

European Health Psychology
Society & BPS Division of
Health Psychology Annual
Conference 2016

Behaviour Change: Making an Impact on Health and Health Services

Aberdeen Insider's Guide

23-27 August
Aberdeen, Scotland

www.ehps2016.org

PRACTICAL INFORMATION



Call 112 or 999 for **EMERGENCIES**. Call 111 for health problems that are not emergencies.



A **GRASSHOPPER ZONE 1 BUS PASS** will make life easier. Collect at airport/registration desk if you bought one with conference registration. Passes can also be purchased on the bus.



Regular **BUSES** run between the airport and the city (727, 27) and take about 30min. To travel between the main conference venue and the city centre, take the X40, 1 or 2 (takes 15min). Exact fare only on individual journeys. Route maps here: www.firstgroup.com/aberdeen/routes-and-maps



TAP WATER is safe to drink in the UK.



TIPPING is standard anywhere there is table service. 10-14% is normal. Sometimes a tip is included in the bill - ask or check the receipt.



Most **RESTAURANTS** and pubs stop taking food orders at 9pm. Booking in advance recommended Thu-Sat and always for large groups.



The **VisitABDN MOBILE APP** is a good resource for activities, excursions and information. Use conference code 1216 for additional conference information.



During the main conference, a **WiFi** code will be displayed at the registration desk.



The legal **DRINKING AGE** is 18. If you look under 25, you will probably be asked for proof of age.



TAXI numbers: Rainbow City: 0044 (0)1224878787. Pegasus Taxis: 0044 (0)1224 516 500. Com Cabs: 0044 (0)1224 353535. Airport to city costs about £18. University to the city about £6. Conference centre to city about £9.



The **WEATHER** is usually dry but cool. Bring layers & umbrella/raincoat just in case.



WALKING: Conference centre to city centre takes 50-60min. University to city 15-20min. Hillhead accommodation to conference centre or university 20-25min.



LOCAL CUISINE includes the buttery/rowie (flat bread), stovies (potato and meat stew), cullen skink (fish stew), and haggis (spiced ground meat).



Doric, a cousin of English, not Gaelic, is the old **LANGUAGE** of Aberdeen and you can still hear snippets. Fit like? Nae bad, yersel? (How are you? Not bad, yourself?)

RESTAURANTS

PUB FOOD & CONFERENCE DISCOUNT OPTION: SEE DRINKING SECTION BELOW.

The Silver Darling North Pier House, Poca Quay - Best fish restaurant in Aberdeen and great harbour views | **££££**

Adelphi Kitchen 28 Adelphi - Charcoal grilled meat and seafood | **£££**

Ashvale Fish Restaurant 42-48 Great Western Road - Traditional fish and chips | **£**

Café 52 52 The Green - Modern international food, cosy and has outdoor tables | **££**

Christos Greek Taverna 14/20 John Street - Greek food and sometimes dancing | **££**

Manchurian 136 Causewayend - Popular Chinese restaurant, a la carte and traditional menus, generous portions | **££**

Moonfish Café 9 Correction Wynd - Cosy, modern, local seafood, good gin list | **££££**

The Boozy Cow 67 Langstane Place - Burger/hot dog place. No bookings | **££**

Rustico 62 Union Row - Nice Mediterranean restaurant, mostly Italian | **££**

Thai Siam 13 Castle Street - Thai food: awesome starter platter | **£**

The Light of Bengal 13 Rose Street - Award winning Indian restaurant | **££**

The Cock and Bull Ellon Road Balmedie, Aberdeenshire Great local, homemade Scottish food, Sunday roast (Out of town) | **£££**

No. 1 Bar and Grill 1 Queens Terrace - Locally sourced produce £££. For similar but more relaxed dining visit sister establishment No. 10 down the road | **££**

Musa 33 Exchange St - Locally sourced food in a quirky building, sometimes live music, links local beers to food if desirable | **£££**

Nargile 77 Skene St - Turkish cuisine, great meze platters | **£££**

Union Square 12 Guild St - Aberdeen's

main shopping centre with many chain restaurants suited to larger groups | **£/££/£££**

CAFES

Foodstory 13-15 Thistle Street - Locals' firm favourite - excellent cakes, great breakfast, lunch and dinner, good for vegans. Open 'til 9pm Tue-Sat and you can bring your own wine. Wifi & music sessions too. Closed Sundays.

Coffee House 1 Gaelic Lane - Another favourite. Bright spacious café with good lunches. Serves beer/wine. Has wifi. Open 'til midnight Fri and Sat, otherwise 6pm.

Cup café 9 Little Belmont St - Serves breakfast and lunch and a lovely range of teas. Open 'til 9pm Wed-Sat. Closed Sun-Tue.

Rosie's Café 137 Rosemount PI - Local social enterprise offering vocational training for vulnerable community members. Sells homemade food and crafts. Open 'til 3:30pm (4:30pm Fri/Sat).

