

diary

This belongs to:

If found please contact:

Email

Mobile

Landline

.....

**SAMPLE
FOR ILLUSTRATION ONLY**



Personal

personal information

Name	Address
Telephone	E-mail
Home	Passport no.
Work	National Insurance no.
Mobile	Other
Blood Group	Dentist
Common Allergies	Hospital
In case of emergency, contact	A&E
Telephone	Optician
Doctor	Other
Bank	Local Police
Lost/stolen credit card helpline	Other

SAMPLE FOR ILLUSTRATION ONLY

Personal

useful information

Schools

Accountant

Childminder

Hairdresser

Vet

Other

Gym/Health Club

Plumber

Electricity

Water

Gas

Railway Station

Airport

Bus Station

Taxi

Car registration no.

Driving Licence no.

Car insurance

Motoring organisation

Garage

Membership no.

Bike frame no's.

Road tax expiry date



Planning and Calendars

notable dates

	2013	2014	2015	2016
New Year Holiday USA UK IRL CDN	Jan 1	Jan 1	Jan 1	Jan 1
Martin Luther King Jr. Day USA	Jan 21	Jan 20	Jan 19	Jan 18
Presidents' Day USA	Feb 18	Feb 17	Feb 16	Feb 15
Mothering Sunday UK IRL	Mar 10	Mar 30	Mar 15	Mar 6
Daylight Savings Time begins	Mar 10	Mar 9	Mar 8	Mar 13
St Patrick's Day IRL	Mar 17 †	Mar 17	Mar 17 †	Mar 17
British Summer Time begins	Mar 31	Mar 30	Mar 29	Mar 27
Good Friday UK CDN	Mar 29	Apr 18	Apr 3	Mar 25
Easter Sunday	Mar 31	Apr 20	Apr 5	Mar 27
Easter Monday UK IRL CDN	Apr 1	Apr 21	Apr 6	Apr 26
May Day Holiday UK IRL	May 6	May 5	May 4	May 2
Mother's Day USA CDN	May 12	May 11	May 10	May 8
Armed Forces Day USA	May 18	May 17	May 16	May 21
Victoria Day CDN	May 20	May 19	May 18	May 23
Spring Holiday UK	May 27	May 26	May 25	May 30
Memorial Day USA	May 27	May 26	May 25	May 30
Holiday IRL	Jun 3	Jun 2	Jun 1	Jun 6
Flag Day USA	Jun 14	Jun 14	Jun 14	Jun 14
Father's Day UK IRL USA CDN	Jun 16	Jun 15	Jun 21	Jun 19
Veterans' Day USA	Jun 27	Jun 27	Jun 27	Jun 27
Canada Day CDN	Jul 1	Jul 1	Jul 1	Jul 1
Independence Day USA	Jul 4	Jul 4	Jul 4	Jul 4
Holiday IRL	Aug 6	Aug 4	Aug 3	Aug 1
Late Summer Holiday UK	Aug 26	Aug 25	Aug 31	Aug 29
Labor Day USA	Sep 2	Sep 1	Sep 7	Sep 5
Labour Day CDN	Sep 2	Sep 1	Sep 7	Sep 5
Columbus Day USA	Oct 14	Oct 13	Oct 12	Oct 10
Thanksgiving Day USA	Oct 14	Oct 13	Oct 12	Oct 10
Holiday IRL	Oct 28	Oct 27	Oct 26	Oct 31
British Summer Time ends	Oct 27	Oct 26	Oct 25	Oct 30
Election Day USA	Nov 5	Nov 4	Nov 3	Nov 1
Daylight Saving Time ends	Nov 3	Nov 2	Nov 1	Nov 6
Veterans Day USA	Nov 11	Nov 11	Nov 11	Nov 11
Remembrance Day CDN	Nov 11	Nov 11	Nov 11	Nov 11
Remembrance Day UK	Nov 10	Nov 9	Nov 8	Nov 13
Thanksgiving Day USA	Nov 28	Nov 27	Nov 26	Nov 24
Christmas Day USA UK IRL CDN	Dec 25	Dec 25	Dec 25	Dec 25
Boxing Day UK CDN	Dec 26	Dec 26	Dec 26	Dec 26
St Stephen's Day IRL	Dec 26	Dec 26	Dec 26	Dec 26

■ = National Holiday in a country/ies named.

* = Saturday † = Sunday; a day may be given in lieu. ‡ = provisional

All dates are subject to change and regional and institutional variation.



