

Cardiff MRCS Course: Basic Sciences and Clinical Application for MRCS A

14th – 17th December 2023 (Thursday – Sunday)

College of Physicians and Surgeons of Cardiff, Frazer Building, Cardiff Bay, Cardiff

Reporting Information

KINDLY READ THIS IN FULL SINCE IT CONTAINS IMPORTANT INFORMATION.

Dear Candidate,

Thank you for choosing to attend this course. May we take this opportunity to kindly welcome you to the course and to Doctors Academy.

This is to inform you of the directions to the venue and the format for the days.

I. GENERAL AND REPORTING INFORMATION

Dates:

14th – 17th December 2023 (Thursday – Sunday)

Day 1:

Registration: **0840 – 0850 hours**

Start of Day 1: **0850 hours**

End of Day 1: **1930 hours**

Day 2:

Start of Day 2: **0830 hours**

End of Day 2: **1930 hours**

Day 3:

Start of Day 3: **0830 hours**

End of Day 3: **1930 hours**

Day 4:

Start of Day 4: **0830 hours**

End of Day 4: **1845 hours**

Venue:

College of Physicians and Surgeons of Cardiff

Frazer Building

126 Bute Street

Cardiff Bay

Cardiff

CF10 5LE

Where to Report:

When you arrive at Frazer Building, please enter the foyer through the main door. A member of our team will direct you to the appropriate room.

II. DIRECTIONS

Address:

**College of Physicians and Surgeons of Cardiff
Frazer Building
126 Bute Street
Cardiff Bay
Cardiff
CF10 5LE**

To view the venue in Google Maps, please follow this link:

<https://www.google.co.in/maps/search/College%20of%20Physicians%20and%20Surgeons%20of%20Cardiff,%20Frazer%20Building,%20126%20Bute%20Street,%20Cardiff%20Bay,%20Cardiff,%20CF10%205LE?hl=en&source=opensearch>

Directions:

Driving

From the East

- Exit the M4 at Junction 29 onto the A48(M). Continue for 2.5 miles.
- Continue onto Eastern Avenue/A48 for 2.4 miles.
- Take the exit A4232 towards Cardiff (E)/Docks.
- When you reach the roundabout, take the first exit onto Southern Way/A4161/A4232. Continue for 0.4 miles.
- Take the A4161 ramp to the City Centre and continue for 0.2 miles.
- When you reach the roundabout, take the second exit onto A4161. Continue for 0.8 miles.
- Turn left onto Beresford Road and continue for 0.2 miles.
- Continue onto Moorland Road for 0.4 miles.
- Continue onto Courtenay Road for 0.1 miles.
- Continue onto Walker Road for 0.2 miles.
- Continue onto E Tyndall Street.
- Go through two roundabouts (0.8 miles).
- Continue onto Herbert Street for 0.1 miles.
- Turn left onto Bute Street and continue for approximately 0.5 miles.
- The venue will be on your right.

From the West

- Exit the M4 at Junction 33.
- Take the exit towards Cardiff West.
- When you reach the roundabout, take the third exit onto the A4232. Continue for 9.1 miles.
- Take the exit towards Techniquest/Museum and continue for 0.1 miles.
- When you reach the roundabout, take the first exit onto Stuart Street. Continue for 0.2 miles.
- Continue onto New George Street for 0.1 miles.
- Continue onto Bute Street for 0.1 miles.
- The venue will be on your left.

Parking

Limited car parking is available at the rear of the venue on **Saturday 16th and Sunday 17th December only**. Please note that car parking **is not available** at the venue on Thursday 14th and Friday 15th December as the spaces are reserved for permit holders during the week.

Please follow these links for visual directions to the car park for Saturday and Sunday.

