



OLLSCOIL NA GAILLIMHE
UNIVERSITY OF GALWAY

**22nd Society for Free Radical
Research International (SFRR)
Biennial Meeting**
(hosted by SFRR-Europe)

Chair: Kasia Whysall

3-6 June 2025

Galway, Ireland



About University of Galway



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University of Galway was named Sunday Times University of the Year 2022 and has also been identified as one of the '30 most beautiful universities in Europe'.

Introduction

The University of Galway is proud to put forward its bid to host this conference.

Ireland is a country renowned for its natural beauty and has enjoyed a successful tourist industry for many years, making it a natural choice for this prestigious conference.

Located on the country's western coast, the city of Galway offers excellent conference facilities, including the proposed venue, University of Galway, which can accommodate meeting needs with great flexibility.

Here is a brief overview of what we can offer:

Value for money: There will be an emphasis on value for delegates, and subsidised conference registration fees for students and participants from developing countries. See the Budget section for details.

Capacity: We can offer a contemporary conference venue to accommodate expected delegate numbers. In terms of accommodation, there are over 1,800 student beds on campus and the number of tourist beds in Galway city exceeds 10,000. See the *Accommodation* section for more information.

Proximity: University of Galway is conveniently located within a 5-minute walk of Galway city centre. Our conference venues are also ideally located within a 10-minute walk of campus accommodation.

Ease of access: Galway city is served by an extensive public transport network linking Dublin (2 hours 20 mins by car/bus), Shannon (1 hour 5 minutes by car/bus) and Knock (1 hour 10 mins by car/bus) airports. See the *Travel and Access* section for more information.

A cultural experience: Galway is known as Ireland's cultural heart and is renowned for its vibrant lifestyle and numerous festivals and celebrations. See the *Why Galway?* section for more information.

Government support: The conference will be supported by government-funded bodies including the Business Tourism Section of Fáilte Ireland, the National Tourism Development Authority. See the *Local Support* section for more information.



TRAVELLING TO GALWAY



Arrive at Dublin Airport (www.dublinairport.com)



TAKE THE TRAIN TO GALWAY

Travel time
from 2 hours 10 minutes

Travel by bus from the airport to Dublin city and take a train from Heuston Station to Galway

OR



TAKE THE BUS TO GALWAY

Travel time from 2.5 hours
Direct bus services operate every half hour

Take a Go Bus, Citylink or Bus Éireann bus to Galway

OR



TAKE A TAXI TO GALWAY

Travel time
from 2.5 hours

OR



DRIVE TO GALWAY

Travel time
from 2.5 hours

Rent a car from the airport from www.irishcarrentals.com



Arrive at Shannon Airport (www.shannonairport.com)



TAKE THE BUS TO GALWAY

Travel time
from 1 hour 10 minutes

Take a Bus Éireann bus from the airport to Galway

OR



TAKE A TAXI TO GALWAY

Travel time
from 1 hour 15 minutes

OR



DRIVE TO GALWAY

Travel time
from 1 hour 15 minutes

Rent a car from the airport from www.irishcarrentals.com



Arrive at Knock Airport (www.irelandwestairport.com)



TAKE THE BUS TO GALWAY

Travel time
from 1.5 hours

Take a Bus Éireann bus from the airport to Galway

OR



TAKE A TAXI TO GALWAY

Travel time
from 1 hour 25 minutes

OR



DRIVE TO GALWAY

Travel time
from 1 hour 25 minutes

Rent a car from the airport from www.irishcarrentals.com

For further information, visit www.nuigalway.ie/events

TRAVEL TIMES TO IRELAND

7 hours from the US East Coast
 2 hours from mainland Europe
 1 hour from the United Kingdom



Getting to and from Ireland has never been easier or more affordable. There are daily direct flights to Ireland from a wide range of cities in the UK, Europe and US, along with flights from the Emirates. Ireland is served by two major low-cost national airlines – Ryanair and Aer Lingus – as well as dozens of international carriers, and boasts international airports in Dublin, Knock, Shannon and Belfast.

The following are the major airlines that serve Ireland and air routes to Dublin, Shannon and Knock airports.



Conference Venue



Main theatre (can be divided)
+small rooms

The Bailey Allen Hall

The University's multi-purpose venue, the Bailey Allen Hall, is located within a 5-minute walk of the city centre and can cater for events such as conferences, exhibitions, concerts and gala dinners. The venue with capacity of 1,000, theatre-style, can also be subdivided into three independent soundproof venues, all with blackout facilities, state-of-the-art AV specifications and mobile staging to allow for multi-purpose set-ups. In addition, there are a number of other spaces available in the venue for parallel sessions, office spaces etc.