Today or any Day

Calendar 2014

January						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Calendar 2015

January						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Current Year Planner

January

February

March

April

May

June

**SAMPLE
FOR ILLUSTRATION ONLY**



Current Year Planner

July	August
September	October
November	December

SAMPLE FOR ILLUSTRATION ONLY

December - January 2014

week 01 / 52

30 Monday

31 Tuesday

01 Wednesday

02 Thursday

03 Friday

04 Saturday

05 Sunday

SAMPLE
FOR ILLUSTRATION ONLY



Today or any Day

January 2014

week 02 / 52

06 Monday

07 Tuesday

08 Wednesday

09 Thursday

10 Friday

11 Saturday

12 Sunday

SAMPLE
FOR ILLUSTRATION ONLY

January 2014

17 Friday

18 Saturday

SAMPLE
FOR ILLUSTRATION ONLY

January 2014

week 03 / 52

13 Monday

14 Tuesday

15 Wednesday

16 Thursday

17 Friday

18 Saturday

19 Sunday

SAMPLE
FOR ILLUSTRATION ONLY



Today or any Day

FOR ILLUSTRATION ONLY

January 2014

week 04 / 52

20 Monday

21 Tuesday

22 Wednesday

23 Thursday

24 Friday

25 Saturday

26 Sunday










SAMPLE
FOR ILLUSTRATION ONLY

FOR ILLUSTRATION ONLY

Conversion Tables and Useful Data

conversion tables

AREA			CAPACITY		
hectares (ha)	ha or acres	acres	litres	litres or UK gallons	UK gallons
0.405	1	2.471	4.546	1	0.220
0.809	2	0.809	9.092	2	0.440
1.214	3	1.214	13.368	3	0.660
1.619	4	1.619	18.184	4	0.880
2.023	5	2.023	22.730	5	1.100
2.428	6	2.428	27.730	6	1.320
2.833	7	2.833	31.822	7	1.540
3.237	8	3.237	36.368	8	1.760
3.642	9	3.642	40.914	9	1.980
4.047	10	4.047	45.460	10	2.200
8.094	20	8.094	90.919	20	4.399
12.140	30	12.140	136.379	30	6.599
16.187	40	16.187	181.839	40	8.799
20.234	50	20.234	227.298	50	10.998
24.281	60	24.281	272.757	60	13.198
28.328	70	28.328	318.217	70	15.398
32.375	80	32.375	363.677	80	17.598
36.422	90	36.422	409.137	90	19.797
40.469	100	40.469	454.596	100	21.997

2D Objects		3D Objects	
	circumference = $2\pi r$ area = πr^2		surface area = $4\pi r^2$ volume = $(4\pi/3)r^3$
	circumference = $4a$ area = a^2		surface area = $6a^2$ volume = a^3
	circumference = $2a+2b$ area = ab		surface area = $2(ab+ac+bc)$ volume = abc
	circumference = $a+b+c$ area = $a^2(\sqrt{3}/4)$		surface area = $2\pi r(r+h)$ volume = $\pi r^2 h$
a = 1st side length b = 2nd side length c = 3rd side length	r = radius s = slant length h = vertical height		surface area = $a(2s+a)$ volume = $a^2 h/3$

Conversion Tables and Useful Data

conversion tables

LENGTH					
centimetres (cm)	cm or inches	inches (in)	kilometres (km)	km or miles	miles
2.54	1	0.394	1.609	1	0.621
5.08	2	0.787	3.219	2	1.243
7.62	3	1.181	4.828	3	1.864
10.16	4	1.575	6.437	4	2.485
12.70	5	1.969	8.047	5	3.107
15.24	6	2.362	9.656	6	3.728
17.78	7	2.756	11.265	7	4.350
20.32	8	3.150	12.875	8	4.971
22.86	9	3.543	14.484	9	5.592
25.40	10	3.937	16.093	10	6.214
50.80	20	7.874	32.187	20	12.427
76.20	30	11.811	48.280	30	18.641
101.60	40	15.748	64.374	40	24.855
127.00	50	19.685	80.467	50	31.069
152.40	60	23.622	96.561	60	37.282
177.80	70	27.559	112.654	70	43.496
203.20	80	31.496	128.748	80	49.710
228.60	90	35.433	144.841	90	55.923
254.00	100	39.370	160.935	100	62.137

WEIGHT (MASS)					
kilograms (kg)	kg or lb	pounds (lb)	tonnes (t)	t or UK tonnes	UK tonnes
0.454	1	2.205	1.016	1	0.984
0.907	2	4.409	2.032	2	1.968
1.361	3	6.614	3.048	3	2.953
1.814	4	8.818	4.064	4	3.937
2.268	5	11.023	5.080	5	4.921
2.722	6	13.228	6.096	6	5.905
3.175	7	15.432	7.112	7	6.889
3.629	8	17.637	8.128	8	7.874
4.082	9	19.842	9.144	9	8.858
4.536	10	22.046	10.161	10	9.842
9.072	20	44.092	20.321	20	19.684
13.608	30	66.139	30.481	30	29.526
18.144	40	88.185	40.642	40	39.368
22.680	50	110.231	50.802	50	49.210
27.216	60	132.277	60.963	60	59.052
31.752	70	154.324	71.123	70	68.894
36.287	80	176.370	81.284	80	78.737
40.823	90	198.416	91.444	90	88.579
45.359	100	220.462	101.605	100	98.421



