

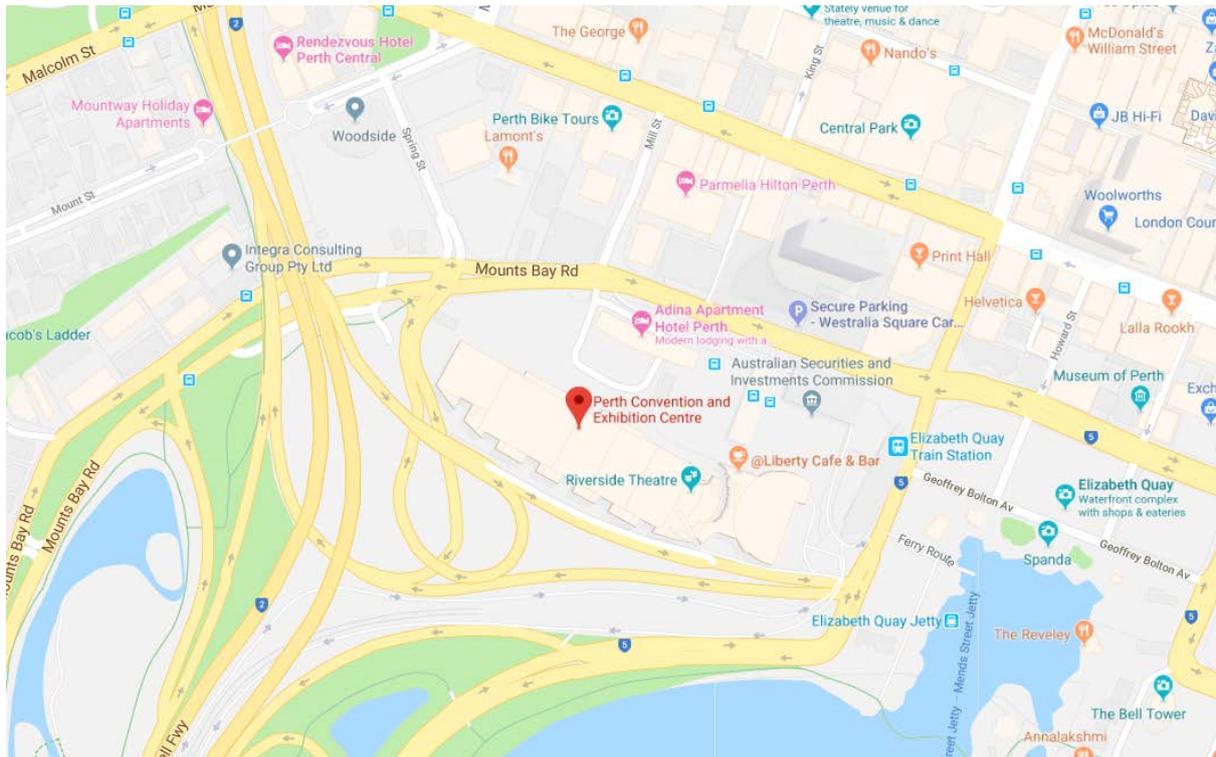
## 1. Conference Location

The Conference is being held at the Perth Convention and Exhibition Centre (PCEC), which is located adjacent to the Elizabeth Quay precinct. The closest train station to PCEC is Elizabeth Quay Station which is only a few minutes' walk from the centre. The Elizabeth Quay Bus Station is also close by.

### Perth Convention and Exhibition Centre (PCEC)

21 Mounts Bay Road, Perth, WA 6000

Website: <https://www.pcec.com.au/>



## 2. Airport and Transport

### AIRPORT



Perth Airport is located 13 kilometres from Perth's City Centre, approximately a 20-minute drive. The following transport options are available.

### BUS



A regular public bus service operates between all Perth Airport Terminals and Perth city. [Click here](#) to view more information on this service, including maps and timetables. To view pricing please visit [www.transperth.wa.gov.au/tickets-fares](http://www.transperth.wa.gov.au/tickets-fares).

