

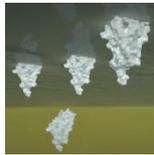
Topical Research Meeting on Physical Principles of Biological and Active Systems

6–7 January 2016

University of Edinburgh, Edinburgh, UK

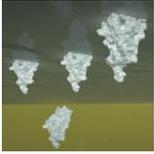
<http://ppbio.iopconfs.org>





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Topical Research Meeting on Physical Principles of Biological and Active Systems

Contact information

If you have any questions, please contact the conferences team by telephone or email. There will be at least two IOP representatives on-site throughout the conference.

Joanne Hemstock
Conferences Organiser - Institute of Physics
E-mail: joanne.hemstock@iop.org
Direct tel: +44 (0)20 7470 4890
Mobile: +44 (0)7884 268232

Conferences team
E-mail: conferences@iop.org
Tel: +44 (0)20 7470 4800

We hope that your time at the conference is enjoyable. However, should you encounter any problems during your stay, please report them to the conference registration desk as soon as possible. The conference team will make every effort to rectify any issues as soon as possible.

Organised by

IOP Institute of Physics



Local organiser

Dr Richard A Blythe

School of Physics and Astronomy - University of Edinburgh
E-mail: r.a.blythe@ed.ac.uk

Organising committee (University of Edinburgh)

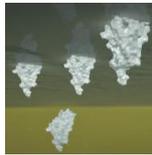
- Graeme Ackland
- Rosalind Allen
- Richard Blythe (chair)
- Martin Evans
- Cait MacPhee
- Davide Marenduzzo
- Bartek Waclaw

Disclaimer

The Institute of Physics, Edinburgh First, the University of Edinburgh and their approved representatives cannot take responsibility for any accident, loss or damage to participants or their property during the conference.

Co-sponsors





Location

The conference will be held in the John McIntyre Conference Centre on the Pollock Halls Campus, University of Edinburgh. The meeting will be located in the Pentland room on the first floor. Delegates should enter the building and make their way to the registration desk located in the foyer area outside the Pentland room. Campus and location maps can be found in the back of this handbook.

John McIntyre Conference Centre

University of Edinburgh
Pollock Halls
18 Holyrood Park Road
Edinburgh
EH16 5AY
UK

Telephone: +44 (0)131 651 2189

For information about the venue, please visit the website: <http://www.edinburghfirst.co.uk/venues/john-mcintyre-conference-centre>



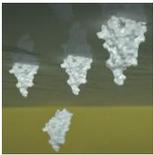
John McIntyre Conference Centre facilities

Internet and ICT

There is free Wi-Fi in the venue through the keysurf network. No login password is required. Delegates can also log in to Eduroam if they are already members of this network.