Today or any Day

Conversion Tables and Useful Data

conversion tables

SPEED									
mph	20	30	40	50	60	70	80	90	100
km/h	32	24	64	80	96	112	128	144	160
TYRE PRESSURES									
lb per sq in		20	22	24	26	28	30	32	34
kg per sq cm		1.40	1.54	1.68	1.82	1.96	2.10	2.24	2.39
FUEL									
Gallons	1	2	3	4	5	6	7	8	9
Litres	4.55	9.09	13.64	18.18	22.73	27.28	31.82	36.37	40.91
DISTANCE									
Miles	1	5	10	25	50	75	100	150	500
Kilometres	1.61	8.05	16.09	40.23	80.47	120.70	160.90	241.27	804.70
METRIC CONVERSIONS									
									multiply by
acres to hectares									0.4047
cubic inches to cubic centimetres									16.39
cubic feet to cubic metres									0.02832
cubic yards to cubic metres									0.7646
cubic inches to litres									0.01639
feet to metres									0.3048
gallons to litres									4.546
grains to grams									0.0648
inches to centimetres									2.540
miles to kilometres									1.609
ounces to grams									28.35
pounds to kilograms									0.4536
pounds to grams									453.6
square inches to square centimetres									6.452
square feet to square metres									0.0923
square yards to square metres									0.8361
square miles to square kilometres									2.590
tons to kilograms									1016.00
yards to metres									0.9144



Today or any Day

Conversion Tables and Useful Data

useful data

GREEK ALPHABET							
Capital	Low-Case	Greek Name	English	Capital	Low-Case	Greek Name	English
A	α	Alpha	a	Ν	ν	Nu	n
B	β	Beta	b	Ξ	ξ	Xi	x
Γ	γ	Gamma	g	Ο	ο	Omicron	o
Δ	δ	Delta	d	Π	π	Pi	p
E	ε	Epsilon	e	Ρ	ρ	Rho	r
Z	ζ	Zeta	z	Σ	ς	Sigma	s
H	η	Eta	h	Τ	τ	Tau	t
Θ	θ	Theta	th	Υ	υ	Upsilon	ι
I	ι	Iota	i	Φ	φ	Phi	ph
K	κ	Kappa	k	Χ	χ	Chi	ch
Λ	λ	Lambda	l	Ψ	ψ	Psi	ps
M	μ	Mu	m	Ω	ω	Omega	o

ROMAN NUMERALS					
Units			Hundreds		
I	One	1	C	One Hundred	100
II	Two	2	CC	Two Hundred	200
III	Three	3	CCC	Three Hundred	300
IV	Four	4	CD	Four Hundred	400
V	Five	5	D	Five Hundred	500
VI	Six	6	DC	Six Hundred	600
VII	Seven	7	DCC	Seven Hundred	700
VIII	Eight	8	DCCC	Eight Hundred	800
IX	Nine	9	CM	Nine Hundred	900
Tens			Thousands		
X	Ten	10	M	One Thousand	1000
XX	Twenty	20	MM	Two Thousand	2000
XXX	Thirty	30	MMM	Three Thousand	3000
XL	Forty	40	MMMM	Four Thousand	4000
L	Fifty	50	V	Five Thousand	5000
LX	Sixty	60	VM	Six Thousand	6000
LXX	Seventy	70	VMM	Seven Thousand	7000
LXXX	Eighty	80	VMMM	Eight Thousand	8000
XC	Ninety	90	MX	Nine Thousand	9000



Birthdays, Anniversaries and Gift Info

gift information

BIRTHSTONES AND FLOWERS

Month	Birthstone	Significance	Flower
January	Garnet	Consistency	Carnation/Snowdrop
February	Amethyst	Sincerity	Violet
March	Aquamarine	Wisdom	Jonquil/Daffodil
April	Diamond	Innocence	Sweet Pea, Daisy
May	Emerald	Happiness	Lily of the Valley
June	Pearl	Wealth	Rose/Honeysuckle
July	Ruby	Freedom	Larkspur
August	Peridot	Friendship	Gladys/Poppy
September	Sapphire	Truth	Hydrangea/Morning Glory
October	Opal	Hope	Calendula/Cosmos
November	Topaz	Loyalty	Chrysanthemum
December	Turquoise	Success	Narcissus/Holly

TRADITIONAL ANNIVERSARY GIFTS

Anniversary	Gift	Anniversary	Gift
First	Paper	Thirteenth	Lace
Second	Cotton	Fourteenth	Ivory
Third	Leather	Fifteenth	Glass/Crystal
Fourth	Silk/Books	Twentieth	China
Fifth	Wood/Clocks	Twenty-fifth	Silver
Sixth	Jewelry	Thirtieth	Pearl
Seventh	Brass/Bronze	Thirty-fifth	Coral/Jade
Eighth	Electrical Appliances	Fortieth	Ruby
Ninth	Pottery	Forty-fifth	Sapphire
Tenth	Tin/Aluminum	Fiftieth	Gold
Eleventh	Steel	Fifty-fifth	Emerald
Twelfth	Linen/Silk	Sixtieth	Diamond