## TAXI



A taxi trip from the airport terminals to Perth will take approximately 20 minutes depending on the time of day. The journey will cost approximately A\$30.00 – A\$50.00. All taxis are meter operated by time and distance and operate twenty-four hours a day. Taxis indicate they are vacant by illuminating their sign on the roof. Taxis are easily accessible from the airport; there are ranks outside both the international and domestic terminals.

## UBER



An Uber is approximately A\$35.00 from the Airport to Perth's City Centre. Please note your pickup location depends on your terminal and ride option.

Follow the below steps if you would like to utilise an Uber service:

1. Download the [Uber](#) App on your mobile device by searching 'Uber' in iTunes or Google Play.
2. Create an account and enter your details as directed.
3. Please wait until you have collected your luggage and are ready to leave the airport before requesting your ride using the Uber app.
4. Exit the terminal - The pickup location will depend on the type of vehicle you have selected. Please refer to the instructions below to find out where to meet your driver.
5. Look for your vehicle and driver – if you can't find your driver, contact them through the app.

For fare estimates, visit the Uber website [here](#).

## Rideshares:

There are dedicated rideshare pick-up bays within easy walking distance of each terminal. Simply follow the directions on the terminal signage to the nearest rideshare pick-up bay. [Click here](#) to view the location on a map.

## 3. Parking



There are approximately 5,000 car parking bays within a 10-minute walk of Perth Convention and Exhibition Centre. Below are the closest options:

[CPP Convention Centre](#) - 1 min walk (located directly under PCEC)

[Westralia Square](#) - 4 min walk

[The Quadrant](#) - 4 min walk

[40 The Esplanade](#) - 4 min walk

[The Forrest Centre](#) - 8 min walk

[Central Park](#) - 9 min walk

[18 The Esplanade](#) - 9 min walk

## 4. Plan your arrival to Australia

### Australian Quarantine and Inspection Service (AQIS)

AQIS plays an important role in keeping out unwanted pests and diseases that could devastate Australia's native wildlife, environment, tourism and agricultural industries.

To have a smooth transition through quarantine and to enjoy your participation at this Conference, it is important that you understand Australia's quarantine regulations.

Visit <http://www.daff.gov.au/biosecurity/travel> for more information.

### Customs

Please ensure that along with your passport and visa, you also pack your registration confirmation letter within your carry-on luggage. You may be asked to produce this when moving through customs at your arrival airport. In addition to this, please be sure to complete your Incoming Passenger Card with all details and answer each question honestly.

### Visa

All visitors to Australia must have a valid visa to travel to and enter Australia (other than New Zealand passport holders, who will normally be issued a Special Category visa on arrival, provided they meet health and character requirements).

### Exchange Rate

Decimal currency is used in Australia with the dollar as the basic unit (100 cents = \$1). Notes come in \$100, \$50, \$20, \$10 and \$5. Coins come in \$2, \$1, 50c, 20c, 10c and 5c denominations.

Currency exchange facilities are available in most banks and airports and operate during normal business hours.

To view the current foreign exchange rates, please visit [www.x-rates.com](http://www.x-rates.com)



### Credit, Banking and ATM's

Credit cards are accepted at most restaurants and shops - the most widely used being MasterCard, Visa and American Express.

Banks and post offices generally open from 0900 - 1600 hours from Monday to Friday. Business office hours are 0900 - 1730 hours from Monday to Friday.

Automated Teller Machines (ATM's) are conveniently located in numerous locations throughout the city.

### Weather

November is the end of Spring and December is the beginning of Summer in Perth with the average temperature ranging from 17 to 28 degrees Celsius.

\*Please note the weather below is correct at time of issuing this letter but changes regularly. Click [here](#) to see current weather forecast.

FRI 11/30	SAT 12/1	SUN 12/2	MON 12/3
23° /12°	23° /11°	23° /11°	23° /13°
Times of clouds and sun	Low clouds	Mostly sunny	Sunshine
<u>Hist. Avg.</u> 27°/14°	<u>Hist. Avg.</u> 27°/14°	<u>Hist. Avg.</u> 27°/14°	<u>Hist. Avg.</u> 28°/14°

### Electric Current

The electric current within Australia is 240 Volt, AC 50 cycles. Two or three pin rectangular plugs are used. For more information, please visit your local travel store or see image below.



