



SOCIETY FOR RESEARCH
ON NICOTINE & TOBACCO



TRAINEES GUIDE TO THE 2024 ANNUAL MEETING

Exploring Edinburgh



www.SRNT.org/page/2024_Meeting



**Join the SRNT
Trainee Network
here to receive up-
to-date information
through our
listserv!**

TRAINEE'S GUIDE TO THE 2024 ANNUAL MEETING

Come Meet Us

Trainees will have Platform 5 Cafe (Level 1) reserved for their use throughout the conference! Come join us there for the events hosted by the SRNT Trainee Network!

Drop-in Social Meet-Ups

Trainee Refreshment Break

Date/Time:

- Thursday, March 21st @ 10-11am; 3:30-4:30pm
- Friday, March 22nd @ 10-11am; 3:30-4:30pm
- Saturday, March 23rd @ 10:30am-11:00am

Get your refreshments at Strathblane Hall (Level 0) and come join us at Platform 5!

Trainee Network Lunch

Date/Time:

- Thursday, March 21st @ 12:30-2:00pm
- Friday, March 22nd @ 12:30-2:00pm

Get your refreshments at Lennox Suite (Level -2) and come join us at Platform 5!

Trainee Network Mixer

Date/Time:

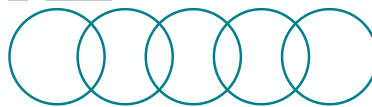
- Thursday, March 21st @ 5:30-6:30pm

Location:

Platform 5 Cafe (Level 1)

Note: Free food and non-alcoholic drinks will be provided, with a cash bar also available. A limited number of drink tickets will also be available for attendees!

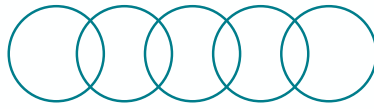
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COVID-19 Guidance:



- SRNT respectfully requests that all attendees follow the CDC guidance and recommendations for travel and attendance at festival and other multi-day gatherings. Those guidelines currently recommend vaccinations and boosters, according to individuals' age, health status, and other factors.
- Attendees are strongly encouraged to wear masks when in meeting spaces and while traveling to the meeting
- If you do not feel well during the conference, SRNT asks that you stay in your hotel room. Please email info@srnt.org with your name and room number to have a COVID-19 test delivered to your door



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Travel Tips:



Edinburgh Airport

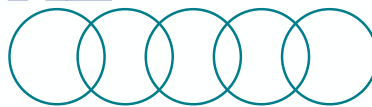
- Make sure you have all your travel documents (Passport, Health Insurance, ID, etc.)
- Remember to check your passport expiration date! Many countries require passports be valid for at least 6 months
- Purchase tickets and make hotel reservations as soon as possible.
- Research transportation options from the airport to the hotel and review maps to gain a basic knowledge of the area around the hotel.

Packing Tips:

- Pack light! Avoid fees for checking baggage and make travel easier
- Bring business dress clothing that will work for both daytime and evening social events
- Bring comfortable shoes! You'll be on your feet a lot
- Put together a small "survival kit" including painkillers for the inevitable headache, Band-Aids in case your shoes start to rub your heels raw, granola bars/other snacks, etc.



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At the Meeting



- Make sure your nametag is visible so that people can easily identify you.
- Attend at least one session that is outside of your primary interest area. You never know what you might learn, and it may help you to generate new research ideas.
- Carry some healthy snacks with you. Conference days can be long, and dinners are often late.
- Stop to ask questions when browsing poster sessions. Posters provide a great opportunity to learn about the latest research in the field and opening with a question is a great way to facilitate conversation.
- Attend a network meeting to learn more about the available resources and how you can get involved.
- Pace yourself and make sure to have some downtime. Make sure to schedule some time for fun! Conference days are long and tiring. Take advantage of your surroundings and explore the city after conference activities have concluded for the day. This can also be a fun way to get to know your colleagues and new conference acquaintances in more relaxed, informal settings.

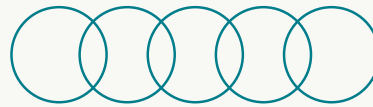


**Edinburgh International
Conference Center (EICC)**

Planning your conference schedule:

- Carefully review the program and mark sessions that interest you. Also, read the poster abstracts and circle ones you would like to see. This is a good airplane activity. Consider downloading the SRNT smartphone app so you don't have to carry the program around.
- Review the authors' list to see who will be attending the conference. Contact colleagues or researchers you'd be interested in meeting.