Today or any Day

Birthdays, Anniversaries and Gift Info

birthdays and anniversaries A-D

A	Name	Date
B	Name	Date
C	Name	Date
D	Name	Date

SAMPLE FOR ILLUSTRATION ONLY

Birthdays, Anniversaries and Gift Info

birthdays and anniversaries E-H

E	Name	Date
F	Name	Date
G	Name	Date
H	Name	Date

SAMPLE FOR ILLUSTRATION ONLY

Expenses and Finance

regular expenditure

Weekly	Amount	
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
23		
24		
25		
26		
27		
28		
29		
30		
31		
32		
Weekly Total		

Monthly	Amount	
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
14		
15		
16		
18		
19		
20		
Monthly Total		

Other	Amount	
1		
2		
3		
4		
5		
6		
7		
8		
Other Total		

FOR ILLUSTRATION ONLY

Getting Around

country information

Country	Capital	Currency	Dial-in Code	+or-GMT
Argentina	Buenos Aires	Peso	54	-3
Australia	Canberra	Dollar	61	+8/+10½
Austria	Vienna	Euro	43	+1
Bahrain	Manama	Dinar	973	+3
Belgium	Brussels	Euro	32	+1
Bolivia	Sucre	Boliviano	591	-4
Brazil	Brasilia	Real	55	-2/-4
Bulgaria	Sofia	Lev	359	+2
Canada	Ottawa	Dollar	1	+1
Chile	Santiago	Peso	56	-4
China	Beijing	Yuan	86	-4
Columbia	Bogotá	Peso	57	-5
Cuba	Havana	Peso	53	-5
Denmark	Copenhagen	Krone	45	+1
Egypt	Cairo	Pound	2	+2
Estonia	Tallinn	Kroon	372	+2
Finland	Helsinki	Euro	358	+2
France	Paris	Euro	33	+1
Germany	Berlin	Euro	49	+1
Ghana	Accra	Cedi	233	GMT
Greece	Athens	Euro	30	+2
Hong Kong		Dollar	852	+8
Hungary	Budapest	Forint	36	+1
Iceland	Reykjavik	Króna	354	GMT
India	New Dehli	Rupee	91	+5½
Indonesia	Jakarta	Rupiah	62	+7/+9
Ireland (Rep. of)	Dublin	Euro	39	+1
Israel	Jerusalem	New Sheqel	972	+2
Italy	Rome	Euro	39	+1
Kenya	Nairobi	Shilling	254	+3
Korea (Rep. of)	Seoul	Won	82	+9



Getting Around

country information

Country	Capital	Currency	Dial-in Code	+or-GMT
Kuwait	Kuwait City	Dinar	965	+3
Latvia	Riga	Lats	371	+2
Lithuania	Vilnius	Litas	370	+2
Luxembourg	Luxembourg City	Euro	352	+1
Malaysia	Kuala Lumpur	Ringgit	60	+8
Netherlands	Amsterdam	Euro	31	+1
New Zealand	Wellington	Dollar	64	+12
Nigeria	Abuja	Naira	234	+1
Norway	Oslo	Krone	47	+1
Pakistan	Islamabad	Rupee	92	+9
Panama	Panama City	Balboa	507	+5
Papua	Port Moresby	Kina	675	+10
Paraguay	Asunción	Guarani	595	-4
Peru	Lima	New Sol	51	+8
Poland	Warsaw	Zloty	48	+1
Portugal	Lisbon	Euro	351	GMT
Romania	Bucharest	New Lei	40	+2
Russian Federation	Moscow	Ruble	7	+2/+12
Saudi Arabia	Riyadh	Riyal	966	+3
Spain	Madrid	Euro	34	+1
Sweden	Stockholm	Krona	46	+1
Switzerland	Bern	Franc	41	+1
Thailand	Bangkok	Baht	66	+7
Turkey	Ankara	Lira	90	+2
UAE	Dubai	Dirham	971	+4
UK	London	Pound	44	GMT
USA	Washington	Dollar	1	-5/10



Today or any Day

Getting Around

useful travel information

Weather

Weathercall 10-day forecast*

(UK and world wide) 09068 500 400
www.weathercall.co.uk
*calls from UK landlines charged at
60p per minute

Tourist information

Britain 020 8846 9000
www.visitbritain.com

England 020 8846 9000
www.visitbritain.com

Wales 0870 8 300 306
www.visitwales.co.uk

Scotland 0845 22 55 121
www.visitscotland.com

Northern Ireland 028 9024 6609
www.discovernorthernireland.com

Isle of Man 01624 686766
www.visitisleofman.com

Guernsey 01481 723552
www.visitguernsey.com

Jersey 01534 448800
www.jersey.com

Passport Offices

Passport Adviceline (24 hr) 0300 222 0000
www.ips.gov.uk

Journeycall®*

(UK transport and travel) 09001 200 300
www.journeycall.com
*calls charged at £1 per minute

Rail Travel

National Rail Enquires (24hr) 0845 7 48 49 50
www.nationalrail.co.uk

Train Tracker™ 0871 200 49 50
www.nationalrail.co.uk

Rail Europe 024 24 04 064
www.rail-europe.co.uk

Eurostar Enquiries (Passengers) 0870 5 186 186
www.eurostar.com

Eurotunnel Car Passenger Service
Folkstone/Calais Reservations
0870 5 35 35 35
www.eurotunnel.com