## 5. Checking into your Hotel

For most hotels the check-in time is 1500 hours. Your hotel will do their best to have rooms available for early check-in, however if you wish to confirm your room for an early arrival, you will need to pre-book and pay for the room from the previous evening.

As per standard hotel policies and procedures, delegates will be required to provide a credit card or a cash bond upon check in. This is to cover any incidental charges incurred during your stay regardless as to whether your accommodation has been pre-paid in full. The hotel will place a hold on your credit card or hold the cash deposit until your check-out. Should you not utilise any incidentals during your stay the credit card will not be charged, and/or the cash deposit will be returned. Please note the daily incidental charge rates will vary across hotels. Should you wish to confirm the required amount for incidental charges prior to check-in, please contact the hotel directly.

#### Adina Apartment Hotel Perth

33 Mounts Bay Road, Perth, WA 6000  
Phone: (08) 9217 8000

#### Rendezvous Hotel Perth Central

24 Mount Street, Perth, WA 6000  
Phone: (08) 9481 0866

#### Mounts Bay Waters Apartment Hotel

112 Mounts Bay Road, Perth, WA 6000  
Phone: (08) 9213 5333

## 6. Registration Process

The registration desk will be located at **BelleVue Foyer on level 3 of the Perth Convention and Exhibition Centre**. All participants must visit the registration desk to collect their Conference materials and name badge before gaining access to the Conference. We encourage you to register as early as possible to allow for easy access to the Conference opening.

### Registration desk opening times are:

Friday 30 November 2018	1200 - 1930
Saturday 1 December 2018	0800 – 1630
Sunday 2 December 2018	0800 – 1700

If on arrival at the Conference you have not paid for your registration, you will be directed to the cashier to make payment. All outstanding accounts must be settled upon registering for the Conference. Please arrive early to avoid any delays.

## 7. Conference Mobile App



Mobile Apps are a software application developed specifically for use on small, wireless computing devices such as smartphones, tablets and watches. Our **Conference Mobile App** allows **registered** delegates access to the latest, most up to date information regarding the Conference Program, social events, speakers, important updates and many other aspects of the Conference.

Registered delegates may access the Conference App by scanning the QR code to the left to download to your device or by visiting the Apple / Android store to download the app by searching eMobilise Event App. Note that the email address you use **must** be the email address used on your registration application. After you log in the initial password is **ICST2018**.

Should you encounter any difficulties in downloading or utilising the app, the Arinex staff at the Registration Desk in the BelleVue Foyer of the Perth Convention and Exhibition Centre will be pleased to assist you.

## 8. Dietary Requirements

If you have not already done so, please advise the Conference Managers of any specific requests (including vegetarian requirements). All attempts will be made to meet these requirements.

## 9. Speaker Preparation Desk

The Speaker Preparation Desk is located at the rear of BelleVue Ballroom 2 of the Perth Convention and Exhibition Centre. **Session Speakers** are requested to visit the Speaker Preparation Desk at least **one hour** before their session to ensure their presentation is uploaded and runs smoothly.

The Speaker Preparation Room operating hours are as follows:

Friday 30 November 2018	1400 - 1700
Saturday 1 December 2018	0730 – 1600
Sunday 2 December 2018	0800 – 1600

## 10. Conference Program and Abstracts

The Organising Committee for the 11<sup>th</sup> International Conference on Strength Training 2018 is very pleased to announce the detailed Conference Program and Poster Listing is available online. [Click here to view the detailed program.](#)

