



Rotary in London

The "Hands On" Conference 16th – 18th October 2009



Where & When?

The conference takes place in Eastbourne at the Congress Theatre. The conference starts at 14:15pm on Friday 16th October and finishes around lunchtime on Sunday 18th October. If you can't make the whole conference there is nothing to stop you from attending just one or two days.

What?

The conference consists of plenary sessions on Friday afternoon, Saturday morning and afternoon, and Sunday morning. There will be a mixture of fantastic Rotary and non-Rotary speakers. The programme is subject to change but speakers at the minute include former geography teacher Rob Lilwall who will be telling us about his adventures when decided to learn more about his subject by cycling around the world; and the truly inspiring 20 year old Nicole Dryburgh who has helped raise nearly £50,000 for charity despite herself suffering from cancer which has left her confined to a wheelchair, blind and nearly deaf. There will also be a famous name to close out the conference on Sunday, you'll just have to come to find out who it is.

Conference entertainment is organised for Friday and Saturday evening, and we will also organise some Rotaract social activities during the weekend.

How much will it cost?

Conference registration costs for Rotaractors will be as follows:

Early bird rate: £20 (offer ends 19th September 2009)

After 19th September: £25

Conference registration allows you to attend all conference sessions the Friday evening entertainment, and the Ball on the Saturday evening. Attendance at the Gala Dinner on Saturday is subject to an extra charge of £27. It is up to you whether you attend the Gala Dinner, if enough Rotaractors will be attending then we will try and organise a Rotaract table (if you want it).

Special Offer!

If a Rotaractor volunteers to act as a Steward for the conference sessions, they will receive an £8 refund on their conference registration fee (up to a maximum of £16). This means registration for this year's conference could cost as little as just **£4!**

Why?

It's great fun!!! District Conference is a fantastic opportunity for fellowship with members of your club, and other Rotaractors and Rotarians from our District. You will learn loads about different charities and Rotary programmes, and you will come away with ideas for your own club activities, and you'll have great fun doing it!

See you in Eastbourne!

<http://www.rotaractinlondon/conference>

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I'm in, what do I do now?

Great! Conference registration is open now. Visit <http://www.rotaractinlondon.org/conference> to download a registration form. Please remember that the deadline for registrations to be received to qualify for the early bird rate is 19th September 2009 and the final date for Gala Dinner registration is 10th October 2009.

We suggest booking accommodation as soon as possible to take advantage of room availability and cheaper rates (see next page for a list of suggested hotels).

Hotels near the Congress Theatre

	Price (per person per night, based on 2 people sharing a double/twin room)	Breakfast (per person per day)	Distance to Congress Theatre
Eastbourne Travelodge (www.travelodge.co.uk)	From £19.50 (twin = family room)	£5.99 (book with room as add-on)	1 mile
Marine Parade Hotel (www.marineparadehotel.com)	From £25	Included	0.6 miles
Best Western York House Hotel (www.bestwestern.co.uk)	From £27	£7.25 (book B&B package)	0.8 miles
Sea Beach House Hotel (www.seabeachhouse.co.uk)	From £30	Included	1 mile
St. Omer Hotel (www.st-omer.co.uk)	From £32.50	Included	0.8 miles
East Beach Hotel (www.eastbeachhotel.co.uk)	From £32.50	Included	0.9 miles
The Royal Hotel (www.eastbourneroyal.co.uk)	From £35	Included	0.6 miles

Getting to Eastbourne

By Train

Trains run regularly from London Victoria to Eastbourne, and the journey takes around 1.5 hours. Prices start from £23 (www.thetrainline.com)

By Coach

A limited National Express coach service runs from London (multiple departure points) to Eastbourne train or bus stations. Check times of travel when purchasing tickets. Prices start from £21 (www.nationalexpress.com)

By Car

Eastbourne is approximately a 2 hour drive from London. If you are interested in car pooling (as a driver or passenger) then we will ask for your details when you register for conference.

Please note: all accommodation and travel prices are correct as of May 2009.

See you in Eastbourne!

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