<https://doctorsacademy.org.uk/coursenw/esst/Driving%20from-the-%20West.pdf>

<https://doctorsacademy.org.uk/coursenw/esst/Driving-%20from-%20the-%20East.pdf>

On Thursday and Friday, you may park in the council-owned off-road spaces near the venue. Alternatively, you can park in:

Havannah Street (next to St David's Spa Hotel). Please follow this link for further information:
<https://www.cardiffbay.co.uk/listings/havannah-street-car-park/>

Cardiff Q-Park. Please follow this link for further information:
<https://www.q-park.co.uk/en-gb/cities/cardiff/cardiff-bay/>

By Taxi

If you take a taxi to the venue, please give the driver the postcode (CF10 5LE) and the name of the building (Frazer Building) or the number of the building (126).

By Train

The closest station to the venue is **Cardiff Bay Railway Station**. You will need to change trains at Cardiff Central.

From Cardiff Central Train Station

- On arriving at Cardiff Central, head to Platform 6. Take the train to Cardiff Queen Street (trains run from Cardiff Central to Cardiff Queen Street every 5 minutes). The journey time is approximately 3 minutes.
- On arriving at Cardiff Queen Street, head to Platform 3. Take the train to Cardiff Bay (trains run from Cardiff Queen Street to Cardiff Bay every 12 minutes). The journey time is approximately 4 minutes.
- When you arrive at Cardiff Bay Train Station, exit to the right (sign-posted Mermaid Quay and Mount Stuart Square).
- Turn left onto Bute Street and walk towards the first set of traffic lights.
- Cross the road. You will see Frazer Building in front of you (there is a clock at the top of the building).

Alternatively, you can take a taxi from Cardiff Central Train Station to the venue. This will take approximately 7 minutes.

Visual directions to the venue can be found by following this link:

<https://doctorsacademy.org/CourseNW/CMMSRCA/cardiff-Train.pdf>

III. ACCOMMODATION

If you are struggling to find accommodation, our team can provide you with accommodation in a self-contained house (provided that rooms are available) which you will share **only** with other delegates attending the course. The house is located close to the City Centre and is approx. 12 minutes by car or taxi from the venue in which the course will be held. The room rate is £58 per person per night. Continental breakfast is included. For further details, please contact us at courses@doctorsacademy.org.uk, and a member of our team will be able to advise you.

IV. WHAT TO PREPARE

The course will be intense and exhausting. Please read as much as possible beforehand so that you will gain the maximum benefit from the course. Prior knowledge will also help you to focus on important pieces of information during the lectures. Days 1 and 2 of the course will mainly focus on Applied Basic Sciences, which makes up 60% of the exam (180 questions), whilst Days 3 and 4 will focus on Principles of Surgery in General, which makes up 40% of the exam (120 questions).

Please follow this link to access the pre-course presentations:
http://www.courses.doctorsacademy.org/Number_Validation.aspx

V. DRESS CODE

The dress code for this event is professional/semi-formal. Kindly refrain from wearing shorts of any kind, hoodies and flip-flops.

VI. BREAKS FOR REFRESHMENTS AND LUNCH

There will be a 20-minute refreshment break in the morning and afternoon sessions, and a 45-minute lunch break. During the refreshment breaks, you will be provided with tea, coffee and biscuits. A sandwich lunch will also be provided on all days. Vegetarian and non-vegetarian options will be available. Gluten-free, dairy-free and vegan options can also be sourced; please inform us by return of mail if you have any special dietary requirements so that our team can make appropriate arrangements for you.

What you need to bring with you:

1. A copy of the email you have received from us regarding your confirmation of place (with your name). Please note that you will not be allowed to attend the course without this information.
2. Your hospital/employer/university identification badge.
3. Your revision notes, if you already have them.

Please do not hesitate to contact us at info@doctorsacademy.org.uk if you have any further queries in the interim. Alternatively, you can contact us at 02920 616 765.

If you have any issues on the day of the course or are unable to find the venue, please contact us on **+44 (0) 75 3426 0131**

We look forward to meeting you at the course.

With very best wishes,

Course Faculty
MRCS Part A Courses
Doctors Academy
www.doctorsacademy.org