Cloakroom

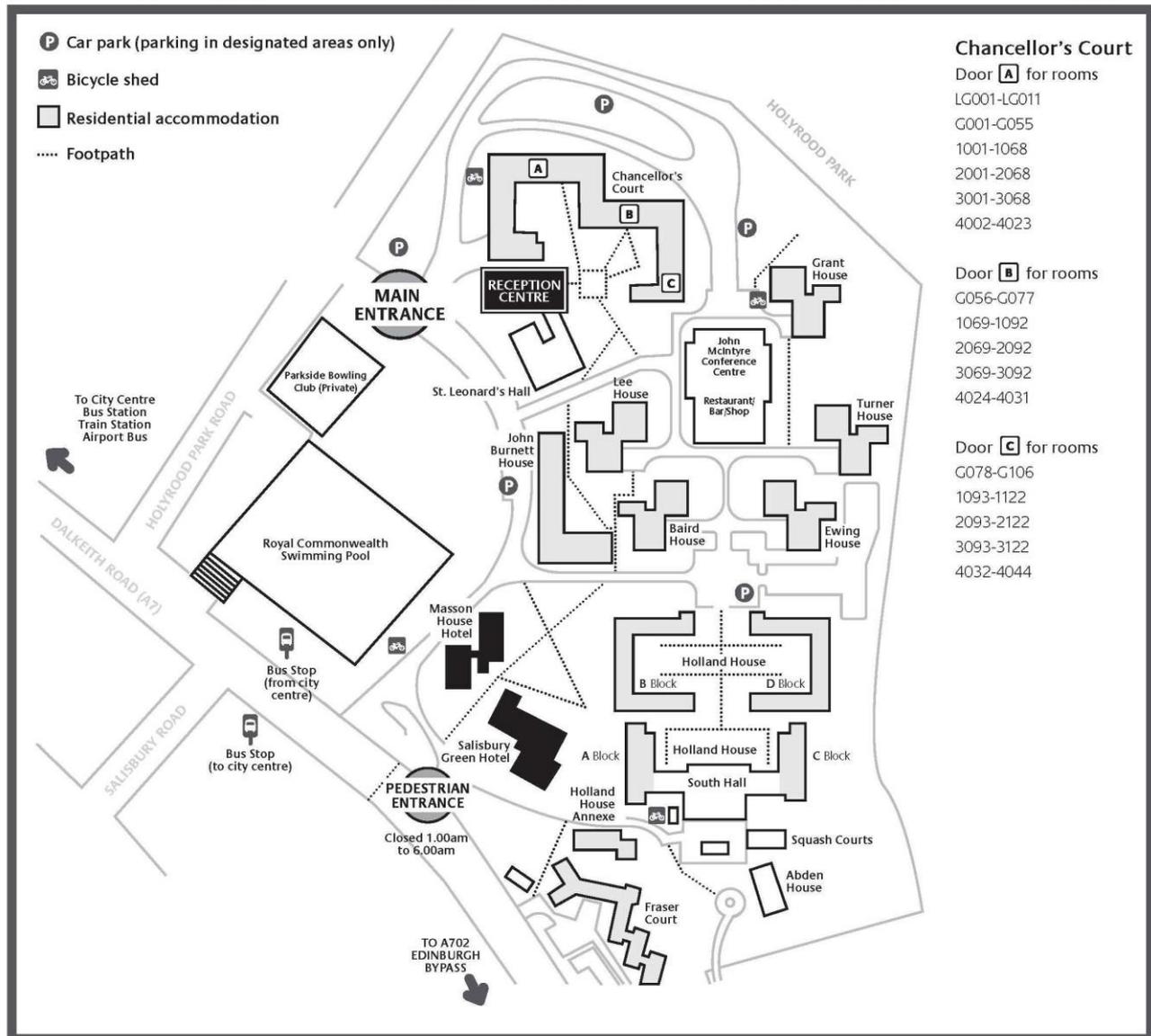
The venue does not facilitate a manned cloakroom. Coat rails will be available in Pentland. A luggage storage room will also be available throughout the conference, please visit the IOP registration desk should you wish to make use of this storage facility. All goods left in these areas are left at the owner's risk and neither the IOP nor the University of Edinburgh accept any liability for any loss or damage to personal goods.



Campus map

www.edinburghfirst.co.uk

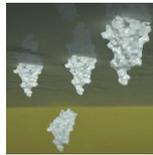
Pollock Halls



Accommodation

Accommodation is not included in the registration fee and delegates are expected to organise and book their own accommodation.

The Higgs Centre for Theoretical Physics (University of Edinburgh) has suggested a list of hotels and guest houses within the vicinity of the John McIntyre Conference Centre (Pollock Halls Campus). The full list can be viewed on the conference website at <http://ppbio.iopconfs.org/accommodation>



Registration

Registration will be located in the Pentland Room foyer and will be open during the following times:

Date	Times	Location
Wednesday 6 January	08:30 – 18:30	Pentland Foyer
Thursday 7 January	08:30 – 16:00	Pentland Foyer

On arrival, each participant will receive a delegate pack containing a pen and pad, programme and a name badge. Please wear your badge at all times because this will help with security, catering and enable you to identify your fellow delegates. Replacement badges can be issued at the registration desk.

Payment

The organiser reserves the right to refuse admission to any participants who has failed to pay their registration fee in full prior to the start of the event.

Notice board

A notice board will be placed near the registration desk. Participants should check the board for the latest programme updates and conference information.

Catering

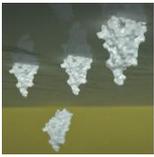
Refreshments, lunches and dinner are included in the registration fee and are served at set times during the conference programme.