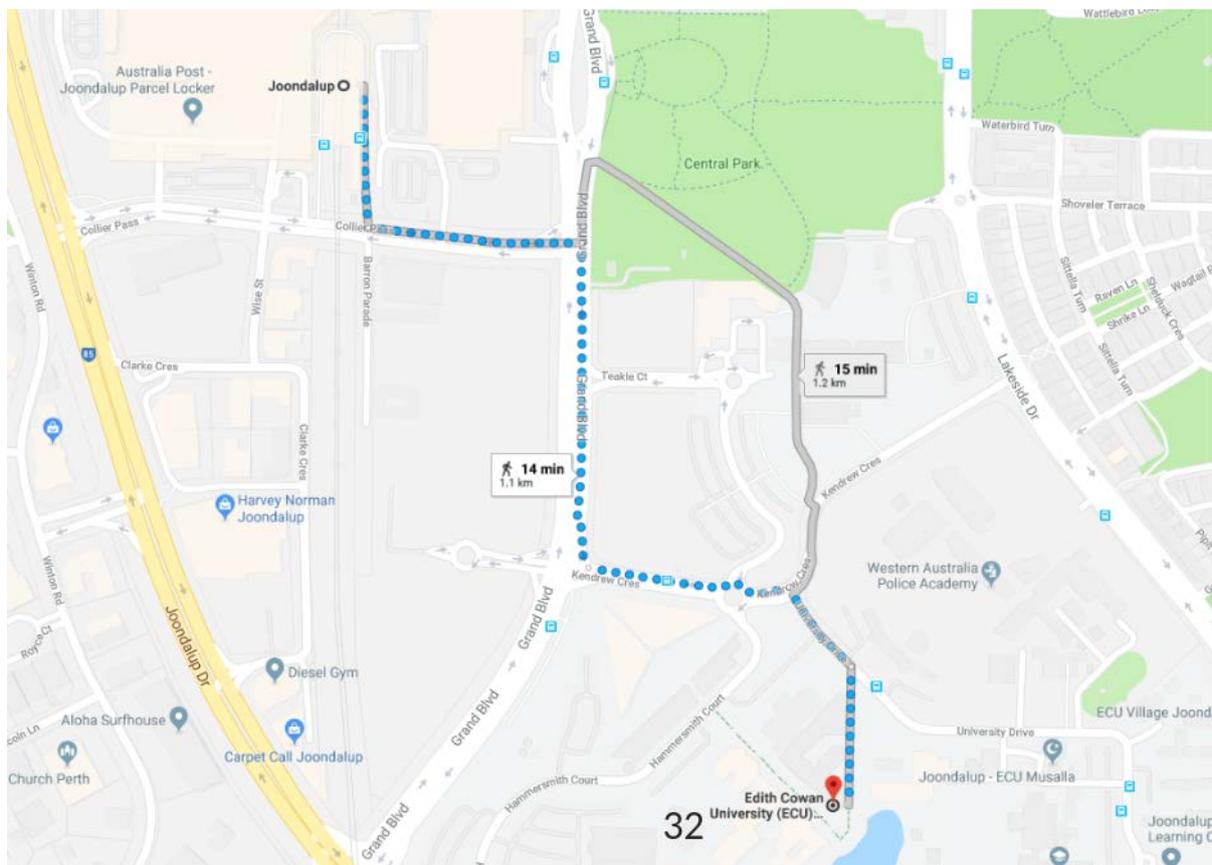
The program book you receive in your satchel will contain summary information on the program and sessions.

The Conference Program commences on Friday 30 November 2018 at 15:00pm with an opening ceremony. Please be seated at least 5 minutes prior to the start of the Opening Session.

## 11. Edith Cowan University – Joondalup Campus, Monday 3 December 2018

The Conference program on Monday 3 December 2018 will be held at Edith Cowan University – Joondalup campus in building 32, which can be found on the map below.

Train passes will be distributed at the registration desk upon your arrival. Please use these passes to get from Elizabeth Quay Station to Joondalup Station on Monday 3 December. The map below has direction from Joondalup Station to Edith Cowan University.



## 12. Exhibition

The Exhibition will be located in the BelleVue Ballroom Foyer. All delegates are encouraged to visit the exhibits and meet with the exhibitor representatives to experience the products and services on offer.

The Exhibition will be open during the following hours:

Friday 30 November 2018	1400 - 2000
Saturday 1 December 2018	0800 – 1700
Sunday 2 December 2018	0800 – 1700

All refreshment breaks will be held in the Exhibition area providing maximum networking opportunities for delegates and exhibitors.