Customer information (24 hr) 0800 0 969 992

Car Travel/Motoring Information

Automobile Association (Headquarters)

Fanum House, Bassing Wye,
Bassingstoke, RG21 4EA
0870 5 44 88 66
www.theaa.com

AA Roadwatch

(Traffic info & credit reports)*
0900 3 401 100
*calls charged at a minimum of 60p per
minute, mobile rates vary

AA - Motoring Services

Emergency Number (24hr) 0800 88 77 66

Royal Automobile Club

8 Surrey Street, Norwich, NR1 3NG
01922 727313
www.rac.co.uk

RAC Customer Services 0870 5 722 722

RAC - Motoring Services

Emergency Number (24hr) 0800 82 82 82

Green Flag

Cote Lane, Pudsey, Leeds, LS28 5GF
0113 390 4000
www.greenflag.com

Green Flag Customer Service

0845 76 1537

Green Flag - Motoring Services

Emergency Number (24hr) 0800 82 82 82

Car Hire (Reservations)

Alamo Rent a Car 0870 400 4562
Central Reservations www.alamo.co.uk

Avis Rent a Car 0870 606 0100
Central Reservations www.avis.co.uk

Budget Rent a Car 0870 1 56 56 56
Central Reservations www.budget.co.uk

easyCar* 0870 1 50 04 44
Central Reservations www.easycar.com
*calls charged at 10p per minute, mobile
charges may vary

Europcar 0870 607 5000
Central reservations www.europcar.co.uk

Hertz 0870 8 44 88 44
Central Reservations www.hertz.co.uk

National Car Rental 0870 600 6666
Central Reservations www.nationalcar.co.uk

Sixt rent a car 0870 1 56 75 67
Central Reservations www.sixt.co.uk

Thrifty Car Rental 01494 751 540
Central Reservations www.thrifty.co.uk

Car Ferries and Hovercraft

Brittany Ferries

Portsmouth/Caen, Cherbourg,
St Malo; Poole/Cherbourg;
Plymouth/Santander,
Roscoff; Cork/Roscoff
Enquiries & Reservations 0870 9 076 103
www.brittanyferries.com

Caledonian MacBrayne

Firth of Clyde; Western Isles;
Ballycastle/Rathlin Island
Reservations 0870 5 650000
www.calmac.co.uk

Condor Ferries

Portsmouth/Channel Islands, St Malo;
Portsmouth/Channel Islands, Cherbourg
Enquiries & Reservations 0870 45 609 1024
www.condorferries.co.uk

DFDS Seaways

Harwich/Lobjerg;
Newcastle/Amsterdam (Ijmuiden),
Bergen, Haugesund, Stavanger
Enquiries & Reservations 0871 811000
www.hovertravel.co.uk

Irish Ferries

Dublin/Holyhead;
Rosslare/Cherbourg,
Pembroke, Roscoff
Enquiries & Reservations 0870 5 17 17 17
www.irishferries.com

Norfolkline

Dover/Dunkerque;
Liverpool/Belfast/Dublin
Enquiries & Reservations 0870 870 10 20
www.norfolkline.com

Northlink Ferries

Aberdeen/Kirkwall, Lerwick; Kirkwall/
Lerwick; Scrabster/Stromness
Enquiries & Reservations 0845 6000 449
www.northlinkferries.co.uk

P&O Ferries

Dover Calais; Hull/Rotterdam,
Zeebrugge; Portsmouth/Bilbao
Enquiries & Reservations 0870 16 644 777
www.poferries.com

P&O Irish Sea

Larne/Cairnryan, Troon; Dublin/Liverpool
Enquiries & Reservations 0870 242 4777
www.poirishsea.com