Long Dog Café 66 Claremont Street -

Small, cosy café West End of Aberdeen. Open 'til 9pm Mon-Sat and 6pm Sunday.

Kilau 57-59 High Street - Nice coffee near the University in Old Aberdeen with outdoor seating area. Small menu but lovely food. Wifi.

Sand Dollar Café 2 Beach Esplanade - Café and bistro for refreshments by the beach. Closes between 4-6pm.

Café Cognito 39 St Swithin St - Coffee, cakes, ice cream. Outdoor seating area. Open until 9pm every day.


Cat in the window Café 14 Netherkirkgate - Café with eight cats to pet if you are missing your feline friends at home. Booking recommended.

CAFES OUT OF TOWN

The Falls of Feugh Bridge of Feugh, Banchory - Café and restaurant in a stunning country location next to a small waterfall. Great afternoon teas and Sunday lunches. Outdoor seating. Closes 4:30pm, shut Tuesdays.

Formartine's Tarves Ellon Environmentally friendly café in the countryside with woodland walks and a playground: good for kids. Closes 5:30pm daily

Big Moon Coffee Bar 3 Bayview Apartments, Beachgate Lane, Stonehaven - Great food, vegan options, lovely views. Closes 4:30pm, shut Mondays.

 **Revolution** 25 Belmont St 12pm-midnight/1am - Offering **DISCOUNTED** food and drink to **EHPS BADGE HOLDERS** all week including £4 cocktails, **50%** off meals on Mon and Wed and **25%** off meals on Tue and Thur. Good atmosphere, can accommodate larger groups.

DRINKING

Brewdog 5-9 Union St 11am-midnight/1am - Local craft brewery gone global. Good for medium sized groups. Snack/platter food available. Club called Underdog directly below for more beer and DJ 11pm-3am Thur-Sat.

Soul 333 Union St 11am-midnight/1am - Large bar, sophisticated vibe. Cocktails and all other drinks. Good for large groups

6° North 6 Littlejohn Street 11am-midnight/1am - Popular. Large selection

of international beers. Limited food menu. Relaxed vibe.

Tippling House 4 Belmont St 4pm-2/3am - Small underground prohibition-style bar/restaurant. Excellent cocktails - worth the price. Small menu but very good food.

Illicit Still Guestrow 11am-midnight/1am - Pub that does food. Nice atmosphere. Sports on TV and pool tables.

Blue Lamp 121 Gallowgate - Pleasantly decrepit pub with a good range of beers. Live music (often jazz) throughout the week. Check www.jazzatthebluelamp.com for details.

99 Bar & Kitchen 1 Back Wynd, 11am-midnight/1am - Nice bar with bistro-style menu. Good food and cocktails.

CASC 7 Stirling St 11am-midnight/1am - Large selection of whiskies and ales. Cigars and coffee too. Quite small and limited seating.

The Grill 213 Union St 10am-midnight/1am - Traditional standing pub, minimal seating. Amazing selection of whiskies. Pop in for one on your way past.

The Globe Inn 13 N Silver St 11am-midnight/1am - Traditional pub near Aberdeen's entertainment area (Music Hall/Theatre). Standard pub food. Live music some nights, check website.

Under the Hammer 11 North Silver Street 5pm-midnight/1am - Traditional pub below The Globe, with a good deal of space. Good place for talking.

Orchid 51 Langstane Place 6pm-2/3am - Half way between bar and club. Very nice cocktails. Good for medium sized groups.

THINGS TO SEE AND DO

Duthie Park - Situated just south of the city centre by the banks of the River Dee, the park comprises 44 acres of landscaped green space. The David Welch Winter Gardens within are worth a visit.

Seaton Park - North of the city centre on the banks of the Don. Home to a walled garden, mature deciduous trees and large open green spaces. Nearby and worth a visit: Brig o' Balgownie (near Hillhead Student Village) and St Machar's Cathedral.

Footdee - An old fishing village at the east end of the harbor known locally as "Fittie". Incorporate with a walk along the beach. Several boat tours available from the harbor where dolphins are often spotted. Book here: www.clydecruises.com/clydecruises/aberdeen-harbour-cruise

Maritime Museum - Award-winning and situated on the historic Shiprow. Fascinating exhibitions and displays. Closes 5pm Mon-Sat.

Marischal College - The second largest granite building in the world lies on the Gallowgate at the heart of the city. An impressive courtyard is open to the public free of charge.

Balmedie Beach - Situated 5 miles north of Aberdeen, the long and wide beach is bordered by a protected dune system that stretches 14 miles. Great for walks!

Bullers of Buchan - A great place to see local wildlife (puffins, seals, dolphins) an hour north of the city with good bus links.

