for furtick the box) –please website for	€65.00 x rganising commit rther details ray Tour or ntre Tour Donegal, Magee's Prosper pad, Swords, Co.	Cost €495.00 €535.00 1) €41.50 2) €50.00 1) €34.00 2) €20.00 €50.00	Yes	No	<b>al:</b> € Yes □ No

Only one delegate per form. Please type or use black ink in block letters. Provide full name not initials

## **Accompanying Persons Programme** – Details on website

Date	Item	Cost	Yes	No	No. of Tickets
Monday 19th July	Half Day Tour: 1) Afternoon walking Tour of Sligo or 2) Wellness Tour & Seaweed Baths	1) €22.00 2) €46.00			
Tuesday 20th July	Half Day Tour: Wellness Tour & Seaweed baths	€46.00			
Tuesday 20th July	Full Day Tour: Community Attractions Tour	€41.50			
Thursday 22nd July	Half Day Tour: Afternoon Cruise on Lough Gill & Tour of Parkes Castle	€26.00			

<b>Total B: €</b>
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**Accommodation Option** 

Clarion Holiday Village



**Double / Twin Room** 

N/A

## **Section C - Accommodation**

A limited number of rooms at special discounted rates have been negotiated for delegates. Early booking is essential. Please refer to website for details on accommodation.

**Single Room** 

€35

Yeats Village- Student Accommodation	€35			N/A
Sligo Park Hotel 4*	€104 B&B			€115 B&B
The Clarion Hotel Sligo 4*	€99 B&B			€125 B&B
Please note: The self catering accommodation compr	ises of a single en-s	suite room and shared f	facilities.	
Arrive date// Departure date _	// No	o of nights	Single room(s	) Double room(s)
Special Requests				
Name of person(s) sharing if applicable				
Please indicate whether the person(s) shari			□ an acco	mpanying person
Please list three choices of Accommodation	in order of pre	ference		
1st Choice	•			
3rd Choice				
oru Choice	€		migni x num	
Dovimoné				<b>TOTAL C:</b> €
Payment				
	cial Activities		eg. Fees	
Section A Section	n B	Section	on C	<b>Grand Total</b>
+		+		= €
ference Partners Ltd. Upon receipt of paym will be processed at the exchange rate of the card merchant.  My method of payment is as follows: selections are part of the card merchant.	ne day of the tra	ansaction, and con	verted to your l	nome currency by your credit
<ul><li>A) Bank Draft/Cheque or Bank Transfer for €</li><li>B) Credit card to be charged: □ Visa</li></ul>		e payable to: Conा Mastercard	erence Partners	
Credit card to be charged:   VISA		iviastercalU		
Name of cardholder			Expiry Date _	_//
Card Number			CVV	
Signature			Date/	/
Cancellation Policy on Registration Fees:		Cancellation I	Policy on Acco	mmodation:
On or before 9th April 2010 full refur		On or Before 2		Full Refund;
On or after 10th April 2010 75% refu	ınd	On or After 29	th May	2 nights' accommodation
On or after 28th May 2010 No Refu	nd			will be charged.
Cancellations must be made in writing to the Conference Partners Ltd. IFHE 2010, 2nd Flo			ice Park, Dublir	n 14, Ireland

## **Returning the Form**

Please complete and return to

Conference Partners Ltd. IFHE 2010. 2nd Floor, Heritage House, Dundrum Office Park, Dundrum, Dublin 14, Ireland.

Ph: +353 1 296 9397 Fax: +353 1 296 8678 Email: Fiona@conferencepartners.ie

Reservations will not be made until full payment has been received

#### **General Information**

#### Ireland

Ireland is an island on the north western edge of Europe. It is 486 kilometres long and 275 kilometres wide. Ireland has 3,172 kilometres of coastline – the longest coastline per head of population in Europe. The Republic of Ireland occupies three-quarters of the island and its capital city is Dublin. Ireland, with its beautiful scenery, offers a range of attractions to the tourist including ancient archaeological sites and monuments, a variety of sporting activities such as fishing, riding and golf, as well as traditional dancing and music.