Wednesday 6 January	Times	Location
Arrival refreshments	08:30 – 09:30	Pentland West
Mid-morning refreshments	11:00 – 11:30	Pentland West
Lunch	13:00 – 14:00	John McIntyre CC Restaurant
Afternoon refreshments	15:30 – 16:00	Pentland West
Conference dinner	19:30 – 21:30	Rainy Hall
Thursday 7 January	Times	Location
Arrival refreshments	08:30 – 09:00	Pentland West
Mid-morning refreshments	11:00 – 11:30	Pentland West
Lunch	13:00 – 14:00	John McIntyre CC Restaurant
Afternoon refreshments	15:30 – 16:00	Pentland West

Dietary requirements

Participants with special dietary requirements are asked to notify the conference office by e-mail prior to their arrival if they have not already done so when registering. Those with special dietary requirements other than vegetarian are asked to make themselves known to the catering team. It will not be possible to provide an alternative menu unless prior notification has been received.

We are aware that nut allergies in particular present a serious problem to some people. The venue catering team can provide details of the ingredients of any particular dish, but cannot provide assurances that the food has not been cross contaminated with traces of nuts during ingredient processing at manufacturer's site or during food preparation/service on site. For these reasons, we regret we are unable to provide guarantees that any of the food we serve is free from nuts or trace elements. Please email joanne.hemstock@iop.org if you have any queries.



Programme

For the latest programme information, please refer to the website at <http://ppbio.iopconfs.org/programme>. A print copy of the programme will be included in your delegate pack which will be given to you upon arrival at the event.

The abstract book is available in digital format only and can be download from the website at <http://ppbio.iopconfs.org>. Please print a personal copy of the abstract book if you would like to refer to a hardcopy at the event.

Social programme

Wednesday 6 January - Conference dinner – Rainy Hall

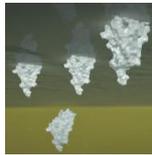
The conference dinner will be held at Rainy Hall (University of Edinburgh) on the evening of Wednesday 6 January. The evening will consist of a three course seated dinner with wine. There is no dress code for this event. Rainy Hall is within the New College quad and is linked to the Assembly Hall.

Rainy Hall – Assembly Hall
Mound Place
Edinburgh
EH1 2LU



Coach transfers from the John McIntyre Conference Centre will depart from outside the main Pollock Halls Campus Reception Centre at 19:00. Please refer to the campus map on page 4 or at the back of this handbook.

Return coach transfers will be available to collect delegates from Rainy Hall at approximately 22:00 to return to hotels as appropriate. Please notify the IOP registration desk on arrival if you will require transport after the dinner.



Information for presenters

Oral presentations

Presenters are asked to prepare their talks to match the allocated times which will be rigidly enforced. Presenters should allow time for both a formal presentation and questions within the time allocated in the programme. As a guide, contributed oral presenters should allow 12 minutes for the formal presentation and up to 3 minutes for questions.

The lecture theatre is equipped with the following audio-visual equipment:

- Data projectors and screens
- Laptop computer (Windows)
- Lectern and microphone

If you require any additional equipment, please email joanne.hemstock@iop.org

Speakers are requested to bring their presentation on a USB memory stick in windows powerpoint format and preload it onto the PC/laptop located in the lecture theatre. Speakers should save their presentation into the appropriate pre-named session folders pre-set on the desktop and files should be saved by speakers surname and initial.

To optimise compatibility, particularly for the inclusion of multimedia components, speakers should include the original files so that it can be re-embedded if necessary. Direct connection of personal laptops (with set up in the break prior to the corresponding session) is an acceptable, but not preferred alternative.

The electrical current in the UK is 230 volts AC and 3 pin plug sockets. If you need an adapter, please bring one with you. Adaptors can be purchased from the airport.

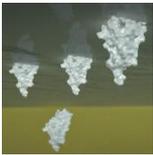
The lecture theatre is reasonably large, so speakers should use a minimum 16-point font size in PowerPoint slides to ensure legibility.

Poster presenters

Posters will be on display throughout the conference in the Pentland West.

If you are presenting a poster please ensure that you display your poster on the board number that matches your poster number in the programme. Posters can be mounted from 09:00 on Wednesday 6 January and must be removed by 16:00 on Thursday 7 January. Fixing material will be supplied.

Posters must be **no larger than A0** in size (118.9 x 84.1cm / 46.8 x 33.1 inches), in a **portrait format**. If your poster does not fit within these dimensions, we cannot guarantee it will be displayed. Posters must be prepared in advance of the conference as it will not be possible to print posters on-site.



