

Brighton

Brighton is one of the most vibrant, colourful and creative cities in Europe and so much more than just a seaside destination. It's the foremost 'city by the sea' in the UK - offering all the benefits of the seaside, but with the facilities and cosmopolitan culture of a truly modern European city.

Brighton is compact. Most major landmarks and hotels are within 10 minutes walk of each other, including the railway station. Where else could you update your psychiatric knowledge and skills, visit a Royal Palace, swim in the sea, go to a show and do some shopping all in one day?

Travel

Train

Brighton is **just under an hour from London** Victoria or London Bridge. There are strong links to the rest of the UK including direct trains to the Midlands, the North, the South West and Wales.

Car

Brighton is easily reachable from most parts of the country via the M25. The A27 is the main route from areas west or east of Brighton on the South Coast.

Coach

National Express offers a direct coach service between Brighton and both London Heathrow and London Gatwick International Airports, with a service every half hour. There is also a direct service to London Victoria Coach Station.

Air

Brighton is just 30 minutes by road or rail from **London Gatwick International Airport**, and just 90 minutes by road from London Heathrow International Airport. There are also fast coach links between Heathrow, Gatwick and Brighton.

Eurostar

Travel by Eurostar from France and Belgium to Kings Cross St Pancras. Then take a direct train from Kings Cross Thameslink to Brighton.

Shopping

From the lifestyle shops of The Lanes to the designer bargains of Brighton Marina; from the retro chic of the North Laine to the big-name stores of Churchill Square, shopping in Brighton and Hove really is retail paradise.

Arts and culture

Brighton is one of the most cultural cities in Europe. Oozing creativity and cultural kudos from every pore, Brighton entertainment offers a hotbed of festivals, galleries, museums, film, nightlife, comedy and theatre. Not to mention a Royal Pavilion.

Nightlife

Every night is show night in Brighton, as the city's music venues, cabaret bars, theatres and comedy clubs burst into action with some of the best entertainment in the business. Expect drama, music, comedy, cabaret, arts, culture and festival events.

Eating and drinking

Consistently topping the Observer Food Awards, whether you're after award winning cuisine, veggie treats, a beachfront brunch or delicious cheap eats, Brighton is bursting at the seams with every type of international cuisine on the menu.

Beachlife and outdoors

From iconic tourist attractions to beachfront cool, Brighton is a treasure trove of things to do and places to go. Victorian aquariums and the Brighton Pier mix with pebble beaches and ultimate adrenaline action of extreme water sports and orbng.

Beyond Brighton

Just moments from Brighton and Hove, you'll find the stunning Sussex countryside, making the city a great base for exploring the beautiful Sussex region. A unique mix of coast and countryside, the areas beyond Brighton offer a whole new world just waiting to be explored.

For further information visit: <http://www.visitbrighton.com/>
Front cover images courtesy of Visit Brighton

Accreditation

CPD

This congress is eligible for 1 CPD hour for each hour of educational activity in which you participate, subject to your own personal reflection and peer group approval

EACCME

This congress is accredited by the European Accreditation Council for Continuing Medical Education (EACCME) to provide CME activity for medical specialists. The EACCME is an institution of the European Union of Medical Specialists (UEMS). The congress is designated for a maximum of 24 European external CME credits. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

AMA

EACCME credits are recognized by the American Medical Association towards the Physician's Recognition Award (PRA). To convert EACCME credit to AMA PRA category 1 credit, contact the AMA.

Contact details

All correspondence (except for accommodation queries) should be addressed to: Conference Office, The Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG. Tel: +44 (0)20 7235 2351 ext 6129; email: conference@rcpsych.ac.uk. Website: <http://www.rcpsych.ac.uk/events/internationalcongress2011.aspx>

Venue

Hilton Brighton Metropole Hotel, Kings Road East Sussex Brighton BN1 2FU,UK
Telephone: 0127 377 5432 ; <http://www.hilton.co.uk/brightonmet>

Poster exhibition

Psychiatric updates in the form of an exhibition of poster presentations will be on display throughout the meeting. Posters will change daily.

Accommodation

Visit Brighton has a wide range of accommodation available for this conference, including rooms at the Hilton Metropole at a rate of £102 per night. For further information please see page 28.

Certificate of attendance

Your certificate of attendance will be posted to you after the meeting.

Press Office

There will be a Press Office on-site. Daily lunchtime press briefings will take place as well as general media coverage throughout the conference.

Media booth

Come and see whether you enjoy the challenge of working with the media. Personal media training sessions will be given by several members of the College with extensive experience of work on TV, radio and print. The media booth has been set up to resemble a broadcasting studio, where you can hone your communication skills in a realistic, but totally non-scary atmosphere. Half-hour one-to-one sessions will be held morning and afternoon throughout the conference. Contact the College stand for details.

Trainees' Lounge

The extremely popular Trainees' Lounge will be available again this year. There will be talks by conference speakers every day during the lunch break. Final details will be published in the final programme.