Red Funnel

Southampton/Crowes
Enquires & Reservations 0844 844 9988
www.redfunnel.co.uk

SeaFrance

Dover/Calais
Enquires & Reservations 0871 663 2546
www.seafrance.com



Today or any Day

Getting Around

useful travel information

SpeedFerries Dover/Boulogne Enquiries & Reservations 0871 663 2546 www.speedferries.com	HSBC www.hsbc.co.uk	0845 7 404 404	Ramada (24hr)	0808 1000 783 www.ramada.com
Steam Packet Company Isle of Man/Belfast, Dublin Heysham, Liverpool Enquiries & Reservations 0871 222 1 333 www.steam-packet.com	Lloyds TSB (24hr) www.lloydstsb.com	0845 606 2172	Regent International	0800 917 8795 www.regenthotels.com
Stena Line Holyhead/Dublin, Dun Laoghaire; Fishguard/Rosslaire Stranraer/Belfast; Harwich/Hook of Holland; Fleetwood/Larne Enquiries & Reservations 0870 5 70 70 70 www.stenaline.co.uk	Natwest www.natwest.com	0870 333 9091	Ritz-Carlton (24hr)	0800 234 000 www.ritzcarlton.com
Superfast Ferries Rosyth/Zeebrugge Enquiries & Reservations 0870 234 0870 www.superfast.com	Royal Bank of Scotland (24hr) 0870 907 0010 www.rbs.co.uk	0870 333 9091	Shangri-La (24hr)	0800 028 3337 www.shangri-la.com
Wightlink Portsmouth/Fishbourne; Lymington/Yarmouth Enquiries & Resources 0870 582 7744 www.wightlink.co.uk	Hotel Reservations		Sheraton (24hr)	00 800 325 35353 www.starwoodhotels.com/sheraton
Port of Dover Information General Travel Enquires (24hr) 01304 240400 www.doverport.co.uk Passenger/Port Information 01304 241427	British Hotel Reservations Centre 020 7592 3055 www.bhrc.co.uk		UK Hotel Chains	
Coach Travel (Enquiries)	Expotel www.expotel.co.uk	0800 634 3290	Macdonald Hotels	0800 187 9900 www.macdonald-hotels.co.uk
Coach Tourism Council 0870 850 2839 www.coachtourismcouncil.co.uk	Hotel Booking Service 020 8598 8279 www.hotelbookingservice.com		Premier Travel Inn	0870 242 8000 www.premiertravelinn.com
National Express 0870 5 80 80 80 www.nationalexpress.com	Hotel Finders UK (24hr) 0870 300 359 6382 www.hotelfindersuk.com		QMH UK Limited	www.qmh-hotels.com
Scottish Citylink 0870 5 50 50 50 www.citylink.co.uk	lastminute.com 0871 222 5079 www.lastminute.com		Ramada Jarvis	0845 2070 100 www.ramadajarvis.co.uk
Credit Card Companies (Customer Enquiries)	Passport Hotels 0870 25 0783 www.passport-hotels.com		Swallow Hotels	0870 050 20 20 www.swallow-hotels.com
Abbey 0800 777 724 www.abbey.com	International Hotel Chains (UK Reservations)		Thistle Hotels (24hr)	0870 4 14 15 16 www.thistlehotels.com
American Express (24hr) 011 73 620 555 www.americanexpress.com	Accor, Ibis, Mercure, Novotel and Sofitel (24hr) 0870 609 0961 www.accorhotels.com www.ibishotel.com www.mercure.com www.novotel.com www.sofitel.com		Travelodge	0871 984 8484 www.travelodge.co.uk
Bank of Scotland 0845 7 29 39 49 www.bankofscotlandandhalifax.co.uk	Best Western (24hr) 0800 39 31 30 www.bestwestern.com		Useful Contacts	
Barclaycard (24hr) 0870 154 0154 www.barclaycard.co.uk	Four Seasons (24hr) 00 800 6488 6488 www.fourseasons.com		Citizens Advice Bureaux	www.citizensadvice.org.uk
Diners Card (24hr) 0870 1900 011 www.dinersclub.co.uk	Hilton (24hr) 0870 5 909090 www.hilton.co.uk		Equality and Human Rights Commission	0845 604 5510 www.equalityhumanrights.com
Halifax 0845 7 28 38 48 www.halifax.co.uk	Hyatt 0845 888 1234 www.hyatt.com		Crimestoppers	0800 555 111 www.crimestoppers-uk.org
	InterContinental, Crowne Plaza, Holiday Inn, Holiday Inn Express (24hr) 0870 500 9670 www.ichotelsgroup.com		Independent Police Complaints Commission	0845 3 002 002 www.ipcc.gov.uk
	Le Méridien (24hr) 0800 0 282840 www.starwoodhotels.com/lemeridien		NHS Direct - Advice and Information (England & Wales) (24hr)	0845 4647 www.nhsdirect.nhs.uk
	Marriot and Renaissance 0800 221 222 www.marriott.com		NHS 24 - Advice and Information (Scotland) (24hr)	0845 4 24 24 24 www.nhs24.com
			Samaritans (24hr)	0845 7 90 90 90 www.samaritans.org.uk