Entrance



Lobby + Reception

Venue



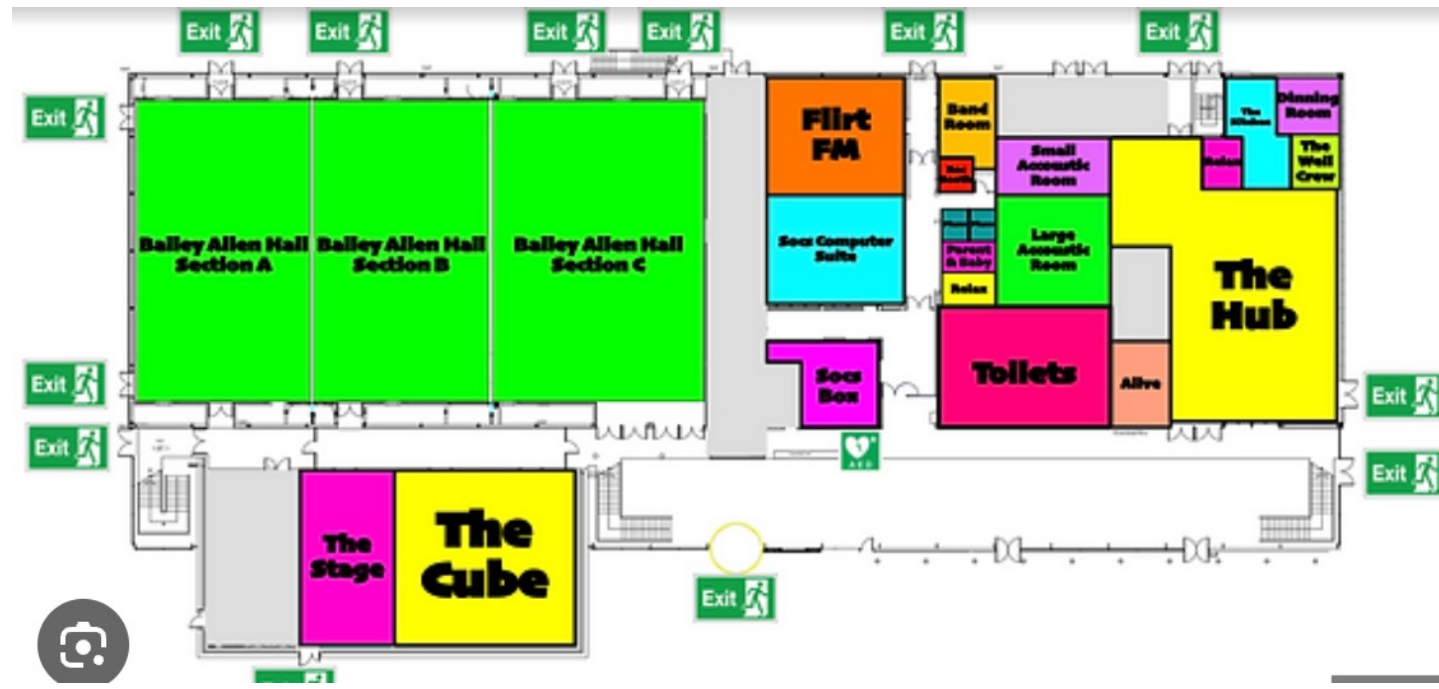
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Parallel meeting rooms
(mini symposia, etc)

Foyer: exhibition,
sponsor stands and
posters

Capacity >1000
Parallel sessions:
divided into
2-3 spaces
(A+B – 600 people
and C – 400 people
or A, B and C,
350 people each)



Accommodation

University Accommodation

The University's campus residences, located within a 15-minute walk of the conference venue, boast over 1,800 beds, including 674 beds in Dunlin Village, which opened in September 2023. There are also over 2,000 student beds located off campus.

<100 Euro per night per person

Hotels

Galway boasts a first-class accommodation structure. In the last few years, there has been a significant increase in the number of hotel beds available in the city. As well as established, high quality local operators, most of the major international hotel chains are now present in Ireland. 150-185 Euro per night per person

Other Accommodation

Many fine bed & breakfasts, guesthouses and holiday home/apartment rentals are within easy walking distance of the congress venue and are popular choices with conference delegates and tourists alike. For information, please refer to Galway's Tourist Office.



