



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Intensive Training Course ITN project ForSEAdiscovery

(European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement n° PITN-GA-2013-607545)

C6 Dendroarchaeology of Ships: Prospect and Practice **University of Wales Trinity Saint David, Lampeter, Wales,** **United Kingdom** **23-27th May 2016**

Programme

Monday 23 May 2016

- 09.30-17.30 Generic Skills: Red Room, Arts Building
- 09.30-11.00 **Nigel Nayling**, Welcome / Project Management: Project Designs
11.00-11.30 Break
11.30-13.00 **Nigel Nayling**, Project Management: Project Designs Workshop
13.00-14:30 Lunch
14.30-16.00 **Jemma Bezant**, Curriculum Vitae Workshop
16.00-16.20 Break
16.20-17.30 **Peter Groenendijk**, Dealing with Stress Workshop

Tuesday 24 May 2016

- 09.30-17.30 Generic Skills: Red Room / GIS Lab, Arts Building
- 09.30-11.00 **Nigel Nayling / Adolfo Martins**, 3D Software Workshop – Rhino 3D +
11.00-11.30 Break
11.30-13.00 **Nigel Nayling / Adolfo Martins**, 3D Software Workshop – Rhino 3D +
13.00-14:30 Lunch
14.30-17.00 **Excursion**: The Llanerchaeron Estate – Woodlands and wood pasture

Wednesday 6 May 2015

- 09.30-17.30 Red Room, Arts Building / Environmental Laboratories
- 09.30-11.00 **Nigel Nayling**, Introduction to Shipwrecks and Dendrochronology
11.00-11.30 Break
11.30-13.00 **Nigel Nayling / Rod Bale**, Ring-width Measurement Practical
13.00-14:30 Lunch
14.30-16.00 **Aoife Daly**, Shipwrecks and Dendroprovenancing in the North
16.00-16.20 Break
16.20-17.30 **Nigel Nayling, Aoife Daly, Tomasz Wazny**, Sample assessment and preparation. Handling exercise.

Thursday 26 May 2016

- 09.30-17.30 Red Room, Arts Building / Environmental Laboratories
- 09.30-11.00 **Tomasz Wazny**, Dendroprovenancing in the Mediterranean
11.00-11.30 Break
11.30-13.00 **Nigel Nayling / Rod Bale**, Ring-width Measurement Practical II
13.00-14:30 Lunch
14.30-16.00 **Nigel Nayling / Rod Bale**, Ring-width Measurement Practical II
16.00-16.20 Break
16.20-17.30 **Marta Domínguez Delmás**, Dendrochronology and Shipwrecks in Iberia

Friday 27 May 2016

ForSEAdiscovery Network Meeting

- 09.00-11.00 Fellows meeting chaired by **Peter Groenendijk, José Luis Gasch-Tomás** and **Sara Rich**, Old Board Room, Old Building
09.00-11.00 Supervisory Board Meeting, Founders' Library, Old Building
- 11.30-4.30 Fellows Presentations, Founders' Library, Old Building
- 18.00 Network Dinner: Bus to Aberaeron. Dinner at The Hive on the Quay, Aberaeron at 20.30

Saturday 28 May 2016

- 09.00 Bus departs from outside Arts Building
12.00 Newport Ship Centre Visit
13.30 Newport Train Station

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1822 Coffee Shop

The 1822 is located in the heart of the Lampeter campus - a good meeting place. Your first port of call for Starbucks coffee, tea, snacks, and lunches. Opening times can be a little unpredictable but normally 8.30 am – 4.30 pm.

For a quick internet roundup of a range of food options see

https://www.tripadvisor.co.uk/Restaurants-g552046-Lampeter_Ceredigion_Wales.html

<http://www.lampeter-tc.gov.uk/shopping/places-to-eat-and-drink>

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If you are staying in University accommodation, then breakfast will not be included. If you have the energy to go further than the 1822, then there are a number of options in town:

Briwsion Bakery

Just outside campus on College Street. Opens early for fresh baked items to take away

Town Hall Café-Deli

See below. Opens at 9.00am

Conti's Café

See below. Opens at 9.00am

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Mustard Seed

Homely and highly rated café just across the road from the campus. Can get quite busy. Monday - Saturday 10.00am -4.00pm, Closed Wednesdays

<http://www.mustardseedcafe.org.uk/>

[Tripadvisor reviews](#)

Town Hall Café-Deli

Highly rated café located in the restored historic town hall on the High Street. Excellent food and coffee. Next door is the famous Welsh Quilt Centre which this year is holding the Unforgettable exhibition of Welsh quilts. Wonderful textiles to purchase (at a price!).

Monday - Saturday 9.00am - 4.00pm

<http://www.welshquilts.com/about/cafe-deli>

[Tripadvisor reviews](#)

Mulberry Bush Wholefoods

Home cooked vegetarian food with vegan and gluten free choices daily. Organic and local produce used whenever possible. Sit down or take away.

Monday - Saturday 9.00am - 4.30pm

Conti's Café

A café in the best tradition of Italian/Welsh cafes. Famous for its ice cream and luxurious hot chocolate. Ideal place for coffee and a snack.

Monday - Saturday 9.00am - 5.00pm

<http://www.contisicecream.com/>

[Tripadvisor reviews](#)

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The Castle Green

The Castle Green is a Public House and Restaurant with an excellent reputation for food especially Sunday roast. A few minutes' walk down Bryn Road from the campus. The owner is the Chef. Please note they do not take credit cards, and reservations for evening restaurant meals must be made no later than 4.30pm daily. Bar and Lounge meals are available without reservations.

Phone Number: 01570 422348

[Tripadvisor reviews](#)

Shapla Tandoori

Indian restaurant and takeaway located just outside the main entrance to the campus. A Lampeter institution where you can experience the British notion of curry from mild to ferocious. Sit down and take away.

Monday – Sunday, 12 noon - 2.30pm 5.30pm - 11.00pm

<http://shaplatandoori.com/>

https://www.tripadvisor.co.uk/Restaurant_Review-g552046-d783906-Reviews-Shapla_Tandoori-Lampeter_Ceredigion_Wales.html

Lloyds Fish and Chip Shop

The fish and chip shop of choice in Lampeter? Join the never-ending debate on which is best. Needs to be compared with the Celtic in Aberaeron! Sit down and takeaway.

Monday 11:30 – 19:00, Tuesday– Saturday 11:30 - 21:00, Sunday 16:30 - 20:00

<http://lloydsfishandchips.co.uk/>

https://www.tripadvisor.co.uk/Restaurant_Review-g552046-d899482-Reviews-Lloyds_Fish_and_Chip_Shop-Lampeter_Ceredigion_Wales.html

Ling Di Long

Chinese restaurant started by Chinese students reflecting the University's longstanding and growing interest in Chinese studies. Sit down and takeaway.

Phone Number: 01570 422009

https://www.tripadvisor.co.uk/Restaurant_Review-g552046-d783902-Reviews-Ling_Di_Long-Lampeter_Ceredigion_Wales.html

The Falcondale Hotel

Fine dining in a beautiful setting (with prices to match). Also does excellent lunches.

You will probably need to drive or take a taxi as the hotel is located in its own extensive grounds some 1.5 miles outside of Lampeter, although the walk is very nice.

<http://www.thefalcondale.co.uk/restaurant>

[Tripadvisor reviews](#)