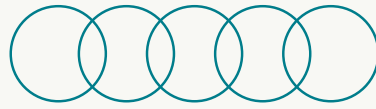
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Safety Tips



- As with all large cities, safety may be a concern in some areas. It is recommended that you avoid walking alone and **travel in groups** when walking around the city (including to and from the conference venue), especially at night.
- If you do decide to walk alone, let someone know where you are going, who you will be with, and when you expect to return.
- It is also recommended that you **do not have your cell phone out** while walking around the city.
- When you are out exploring, it is a good idea to **not wear your conference badge**.
- **Never give your hotel room information** to someone you don't know.
- **Do not open your hotel room door** to anyone you don't know or recognize. If someone knocks on your door and identifies themselves as a hotel employee and you are not expecting anyone, contact the front desk to verify their identity.
- Do not leave valuables or personal electronic items unsecured in your room when you are out. Instead, **store your personal or valuable items in your room safe or a hotel lockbox** when you are not in your room.
- Avoid carrying your wallet, passport, or cash in your rear pants pockets. Avoid counting cash in public, or in publicly displaying where your wallet, cash, or passport is stored on your person. Keep your cash, passport, and wallet separate when outside or exploring.



TRAINEE'S GUIDE TO THE 2024 ANNUAL MEETING



Returning Home



- Organize and file notes, business cards, poster reprints, etc. that you collected. These are easy to misplace!
- Follow-up with new contacts!
- Share what you learned with colleagues who could not attend!

TRAVEL SMARTER

● ● ● Things to do in Edinburgh ● ● ●

For History Lovers

- Edinburgh Castle
- Arthur's Seat & Holyroodhouse Palace
- National Museum of Scotland
- Scottish National Gallery of Modern Art

For Nature & Animal Lovers

- Edinburgh Zoo
- BobCat Alpacas
- Greyfriars Bobby
- Royal Botanic Garden Edinburgh
- Princes Street Gardens

Other Activities

- Camera Obscura
- World of Illusion
- Edinburgh Dungeon
- Festival Theatre Shows
- Scottish Whisky Experience
- Chocolatarium





MANAGING YOUR FINANCES



A Budget-Friendly Adventure



Traveling internationally can be cost prohibitive for many - especially early trainees. By planning ahead, you can take advantage of discounts on flights, accommodation, and activities.

- **Cost-Saving Strategies**



Find out who else is going – they may be interested in sharing transportation or hotel costs.

Budget for meals and take advantage of included meals (i.e., Conference box lunch, complimentary hotel breakfast)

- **Currency Exchange Tips**



Many stores will accept card - recommended that you let your credit card company know you are traveling, avoid bringing a large amount of cash, and use an ATM once you arrive if you need cash



WHERE TO STAY



Comfortable Lodging Options



SRNT has arranged limited courtesy hotel room blocks at several hotel properties located near the Edinburgh International Conference Center (EICC).

The Sheraton Grand Hotel (1 Festival Square) is the SRNT headquarter hotel offering a large discounted room flexible cancellation policy, plus SRNT will be hosting at this property the Past President Luncheon and the SRNT the SAAG for more details.)

Notes:

- **Seven** hotel properties listed below are partnering with the Society this year for attendees to secure a guest through individual hotel booking links.
- These negotiated hotel rates are only offered for a limited time and on a first-come, first-served basis pending discounted SRNT rate expires. (**Important: Be sure to check the booking link expiration date and the policy as each hotel is different.**)
- Details on hotel booking can be found [here](#)

2024 Conference Hotels

- SHERATON GRAND HOTEL ([1 FESTIVAL SQUARE](#)) - SRNT HEADQUARTERS HOTEL
- IHG-INTERNATIONAL EDINBURGH, THE GEORGE ([19-21 GEORGE STREET](#))
- LEONARDO ROYAL HOTEL EDINBURGH HAYMARKET ([1 MORRISON LINK](#))
- MOXY EDINBURGH FOUNTAINBRIDGE ([2 FREER GAIT STREET](#))
- HAMPTON BY HILTON EDINBURGH WEST END ([166 FOUNTAINBRIDGE](#))
- WILDE APARTHOTEL BY STAYCITY - EDINBURGH GRASSMARKET ([26 KINGS STABLES RD](#))
- VOCO (R) EDINBURGH HOTEL - HAYMARKET ([46 TORPHICHEN STREET](#))

✦ SAVOR THE FLAVORS ✦

●●● Culinary Delights of Edinburgh ●●●



Haggis, neeps, and tatties

From traditional Scottish meals to international cuisine, the city is home to a diverse range of dining options that are sure to satisfy even the most discerning palates.



Cullen skink



Cranachan