Hotels



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Walking distance – City Centre
Via the ocean – 10 min taxi drive

Social programme



Welcome Reception:
Traditional music

Gala Dinner:
Traditional music/Irish Dancing

Social Events

A conference in Galway is about more than just the academic proceedings! As one of Europe's most thrilling cities, offering culture, history, energy and a wealth of social entertainment options from tours of Connemara and the Aran Islands to set dancing lessons or dinner in a thatched cottage, the only limit is imagination!



“The only limit is imagination”

Why Ireland?



Communication

English is the main language spoken in Ireland.

World-class facilities

Ireland has made a substantial investment in tourism facilities and is extremely well served by hotels, restaurants and other essential tourism/business infrastructure.

Euro currency

Ireland is part of the EU and has the Euro currency, making it attractive to delegates from EU countries.

Enduring appeal

Every year, hundreds of international companies choose Ireland as their overseas location for conferences, corporate meetings and incentive trips, with many returning to Ireland again and again.

Tax refunds

Ireland offers delegates the opportunity to reclaim VAT on accommodation.

Safety

Ireland is considered to be a safe and welcoming destination. A friendly and relaxed atmosphere allows delegates to feel safe in their surroundings.

Key industries based in Ireland

1000 multinationals are based in Ireland which can assist with sponsorship/exhibition opportunities.

Visitor Information

Partner Programme

To cater for the needs of partners of delegates attending the conference, an extensive partner programme will be offered. Partners will be able to select from a range of professionally organised half and full-day tours in and around Galway. In addition, a tourism advisor appointed by the conference team will be on hand to make suggestions, offer information and book particular activities and tours, thus ensuring that partners make the most of their visit to Ireland. The following is a sample of what can be included in the programme.

Guided Walking Tour of Galway City

A professional tour guide will meet the group at a designated point in Eyre Square. The tour will include a visit to Kirwan's Lane (one of Galway's last remaining late Medieval Lanes), St. Nicholas' Church, Lynch's Castle, Galway Cathedral, the University, the Spanish Arch and other points of interest around the city. It is a great way for visitors to become familiar with Galway and to take in the sights and sounds of our wonderful, vibrant city!

Guided Walking Tour of Galway City

The group will enjoy a cruise on board the Corrib Princess, a luxury river cruiser, which will depart from Wood Quay in the heart of Galway City for a scenic cruise of the River and Lough Corrib.

Passengers will enjoy spectacular views of the surrounding countryside and the lake. Lough Corrib is the second largest freshwater lake in Ireland and there is an abundance of wildlife including birds, hawks, otters, mink, stoat, and much more. The Captain gives a commentary on all points of interest. There is also a full bar with tea/coffee service on board.

Pre- and Post-Event Tours

For delegates who wish to combine attendance at the conference with a short holiday in Ireland, a number of pre- and postevent tours will be offered in conjunction with local destination management companies.

Golf

The golfers in the group will enjoy golfing on some of the best courses in the West of Ireland. A three-day itinerary is proposed including:

Connemara Golf Course

At the edge of Europe, in Connemara, on the wild Atlantic coast, lies a links course that is a challenge to all who play her. Nestled between the mountains and the sea in the West of Ireland, the Connemara Championship Golf Links is an exhilarating golfing experience.

Galway Golf Club

Galway Golf club, located in Salthill, is an 18-hole parkland course which is recognised as one of the finest courses in the country.

Lahinch Golf Club

Lahinch Golf Club is frequently referred to as “the St. Andrew’s of Ireland” because of its close proximity and interaction with the local village. The links is situated on the edge of the Atlantic Ocean. The combination of bracing air and wind from the sea is one of the enduring attractions for golfers who ply their skills on two magnificent championship courses – the Old Course measuring 6950 yards and the Castle Course, measuring 5556 yards.

Optional Tours - ‘Experience the Best of Ireland’s West Coast’

Option 1: Tour of Connemara

Connemara is one of Europe’s last great natural wildernesses, with towns and villages existing along a beautiful, indented coastline. The beauty of the area lies in its rocky and rugged landscape. Connemara is covered in purple heather and desolate tracts of brown bogland, dotted with lakes with a backdrop of purple mountains.

The tour is led by a professional tour guide, who will accompany the group on the scenic route along Lough Corrib and through the villages of Moycullen and Oughterard. The tour will continue through the Inagh Valley to Kylemore Abbey, with its picturesque lake and famous abbey. Kylemore Abbey is the only Irish home of the Benedictine Nuns. Built originally as a castle in 1868, it is one of the best examples of Irish neo-gothic architecture. The estate features a Victorian walled garden, restored abbey, reception rooms, a Gothic church, tranquil walks, a craft shop, pottery, and restaurant.