Today or any Day

Getting Around

airlines and airports

Airlines		Airports - Flight Information	
Aer Lingus Airlines	0870 876 5000	Aberdeen Dyce Airport	0870 040 0006
Aeroflot	020-7355 2233	Belfast International Airport	028-9448 4848
Air Canada	0871 220 1111	Birmingham International Airport	0870 733 5511
Air France	0870 142 4343	Bournemouth International Airport	01202 364000
Air India	020-8745 1000	Bristol International Airport	0870 121 2747
Air New Zealand	0800 028 1424	Cardiff International Airport	01446 711111
Alitalia	0871 424 1424	Coventry Airport	02476 308600
American Airlines	080-7365 0777	Durham Tees Valley Airport	0871 224 0076
Austrian Airlines	0870 124 2625	Edinburgh Airport	0870 1000007
bmi	0870 607 0555	Exeter International Airport	01392 367433
British Airways	0844 493 0787	Glasgow Airport	0870 040 0008
Cathay Pacific	020-8834 8888	Glasgow-Prestwick Intl. Airport	0871 223 0700
Continental	0845 607 6760	Humbly Grove International Airport	01652 688456
Delta Air Lines	0845 600 0950	Isle of Man Airport	01624 821600
Easyjet	0871 244 2366	Jersey Airport	01534 492000
El Al Israel Airlines	020-7121 1400	Leds-Bradford Intl. Airport	0113-250 9696
Emirates	0870 213 2222	Liverpool John Lennon Airport	0870 750 8484
Iberia International Airlines	0870 609 0000	London City Airport	020-7646 0088
Japan Airlines	0870 774 7700	London Gatwick Airport	0870 000 2468
KLM and North West Airlines	0870 507 4074	London Heathrow Airport	0870 000 0123
Lufthansa Airlines	0871 945 9747	London Heliport	020-7228 0181
Monarch	0870 040 0400	London Luton Airport	01582 405100
Olympic Airways	0870 006 0460	London Southend Airport	01702 608100
Pakistan International Airlines	0870 0087 1023	London Stansted Airport	0870 00 0303
Qantas Airways Limited	0845 774 7767	Manchester Airport	0871 271 0711
Ryanair	0871 246 0000	Newcastle Airport	0870 122 1488
Scandinavian Airlines	0871 521 2772	Norwich International Airport	01603 411923
Singapore Airlines	0844 800 2380	Nottingham East Midlands Airport	0871 919 9000
South African Airways	0870 747 1111	Southampton International Airport	0870 040 0009
Swiss	0845 601 0956		
TAP Air Portugal	0845 601 0932		
United Airlines	0845 844 4777		
Virgin Atlantic	0870 380 2007		



