

IMPORTANT INFORMATION: PLEASE READ CAREFULLY BEFORE STARTING YOUR TRAVELS TO IRELAND!

Dear Attendee,

We are excited to welcome you very soon to the EHC Inhibitor Summit 2019, that will take place from 28 November to 1 December 2019 in Barretstown, Ireland. Please find below important practical information which will help you to prepare for the event.

The following questions will be answered:

- How will I get from the airport to Barretstown and back?
- What will the accommodation be like and will I share a room?
- What do I need to bring and what should I not bring?
- What will we do during the day and how will the entertainment be organised in the evening?
- What about the children?
- Will there be a treatment room available?
- Do I need to organise my insurance?

There will be one thing that you need to do - **sign up for the parallel sessions** through the link provided below!

1. ARRIVALS AND DEPARTURES

Thursday, 28 November is the day of arrival

AND

Sunday, 1 December is the day of departure.

Barretstown is located approximately 50km from Dublin Airport. Therefore, **transportation will be organised** to take you to the venue. Volunteers from the Irish Haemophilia Society will be waiting at both Terminals of Dublin Airport to help you find your way. Please look out for **fluorescent yellow EHC vests!**

Please keep in mind that the transportation will be arranged in a way to include arrivals from several flights, therefore there may be a waiting time between 30 minutes and 1 hour. We will make sure there is coffee and snacks available for those who need to wait! ;-)

IMPORTANT! Participants who have arrived before 28 November are asked to be in Terminal 1 of Dublin airport at 9:30 to catch their shuttle to Barretstown!

There will be a shuttle bus operating also on the day of departures, **1 December**, and the EHC will ensure that all the participants are in Dublin Airport on time for their flights.

For the participants who leave after 1 December due to their flight schedules, accommodation has been **booked and paid** for by the EHC at the Maldron Hotel, Dublin Airport and the return shuttle on Sunday will make a stop there. The EHC **will not** cover an extra night accommodation unless needed due to travel arrangements and previously agreed by the EHC.

IMPORTANT! For the Irish participants travelling to/from the event on a car, we kindly advise to arrive in Barretstown on 28 November **before 17:00**.

2. BOARD AND LODGING

The venue of the EHC Inhibitor Summit is:

Barretstown

Co Kildare

Ireland

<https://www.barretstown.org/>

During the EHC Inhibitor Summit the participants will be provided with full board and lodging, covered by the EHC. This venue is aimed at families and the accommodation will be comfortable and cosy, but very basic and simple. The participants will be accommodated in cottages with a large bedroom (11 beds) on one side and two smaller bedrooms (2 beds in each) on the other side, as well as a common room in between, and two bathrooms on each side. Families will be accommodated in the large bedrooms, whereas the couples and individually attending participants in the small bedrooms. Please note that individually attending participants will **share** bedrooms with fellow participants of the same gender.

The venue **is not** a hotel, but a special camp venue. Please note that the lodgings are camp-oriented. This means that some beds are bunk beds. Blankets and sheets, as well as towels will be provided.

But we kindly ask you to **bring your own toiletries** with you as these are **NOT** provided by the venue.

IMPORTANT! Please note that Barretstown is an alcohol-FREE venue and we kindly ask all participants to respect this regulation of the venue.

3. THE PROGRAMME

You will find the programme attached to this mailing. Please do not print it – you will receive a workbook with the programme included upon arrival!

For the smooth planning and running of the programme, it is important that you sign up for the parallel sessions now. **!!! Please do it HERE !!!**

The programme of the EHC Inhibitor Summit will be largely informal and participatory, and will include some activities that will require moving. For example, the parallel sessions on Friday (15:30-16:30) will be all about exercise, so do not forget to bring along comfortable clothes and appropriate footwear!

Also, the grounds of Barretstown, where a number of leisure activities will be offered, are quite large and will require moving between the buildings around camp. Therefore, please pack **warm and comfortable clothes, as well as comfortable shoes** in order to be able to fully enjoy and benefit from the programme!

In order to facilitate moving within the grounds of Barretstown a **golf-cart service** will be offered to the participants. Please look out for more information upon arrival and **do not hesitate to request it during your stay in Barretstown!**

IMPORTANT! The evening programme!