The group will visit the Connemara Smoked Salmon Smokehouse, a small, family-run business with over 26 years’ experience passed down from generation to generation and Connemara’s longest established smokehouse. They have become one of the world’s leading manufacturers of high quality seafood, where every product is hand-produced in the traditional way. The various smoking methods will be explained and you can enjoy a tasting of this fantastic smoked salmon.

Option 2: Full Day Tour to the Aran Islands

On this tour, the group will travel to Rossaveal accompanied by a professional tour guide for their visit to the Aran Islands.

10:30am Depart Rossaveal by ferry to Inis Mór, the largest of the three Aran Islands.

Inis Mór is criss-crossed by dry stone walls and the landscape is bleak with soaring cliffs rising out of the Atlantic. Aran has retained much of old Gaelic culture and Gaelic is still the spoken language of the islanders. Traditional music and song have been well preserved there.

Guests are transferred by minibus for a guided tour of the island including Dun Aengus Fort, a 3000-year-old fort situated on top of 300-foot-high cliffs. They will walk to the fort and on their return will continue their tour by minibus. The tour will finish in Kilronan Village where they can enjoy an appetising lunch and some free time in the village to explore the local craft shops and pubs.

5:00pm Depart Aran by ferry.

Option 3: The Burren and the Cliffs of Moher

On this morning, the group will travel to the Burren, in North County Clare. This unique place is like no other in Ireland. There are no bogs and very few pastures, instead there are huge pavements of limestone. The word "Burren" comes from an Irish word "Boireann", meaning a rocky place. This is an extremely appropriate name when you consider the lack of soil cover and the extent of exposed limestone pavement. However, it has been referred to in the past as "fertile rock" due to the mixture of nutrient-rich herb and floral species.

We will continue to the Cliffs of Moher, which are 214 metres high at the highest point and range for 8 kilometres over the Atlantic Ocean on the western seaboard of County Clare. O'Brien's Tower stands proudly on a headland of the majestic cliffs. From the cliffs, one can see the Aran Islands, Galway Bay, as well as The Twelve Pins, the Maum Turk Mountains in Connemara and Loop Head to the South.

Lunch is arranged in O' Connors, one of the most famous pubs in Ireland. The pub is located in the heart of the picturesque village of Doolin, set amongst the rolling hills of West Clare, a stone's throw from the Atlantic Ocean. The group will then return to Galway via Blackhead and the scenic coast road.

General Information

Geography

- Ireland is 385 kilometres/300 miles at its longest; 304 kilometres/190 miles at its widest. It is divided into four provinces – Ulster, Munster, Leinster and Connaught, which make up 32 counties
- The Republic occupies 26 counties and the capital is Dublin
- The Republic is a constitutional democracy and a member of the European Union
- Northern Ireland is part of the UK and its capital is Belfast

Language

- English is the everyday language spoken in Ireland

Population

- Over 6 million, north and south. The island of Ireland enjoys a rich diversity of ethnic groups and cultures. It also has a young demographic.

Electricity

- 230 volts AC
- Small appliances – for overseas visitors (except UK) a plug adaptor will be

needed for Irish flat three-pin/round two-pin sockets. Adapters available at airport or local electrical retailers

Climate

- Mild and temperate
- Average summer temperatures range from 15-25 degrees Celsius (60-75 F)
- Spring and autumn temperatures average around 10+ degrees Celsius (50+ F)
- Winter is 0-10 degrees Celsius (30-50 F)
- Rainfall: 700mm per annum (Dublin)

Currency and Banks

- The currency in Ireland is the euro (€). The currency in Northern Ireland is the pound sterling (£).
- Any credit card that bears the Visa, MasterCard or American Express symbol will be widely accepted in Ireland. Visitors with other cards should check in advance if they will be accepted.

Shopping

- Monday-Saturday: 9:00am-6:00pm
- Thursday and Friday: late-night shopping in most malls/shopping centres

- Sunday: many shops are open 12:00pm-6:00pm
- Duty-free shopping is available at all of the international airports
- Tax refunds are available for non-EU residents; check in store for further information before purchasing

VAT Refunds on Purchases

- To qualify for a VAT (Value Added Tax) refund you must be a non-European Union visitor to Ireland. Look for the 'Tax Free Shopping' sign in the windows of participating shops. You must complete a valid tax refund document obtained from the retailer and present the tax refund document and goods to Customs on departure from the European Union. A customs officer will check the goods and validate the tax refund document.
- You can receive your refund on the spot at some airports, otherwise you should mail the validated tax refund document back to the shop and a refund will be issued. VAT is charged on almost everything, but remember, refunds only apply to goods being taken out of the country, not services.