Safety and security

Fire safety

Anyone discovering a fire, as well as raising the alarm, should contact the Help Desk by dialling 6666. Guests are required to vacate the building immediately the fire alarm is activated, and not re-enter the building until permitted to do so by the Fire Brigade or Fire Assembly Controller (a member of the Pollock Halls Security Staff who will attend when a fire alarm is activated). Evacuation assembly points are located clear of the main exit of each building. Group Organisers should have a list of names of their group and are responsible for reporting to the Fire Assembly Controller to give an indication if the area has been cleared and any relevant information, which can be passed on to the Fire Brigade. Please ensure all passageways and emergency exits are unobstructed.

First aid

All areas display contact details for qualified First Aiders and Appointed Persons, either in the entrance foyer or close to the House Office. These notices also detail where to find the nearest First Aid Box; each building maintains at least one First Aid Box. To arrange First Aid assistance, contact Reception by dialling 22002.

Security

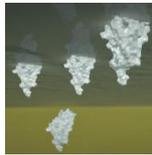
The Help Desk at the Main Reception Centre is manned 24 hours a day. The University of Edinburgh and the Institute of Physics do not accept responsibility for the loss of or damage to personal property. Visitors are advised to keep personal possessions with them.

Smoking

In compliance with the current UK legislation, smoking is not permitted within all buildings and any enclosed area of the venue.

Behaviour and conduct

Whilst on the site, all guests should show respect that the University of Edinburgh is a working environment. Delegates should not venture outside the conference areas. Delegates are also asked to wear their conference badges at all times while inside the venue. The Institute of Physics and University of Edinburgh reserve the right to charge in full for loss or damage to the property.



Travel

The venue (John McIntyre Conference Centre) is part of the University of Edinburgh and is located on the Pollock Halls campus. It is situated in Edinburgh, only a 25 minute walk away from the City Centre and a 10 minute walk from Holyrood Park.

A location map for the John McIntyre Conference Centre and Pollock Halls can be downloaded below:

[John McIntyre Conference Centre / Pollock Halls Campus Map](#) (PDF, 320KB)

Travel to Edinburgh

By Air

- [Flights to Edinburgh \(VisitScotland website\)](#)
- [Scheduled flight timetables \(BAA website\)](#)

By Bus

- [Travel to Edinburgh by bus \(VisitScotland\)](#)

By Rail

- [Travel to Edinburgh by rail \(VisitScotland\)](#)

By Road

- [Travel to Edinburgh by road \(VisitScotland\)](#)

By Tram

- [Travel in Edinburgh by Tram \(Edinburgh Trams website\)](#)

Travel to Pollock Halls

By Road

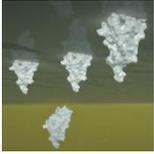
If you're coming to Edinburgh from the South, take the A720; City of Edinburgh Bypass, then take the A7 Old Dalkeith Road exit at the Sheriffhall Roundabout going towards the City Centre. Continue straight for approximately 3 miles. Just past the Royal Commonwealth Pool at the lights, turn right onto Holyrood Park Road. Pollock Halls is the second turning on the right.

Parking

We have limited on-site parking on a first-come first-served basis. If you would like to park onsite, please enter the campus and speak to the security team who will advise them where to park.

By Taxi

A taxi from St. Andrew Square Bus Station or Princess Street to Pollock Halls will cost approximately £7 and take 5-10 minutes.



By Bus

From the shop side of Princes Street; take a bus to the Royal Commonwealth Pool on Dalkeith Road, Pollock Halls is a short walk down Holyrood Park Road from the stop.

- **Lothian Buses:** Nos 2, 14, 30, 33 £1.50 is the standard adult one-trip fare. You'll need exact change.
- **Munro:** 51/52 from North Bridge.

By Rail

Pollock Halls is 2 miles from Edinburgh Waverley, our main station. A taxi or bus will take around 10 minutes.

By Air

Pollock Halls is about 8 miles from Edinburgh International Airport. A taxi will cost around £20, or take an airlink bus service to Waverley Bridge, an adult open return is £7 and a single £4.

By Tram

Pollock Halls is about 2 miles from St Andrew's Square, the main Tram terminus. There are regular tram services to and from Edinburgh International Airport. Once you arrive in the city, please follow the bus or taxi instructions above to get to Pollock Halls.

Visas

Citizens of the European Union do not need a visa to enter Britain. If you are from any other country, find out about visa requirements before you travel by visiting <http://www.ukba.homeoffice.gov.uk/visas-immigration/>.

