

ProForest Summer Training Programme 2010 Location

Rothermere American Institute 1A South Parks Road, Oxford, OX1 3UB, + 44 (0) 1865 282710



All courses will be held at the **Rothermere American Institute (RAI)**. It is situated in the so called science park area, at a few minutes walking distance from central Oxford. (Mansfield College, where some people will have accommodation, is situated directly next to the RAI).

Getting to Oxford

train

Oxford can easily be reached by direct trains from London Paddington or Birmingham New Street stations. From London an off peak-hours open return ticket should cost around 45 pounds. First Great Western is the train operator (see website for further details: www.firstgreatwestern.co.uk). Direct trains take approximately one hour.

Oxford train station is situated just to the west of the city centre. There are usually plenty of taxis in front of the train station that can take you to the RAI for about 6 to 8 pounds. Alternatively you can walk to the college or institute, which will take you about 20 minutes. There are no bus stops close to the training location.

coaches

There are frequent coach services from the centre of London (Victoria station) which all stop at Queen's Lane bus stop (10 minutes walk to the RAI) and which all terminate at Gloucester Green bus station on George Street (15 minutes walk). Alternatively, you can hail a taxi anywhere in the city centre, which can bring you to the college or institute for approximately 5 pounds.

The '**Oxford Tube**' leaves from London Victoria every 12-15 minutes during weekdays (slightly less frequently during evenings and weekends). Journey time between London and Oxford is about 90 minutes. For more information, please see:

www.oxfordtube.com. A single ticket is 16 pounds and a period return is 20 pounds. Both can be bought from the driver.

A rival service, **Oxford Express**, also departs every 15-20 minutes from London Victoria. Tickets cost the same as above and can also be bought from the driver. For more information, please see: http://www.oxfordbus.co.uk/main.php?page_id=27

from Heathrow and Gatwick

'**The Airline**' runs frequent coach services from Heathrow and Gatwick airports which all stop at Queen's Lane bus stop (10 minutes walk to the RAI) and all terminate at Gloucester Green bus station on George Street (15 minutes walk). Alternatively, you can hail a taxi anywhere in the city centre, which can bring you to the college or institute for approximately 5 pounds.

The coaches from **Heathrow** Airport take 90 minutes from terminals 1,2 and 3 (bay 14a in the Central Bus Station) and 80 minutes from terminal 5 (by 11 at the arrivals concourse outside the terminal). If you arrive at terminal 4, take the underground to terminals 1,2 and 3. The coaches leave every 30 minutes during the day and less frequently overnight. A single ticket costs 20 pounds, a period return 25 pounds.

The coaches from **Gatwick** take 2 hours and leaves every hour during the day and less frequently overnight (South terminal: upper forecourt, bay 18, North terminal: by 4 outside arrivals). A single ticket costs 25 pounds, a period return 35 pounds.

For more information, see: www.oxfordbus.co.uk/main.php?page_id=23

park & ride bus service

Parking spaces near the RAI are extremely limited. If you come by car it is highly advisable to use the park and ride car parks at the borders of Oxford.

There are 5 different Park & Ride car parks around Oxford. The most convenient ones are the **Pear Tree** (if you are coming from the north) and **Thornhill** (if you are coming from London/M40). The car parks are signed for 'Park&Ride' as you approach them. Parking is free and shuttle buses are £2.50 return, leaving about every 10 minutes. The Pear Tree bus service terminates at the junction of George Street and Magdalen Street; a 10 minutes walk from Mansfield college and the RAI. Those from Thornhill pass through the High Street to the South of Cornmarket Street. From the Queen's lane bus stop you can walk to the College and institute in about 10 minutes. For more information please see: www.parkandride.net (destination Oxford).

If you have any difficulties or queries on your arrival to the UK, please do not hesitate to contact the ProForest office via 01865 243439.

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