#### **Population**

5.5 million, over 1.5 million live in Dublin.

#### Sligo

Sligo is the largest town in the north west of Ireland and is a unique conference destination for IFHE Council 2010 conference. With the dramatic backdrop of Benbulben, glimmering beaches, rolling green hills, magical woodlands, excellent leisure activities, water sports, fishing and golf. Sligo is steeped in culture and at nearly every turn you'll spot a view or a place name that appears in the poems of WB Yeats. The Atlantic Ocean is Sligo's dramatic backdrop where one can surf or sail.

Sligo town is an attractive town with excellent bars and restaurants, theatres, art galleries and delicatessens. Sligo's heritage goes back over 6000 years.

#### **Climate**

Ireland enjoys a temperate climate with mild winters and relatively cool summers. Mean daily temperature in June and July is 18 C. Dublin enjoys reasonable sunshine and rain belts reaching the east coast are frequently light and generally clear quickly. However it is always wise when travelling to Ireland to pack a rain mac or umbrella.

#### **Documentation**

Everyone entering Ireland must have a valid passport, or in the case of European Union Member States, a national identity card. Visas are required for some countries. Delegates should check with their local Irish representation. A valid driving license is required to drive in Ireland.

Please note that it can take up to 8 weeks to process a visa application and early application is recommended. The Council Organising Committee, or its agents, cannot accept any responsibility for visa applications. Where a delegate is unable to attend because of failure to obtain a visa on time, the normal cancellation policy for registration fee will apply. Please contact fiona@conferencepartners.ie if you require a letter of invitation for your visa application.

#### **Shopping**

Sligo Town is the biggest shopping centre in the North West of Ireland and is growing apace. The many original and traditional shop facades mix with new shopping centre developments. There are clothes of every description from Irish and designer labels to high street fashion, books, jewellery, arts & crafts, sport goods, specialist food shops, garden centres, and flower shops.



#### Insurance

The Conference Organising

Committee or its agents, will not be responsible for any medical expenses, loss or accidents incurred during the congress. Delegates are strongly advised to arrange their own personal insurance to cover medical and other expenses including accident or loss. Where a delegate has to cancel for medical reasons, the normal cancellation policy will apply. It is recommended that citizens from EU countries bring with them a current EHIC card.

#### **Tax Refunds**

Value Added Tax (VAT) is charged at 21,5% on most goods. Cash back is the simplest and most widely used VAT refund service that issues cash refunds on departure for a handling fee. Ask for a cash back form when you make your purchase.

#### **Tipping**

A small tip is appreciated for good service. Tipping is not usual in pubs and bars. Tip cabs 10% and porters 60c per bag.

#### Currency

The currency in Ireland is the Euro.

#### **Credit Cards**

Major credit cards are widely accepted.

### **Smoking Policy**

Under Irish law smoking is not permitted in pubs, restaurants, hotel lobbies and all enclosed public buildings.

#### **Electricity**

220 volts

#### **Time**

From March to October, Ireland operates on Greenwich Mean Time + 1 hour.

#### **What to Pack**

Include jeans and casual wear. Jacket and tie for fine dining. Rainwear and comfortable shoes are advised. For further information please see the conference website www.ifhe2010.com

#### **Further Information**

For general information on accommodation & registration, please contact:

Fiona McGarry, Conference Partners Ltd., IFHE 2010, 2nd Floor, Heritage House, Dundrum Office Park Dunrum, Dublin 14, Ireland.

Tel: +353 1 296 7252 Fax: +353 1 296 8678

Email: fiona@conferencepartners.ie

or Triona Dillon

Tel: +353 1 296 9391 Fax: +353 1 296 8678 Email: triona@conferencepartners.ie

# For information on submission of papers and scientific programme, please contact:

Amanda McCloat, Home Economics Dept., St. Angela's College, Sligo, Ireland Email: amccloat@stangelas.nuigalway.ie

Tel: +353 71 9135 669