On **Friday night** we are planning something for the first time in the EHC history - an **International Banquet!**

Therefore, we kindly ask you to **bring along something to eat or drink** (non-alcoholic) that you consider typical for your country or your region, perhaps with a special focus on Christmas time as we are approaching that! Don't bring large quantities, just a little taste (for 10-15 people to share).

You might also wish to **recite a poem or sing a song or play a game** to show your culture!

For **Saturday night** we will have a variety of entertainment prepared for all different tastes – a campfire and marshmallows for those who like to stare into the fire and chat, karaoke for those who like to sing, an 80's dance party for the dancers, as well as the traditional good-bye message writing to your fellow-participants!

For your **social media presence** during the Inhibitor Summit, please do not forget to use the hashtag **#EIN!**

4. CHILD CARE AND CHILDREN'S PROGRAMME

There will be a parallel programme run for the participants who are younger than 18 years. The participants will be divided in groups by age and the programme will be adapted accordingly. Translation from English into their own language for the smaller children will be provided by the volunteers from the respective NMOs. This will enable the parents to attend their sessions.

For the children younger than 0-3 years inclusive, crèche services will be available on site. It will be open during the hours while the parents are at the sessions (on Friday and Saturday from 9am – 12.15 and 2pm – 5.30pm and Sunday from 9am – 11am.) **If you would like to leave your child at the creche, please indicate so by writing an e-mail to kristine.jansone @ehc.eu as soon as possible.**

Please note that parents leaving their children at the crèche will be required to leave the food provision for the child (formula milk, bottles etc.), nappies and wipes, as well as personal phone number, so that they can be reached easily!

5. TREATMENT ROOM AND TREATMENT PRODUCTS

A treatment room located in the Medical Shed of Barretstown will be available on site. A nurse will be present and available every day from 09:00-20:00, and an on-call doctor will be present throughout the event, also at night time. Please look out for more details upon arrival!

We encourage you to **please bring your own treatment products with you!** There are small fridges in all the cottages, where **you will be able to store your treatment products.** Please make sure to **indicate your name on the package before placing it in the fridge** because the rooms will be shared with other participants. If necessary, there are additional fridges in the Medical Shed.

IMPORTANT! Please make sure to dispose of syringes in the special sharps bins that will be provided in each cottage! Thank you!

The EHC will have only a small amount of treatment products available **for emergencies**, therefore it is **very important** that you bring your own treatment products with you.

6. TRAVEL COST REIMBURSEMENT

IMPORTANT! The travel cost reimbursements will be made on-site in Barretstown. If you have not sent your travel documents and international bank details (IBAN and SWIFT codes) to Kristine beforehand, please make sure you have them with you. Otherwise we will not be able to reimburse you.

7. INSURANCE AND ACCESS TO EMERGENCY SERVICES

Citizens from European Union (EU)* or European Economic Area (EEA) countries, or Switzerland,** may benefit from certain emergency healthcare rights during their temporary stay in Ireland, including access to emergency care and ambulance services, upon presentation of their **European Health Insurance Card (EHIC)** - <http://ec.europa.eu/social/main.jsp?catId=559>. **Therefore the EHC strong recommends all participants from these countries to travel with their EHIC.**

Citizens from countries outside the EU, EEA or Switzerland will not be able to access healthcare services in Ireland and are **strongly advised to purchase travel insurance**. This includes individuals who currently **live in** an EU or EEA country, or Switzerland, but have citizenship in a country outside these zones; the **EHC also encourages these individuals to purchase travel insurance** as their EHIC cards may not give them access to emergency healthcare services.

Participants who are uncertain of the extent of their medical insurance coverage in Ireland are strongly advised to contact their local health insurance or local health authority for additional information.

*Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, the Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden and the United Kingdom.

**Iceland & Liechtenstein

8. CONTACT NUMBERS

If you have any further questions or inquiries please contact Kristine Jansone on mobile phone or WhatsApp (+32 49 136 71 77).

**We look forward to meeting you in Barretstown!
Safe travels and see you soon!**

With warmest greetings,
EHC team