Tourist information

A compact city that is easily accessible on foot, Edinburgh is comprised of different 'villages', each with their own distinctive character.

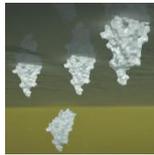
At the heart of the city lies the Royal Mile, a succession of streets lined on either side by towering tenements that are among the busiest in Edinburgh. Nearby you'll find the Grassmarket, a former medieval market place that sits in the shadow of [Edinburgh Castle](#), now filled with lively drinking holes and restaurants.

Explore the city's cultural hub in the West End, home to many of its top arts venues including the [Usher Hall](#), [The Filmhouse](#) and the [Royal Lyceum Theatre](#), and find some of Edinburgh's best attractions located just a short distance from Haymarket including [Murrayfield Stadium](#) and [Edinburgh Zoo](#).

Uncover a myriad of cafés, boutiques and galleries in the bohemian enclave of Stockbridge situated by the [Water of Leith](#), and follow the route of the river to reach the vibrant district of Leith. Resting on the shores of the Firth of Forth, the [Royal Yacht Britannia](#) is now berthed here beside [Ocean Terminal Shopping Centre](#).

From the atmospheric cobbled streets of the Old Town to the beautiful Georgian avenues of the New Town, Edinburgh's architectural landscape is one of dramatic contrasts which reflect its rich and intriguing past. Allow yourself to be transported back in time as you wander its atmospheric streets, from the iconic Royal Mile leading to the medieval fortress of [Edinburgh Castle](#) and the [Palace of Holyroodhouse](#), to bustling Princes Street where the towering Scott Monument stands. You can learn more about the city's fascinating past at countless world-class [museums](#) and [historic attractions](#) such as the [National Museum of Scotland](#) and [The Real Mary King's Close](#).

For more information, please visit the Scotland national tourist board website at www.visitscotland.com



Useful local information for international visitors

- **Money** - Britain's currency is the pound sterling (£). Credit cards - especially Visa and Mastercard - are widely accepted in Edinburgh's restaurants, bars, cafés and shops. American Express and Diners Club cards are less commonly accepted. There are plenty of cash machines (also known as cashpoints or ATMs) dotted around Edinburgh.
- **VAT** - The sales tax, or value added tax (VAT), is currently applied at 20% to most goods and services except food, books and children's clothing. Restaurants must, by law, include VAT in their menu prices. If you are travelling for leisure or business purposes, you may be eligible for a VAT refund. The VAT refund scheme is called the Retail Export Scheme or Tax-Free Shopping.
www.hmrc.gov.uk/vat/sectors/consumers/overseas-visitors.htm
- **Electricity** - UK appliances are fitted with three-pin plugs that can be connected to the UK mains supply through wall sockets. Unlike the sockets in many other countries, these have a switch to turn the power supply on and off - make sure you've turned it on if you're trying to charge your appliance! UK power sockets deliver an average voltage of 230v, although in practice this can be slightly higher. To charge devices that are compatible with this voltage, simply buy the appropriate adapter from the airport or from high street shops. If your device runs on a lower voltage, however, then you will also need a converter to stop it from over-heating. Even if your country uses lower voltages, remember to check whether your device is dual-voltage (look for the 110-240v notation) before buying a converter.
- **Telephone** - If you're visiting Edinburgh from abroad, don't forget that the UK dialling code is +44 (which replaces the 0) and to check your own country's code before you travel. Edinburgh's landlines start with a '0131' area code. If you are in the UK you would call Edinburgh by dialling '0131' if you are outside of the UK an Edinburgh number would start '0044 131'. If you are travelling to Edinburgh from abroad, using your mobile phone may cost you more than it does at home. Check your network's roaming charges before you travel.
- **Climate and weather** - Edinburgh has a changeable climate. January and February are generally the coldest months in Scotland, with the daytime maximum temperatures that ranges of an average of around 5° to 7 °C. For the latest local BBC weather report [click here](#).
- **Health services** - The National Health Service (NHS) is the main healthcare provider in the UK. NHS treatment is free for UK residents. Overseas nationals are not eligible for free NHS treatment except if they need emergency treatment while in the UK. You are strongly advised to take out travel insurance to cover any medical expenses. If you come from a country that holds a UK healthcare agreement, you are entitled to free or reduced-cost medical treatment if needed immediately for a condition that started after your arrival in the UK. If you're visiting from Europe, you need to carry a valid EHIC (European Health Insurance Card) in case you need immediate and necessary medical treatment in an NHS hospital. Without this you can be charged for treatment. Travel insurance is still advisable as it offers greater flexibility over where and how you're treated, and can cover expenses not paid for by the NHS. Find out more on the NHS website www.nhs.uk/NHSEngland/Healthcareabroad
- **Emergencies** - Visitors should be aware of their personal safety. Call 999 for the emergency services (police, fire and ambulance) which is a free call from any phone. You can also call 112 for non-life threatening assistance and to report crimes. To report non-urgent crime, call the police on 101 from within the UK.