Stonehaven - A picturesque town 30min south of the city. Good rail and bus links. Home to an art deco Olympic-sized open air swimming pool! Just a 40min walk from Stonehaven is the spectacular Dunottar Castle which is well worth a visit. www.dunottarcastle.co.uk

Crathes Castle - 16th century tower house 40min west of the city. Gardens and rolling Scottish countryside host an adventure playground for kids, a tree top zip-line, and an arts studio. www.nts.org.uk/Property/Crathes-Castle-Garden-and-Estate

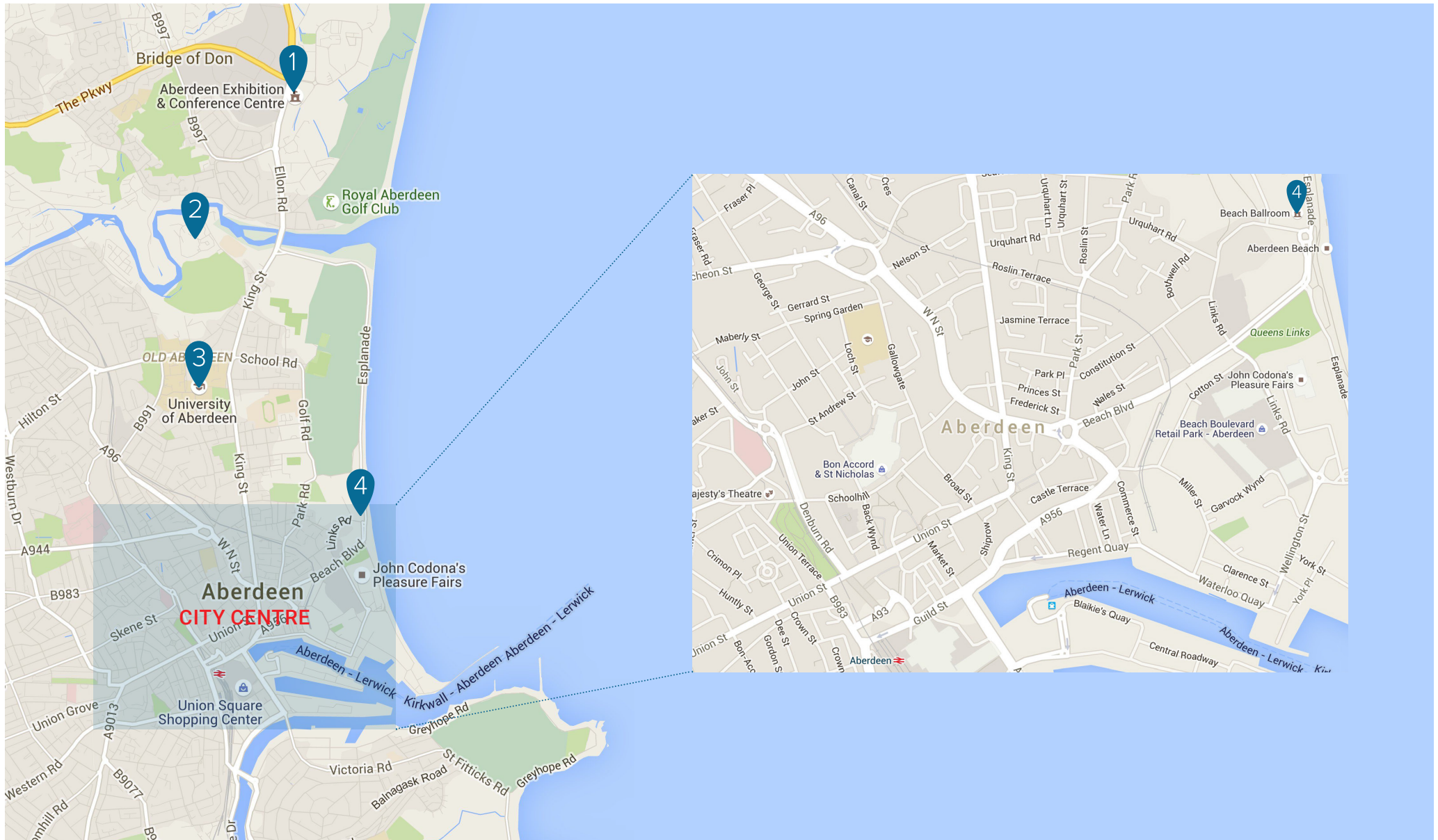
Whisky trails - Aberdeen is brilliantly located for numerous whisky tours. See following website for more details www.visitscotland.com/see-do/food-drink/whisky/distilleries

Brewdog Brewery Tour - Number 67 & 68 buses take 50min from Aberdeen city centre to Ellon Park & Ride which is a short walk from our local craft beer brewery. Book tours here www.brewdog.com/bars/uk/dogtap

USEFUL WEBSITES FOR NEARBY WALKS AND SITES OF INTEREST:



www.walkhighlands.co.uk
www.undiscoveredscotland.co.uk



1 | **AECC/** Main Conference Venue

2 | **Hillhead Student Village**

3 | **University of Aberdeen/** Opening Ceremony & Welcome Reception

4 | **Beach Ballroom/** Conference Dinner Venue