Why Galway?



Galway has been...

- *recommended by Lonely Planet as one of the top cities on the planet to visit in 2020*
- *officially awarded a European Region of Gastronomy 2018*
- *dubbed 'Ireland's Most Charming City' by The New York Times in 2016*
- *voted as the 'friendliest city in the World' by US magazine Travel + Leisure in 2015*

Why Galway?

Galway is a city located on the West Coast of Ireland. It sits on the River Corrib between Lough Corrib and Galway Bay and has a population of approximately 79,000.

Galway is a vibrant, cosmopolitan city steeped in culture, rich in folklore and famous for its cobble-stoned streets, quaint shops and charming restaurants. It is known as Ireland's cultural heart and is renowned for its vibrant lifestyle and numerous festivals, celebrations and events. Home to the world-renowned Druid Theatre Company, Macnas Street Theatre Company and An Taibhdhearc, there is much to do in this wonderful city.

Galway city has experienced very rapid growth in recent years and has a strong local economy with complementary business sectors, including manufacturing industry, tourism, retail and distribution, education, healthcare and services that include financial, construction, cultural, and professional. 8 of the world's top 10 med-tech companies have a physical presence in Galway.

In addition, Galway boasts some of the most beautiful scenery in the world. The landscape leaves one breathless, from the prehistoric fort of Dun Aengus, the most westerly point in Europe, to Connemara and the Burren.

Sustainable University of Galway

Sustainability is one of the core values that defines University of Galway's purpose as a university and is a central part of our planning for conferences that take place on campus.



We address sustainability from environmental, social and economic perspectives and continually strive to create the best environment possible for event attendees by utilising the Learn, Live and Lead model and implementing the principles of sustainability across all our venues.



University of Galway was awarded the internationally recognised Green Flag in March 2019. The **Green Flag award** recognises the University's long term commitment to continuous environmental improvement and rewards the work undertaken across the campus to promote sustainability in each of five themes, including energy, waste, water, travel and biodiversity.

Wellness at your conference

There are many ways to bring wellness into your event so why not consider including elements that promote health and wellbeing in your programme. Our events team can advise and introduce local champions! Explore 4 ways to make mindful meetings a reality.

1. Location, location, location

An inspiring environment prompts physical activity, so the choice of host venue is more than just selecting a room. The University, located within 5 minutes of the city centre, is a prime starting point for exploring the city on foot. Conference delegates are encouraged to take the campus biodiversity trail which features a guided riverside campus walk including an audio guide of the flora and fauna featured in each location. For additional information on the biodiversity trail, please visit www.universityofgalway.ie/biodiversitytrail.



2. Food, glorious food!

With 15 modern restaurants/cafés and a café bar on campus, there is something to suit all tastes at University of Galway for visitors. All of our catering outlets are now predominately single use plastic free and the University also encourages the use of ceramic crockery for all events on campus to ensure less waste is going to landfill. Visitors are served innovative menus and farm to fork is the motto with all of our caterers sourcing local seasonal produce for conference menus and managing waste minimisation.


3. Weave wellness into your event

Attendees now expect health and wellness as an essential component of any event. So we've compiled some suggestions to elevate your event to the status of a mindful meeting!

- Include a 5k morning or evening run along the riverside campus trail or go a little further to the Salthill Promenade to watch the sun rise or set along Galway Bay!
- Introduce your delegates to a mindful moment! Embed mindfulness into your programme in a number of different ways including;
 - Start your day with a shared practice of meditation (from 20- 45 minutes)
 - Include a presentation or workshop on mindfulness and let delegates know how it effects wellbeing (from 40-90 minutes)
 - Offer a mindful yoga session as an add-on, a form of yoga that is accessible regardless of fitness level (from 40-90 minutes)

4. Add an element of giving back - corporate social responsibility

Galway Convention Bureau will work with you to add an element of 'giving back' to enhance the overall wellness experience of your delegates and give back to Galway! See www.galwayconventionbureau.com/corporate-socialresponsibility for more details on how you can offer your delegates the opportunity to do some good in the local community.

A nighttime photograph of the University of Galway courtyard. The central archway is illuminated by a bright light, creating a rainbow effect. The courtyard is paved with stone, and the surrounding buildings have lit-up windows and arches. The sky is dark blue.

We look forward to welcoming you
to University of Galway *in 2025*