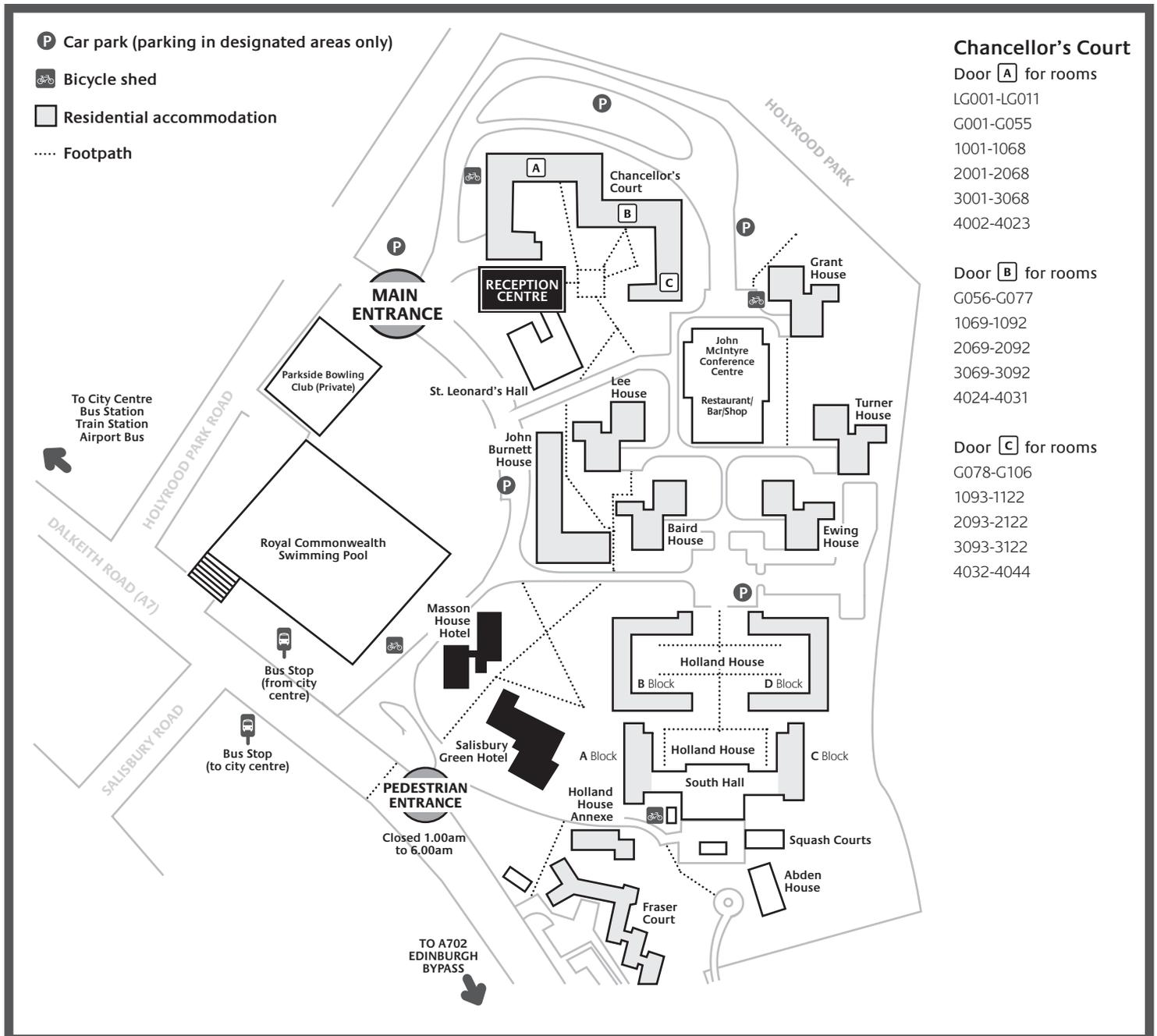


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Pollock Halls



Check out 10.30am on your day of departure

Breakfast is served from 07.30am – 10.00am

Reception may be contacted 24 hours a day, please check your in-room information

Tourist information & tours are available at Reception

Extension of stay please contact Reception the night before your original departure