### 13. Photography and Filming

Delegates are advised that segments of the Conference may be filmed or photographed for the purpose of the Conference proceedings. The appropriate *authority to publish* permission applies. If you do not wish to be filmed or photographed, please advise the operator and move out of camera range.

### 14. Conference Welcome Reception

The Welcome Reception will be held at the Perth Convention and Exhibition Centre and will include beverages and finger food for the evening.

Venue: BelleVue Ballroom Foyer, Perth Convention and Exhibition Centre

Date: Friday 30 November 2018

Time: 18:00pm – 20:00pm

Cost: Included in the full Conference registration

### 15. Tour – Optus Stadium

Venue: Optus Stadium, Burswood

Date: Saturday 1 December 2018

Time: Transfers: depart Perth Convention and Exhibition 5.00pm

Tour: 17:30pm – 19.00pm

Cost: 1.5 hour Optus Stadium Tour including transfers – \$50 pp

You'll be treated to breathtaking views of the playing surface, the Swan River and Perth city from the Stadium's highest vantage point, and you'll also experience the inner sanctum. Along the way you will discover sports memorabilia detailing WA's rich sporting history, and don't forget your camera because there will be plenty of photo opportunities around the Stadium.

The Camfield, Australia's largest pub is located next to the Stadium and will be open should you wish to purchase post tour refreshments.

### 16. Conference Dinner

Venue: Island Brew House, Elizabeth Quay

Date: Sunday 2 December 2018

Time: 19:00pm – 23:00pm

Cost: Included in the full Conference registration

The Conference Dinner will be a casual cocktail party and will include substantial canapes and beverages until 22:00pm. Please bring cash, eftpos or credit card to purchase drinks from the bar after 22:00pm.

## 17. Exercising in Perth

### Fuller Fitness

250 St Georges Terrace, Perth WA 6000

Phone: (08) 9321 4819

<http://www.fullerfitness.com.au/>

### Goodlife Health Clubs

166 Murray Street Mall, Perth WA 6000

Phone: (08) 9421 3100

<https://www.goodlifehealthclubs.com.au/clubs/murray-st/>

### RevoFitness-Northbridge

20 Parker St, Northbridge WA 6003

Phone: +61 8 6280 1069

<https://revofitness.com.au/club-northbridge/>

### Perth Walking Trails

<https://www.experienceperth.com/page/kings-park-walking-trails>

<https://www.experienceperth.com/page/perths-top-walking-trails>

<http://trails.wa.com.au/trails/regions/perth/>

## 18. Eco Friendly

The 11<sup>th</sup> International Conference on Strength Training is an environmentally conscious Conference. Participants are encouraged to bring their own writing pads and pens to use at the Conference.

Workshops abstracts will be provided to participants on the Conference App and therefore will not be printed at the Conference. Participants are encouraged to log in to the mobile app to view abstracts before attending the Conference.

## 19. Evaluation

All Conference delegates are encouraged to complete the Conference evaluation which will be issued electronically following the conclusion of the Conference. Your evaluation of the Conference will be important in planning for future events. Please complete your evaluation of the 11<sup>th</sup> International Conference on Strength Training 2018 online.

## 20. Contacting you during your stay

If your office needs to contact you during the time you are attending the Conference, please note the following contact details:

### Perth Convention and Exhibition Centre (PCEC)

21 Mounts Bay Road, Perth, WA 6000

Ph: +61 8 9338 0300

Website: <https://www.pcec.com.au/>

We wish you a safe journey and we look forward to welcoming you to the 11<sup>th</sup> International Conference on Strength Training 2018.

Arinex Pty Ltd  
ICST 2018 Conference Managers  
3/110 Mounts Bay Road  
Perth, WA, 6000 Australia  
Phone: +61 8 9486 2000  
Email: [icst2018@arinex.com.au](mailto:icst2018@arinex.com.au)  
Website: [www.icst2018.com](http://www.icst2018.com)

## 21. Conference Sponsors

The Local Organising Committee for the 11<sup>th</sup> International Conference on Strength Training 2018 extends its appreciation to the following sponsors for their invaluable commitment and support:

### Conference Host



### Bronze Sponsors



The Wellness Company

### Satchel Sponsors



### Conference Supporters