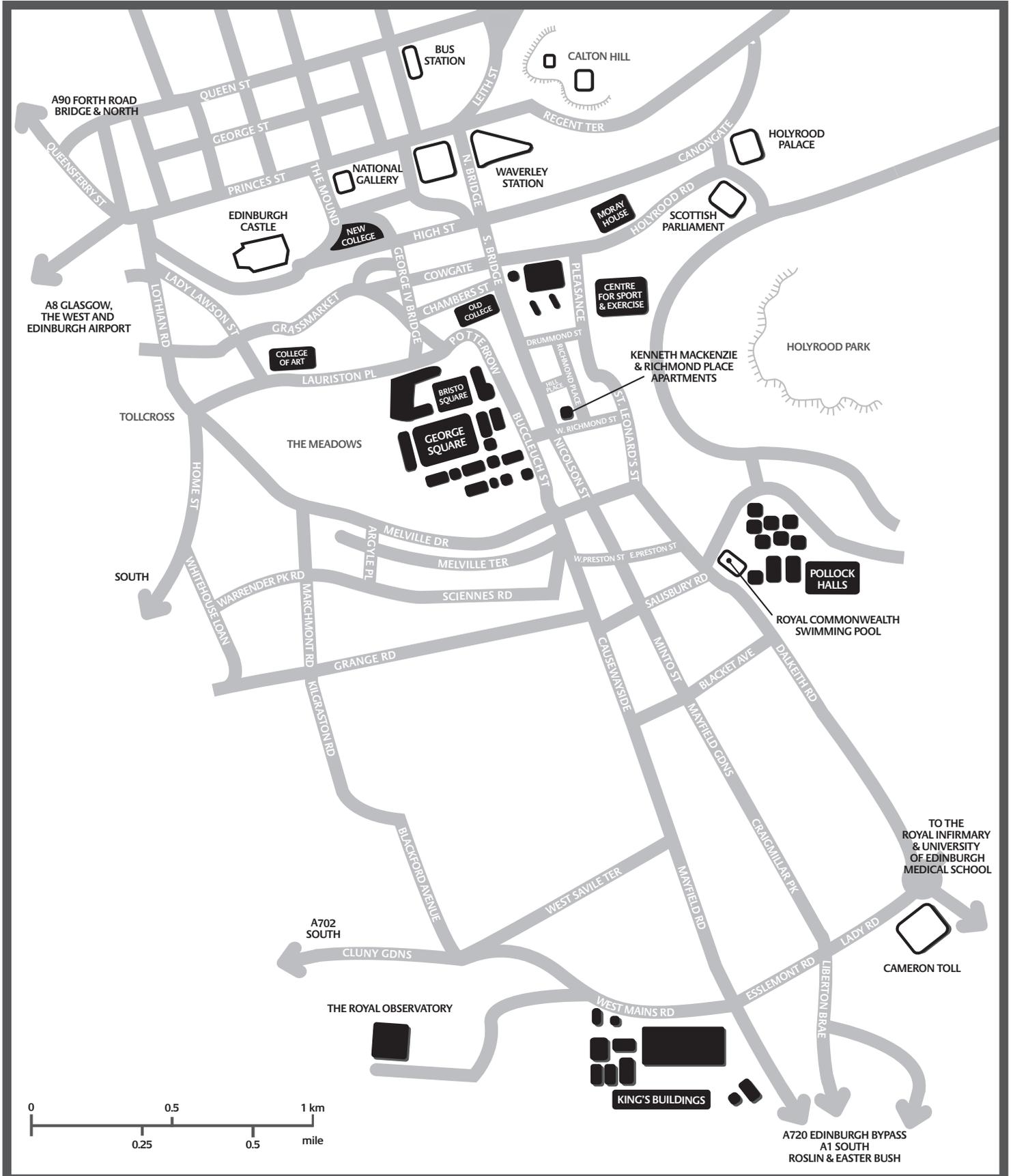


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76 Portland Place, London W1B 1NT, UK

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