Today or any Day

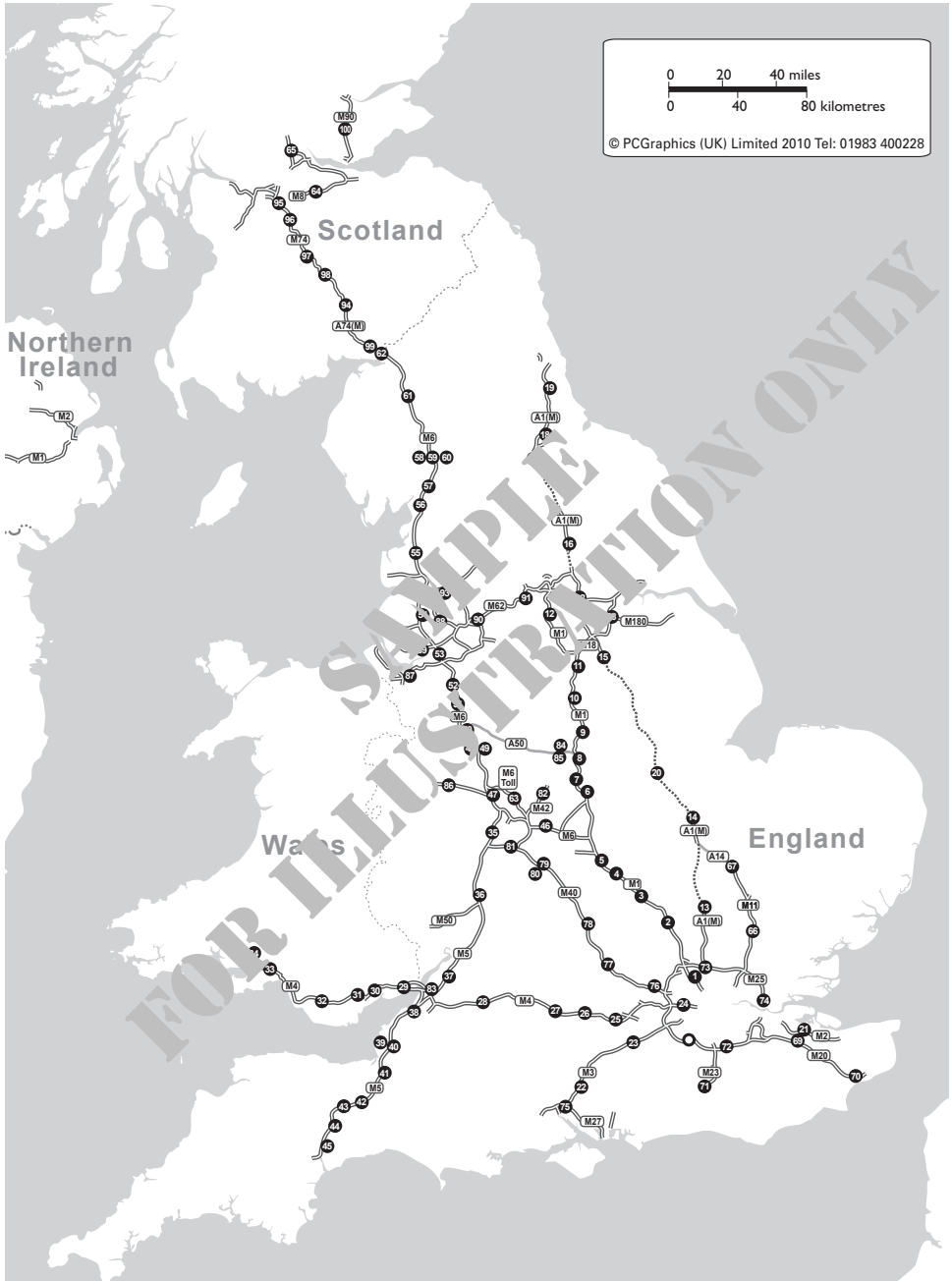
Getting Around

international phone codes

	Country code from UK	Access code to UK	Country code from UK	Access code to UK	Country code from UK	Access code to UK		
Algeria	213	00	Greece	30	00	Oman	968	00
Argentina	54	00	Guatemala	502	00	Pakistan	92	00
Australia	61	0011	Honduras	504	00	Papua New Guinea	675	00
Austria	43	00	Hong Kong	852	001	Paraguay	595	00
Bahamas	1242	011	Hungary	36	00	Peru	51	00
Bangladesh	880	00	Iceland	354	90	Philippines	63	00
Belgium	32	00	India	91	00	Poland	48	00
Bolivia	591	011	Indonesia	62	00	Portugal	351	00
Bosnia	387	99	Iran	98	00	Romania	40	00
Botswana	267	00	Iraq	964	00	Romania	40	00
Brazil	55	00	Irish Republic	353	00	Russian Fed	7	810
Brunei	673	00	Israel	972	00	Saudi Arabia	966	00
Bulgaria	359	00	Italy	39	00	Senegal	221	00
Cameroon	237	00	Japan	81	001	Singapore	65	005
Canada	1	011	Kenya	254	000	Slovakia	421	00
Chile	56	00	Korea (South)	82	001	Slovenia	386	99
China	86	00	Kuwait	965	00	South Africa	27	09
Colombia	57	90	Latvia	371	00	Spain	34	07
Congo	242	00	Lebanon	961	00	Sri Lanka	94	00
Congo Dem Rep	243	00	Lesotho	266	00	Swaziland	268	00
Costa Rica	506	00	Liberia	231	00	Sweden	46	009
Côte d'Ivoire	225	00	Libya	218	00	Switzerland	41	00
Croatia	3385	99	Lithuania	370	00	Syria	963	00
Cyprus	357	00	Luxembourg	352	00	Taiwan	886	002
Czech Republic	420	00	Madagascar	261	16	Thailand	66	001
Denmark	45	009	Malawi	265	101	Tunisia	216	00
Dominican Rep	1809	011	Malaysia	60	00	Turkey	90	99
Ecuador	593	00	Malta	356	00	UAE	971	00
Egypt	20	00	Mexico	52	98	USA	1	011
Estonia	372	00	Morocco	212	00	Alaska	1907	011
Finland	358	990	Myanmar	95	0	Hawaii	1808	011
France	33	19	Namibia	264	091	Venezuela	58	00
French Guiana	594	19	Netherlands	31	09	Yemen	967	00
Gabon	241	00	New Zealand	64	00	Zambia	260	00
Germany	49	00	Nicaragua	505	00	Zimbabwe	263	110
Ghana	233	00	Niger	227	00			
Gibraltar	350	00	Nigeria	234	009			
			Norway	47	095			

Getting Around

motorway map and service stations



Getting Around

list of service stations as shown on motorway map

M1 Services		
1	London Gateway Services	J2-4 WELCOME BREAK
2	Toddington Services	J11-12 MOTO
3	Newport Pagnell Services	J14-15 WELCOME BREAK
4	Northampton Services	J15A ROADCHEF
5	Watford Gap Services	J16-17 ROADCHEF
6	Leicester Forest East Services	J21-22 WELCOME BREAK
7	Leicester (Markfield) Services	J22 MOTO
8	Donington Park Services	J23A MOTO
9	Trowell Services	J25-26 MOTO
10	Tibshelf Services	J28-29 ROADCHEF
11	Woodall Services	J30-31 WELCOME BREAK
12	Woolley Edge Services	J38-39 MOTO
A1(M) Services		
13	Baldock Services	J10 Extra MSA
14	Peterborough Services	J17 Extra MSA
15	Blyth Services	J34 MOTO
16	Wetherby Services	J46 MOTO
17	Scotch Corner Services	J57 MOTO
18	Durham Services	J61 ROADCHEF
19	Washington Services	J64-65 MOTO
A1 Services		
20	Grantham North Services	Grantham North Roundabout MOTO
M2 Services		
21	Medway Services	J4-5 MOTO
M3 Services		
22	Winchester Services	J8-9 MOTO
23	Fleet Services	J44-5 WELCOME BREAK
M4 Services		
24	Heston Services	J2-3 MOTO
25	Reading Services	J11-12 MOTO
26	Chieveley Services	J13 MOTO
27	Membrury Services	J14-15 WELCOME BREAK
28	Leigh Delamere Services	J17-18 MOTO
29	Magor Services	J23A First Motorway
30	Cardiff Gate Services	J30 WELCOME BREAK
31	Cardiff West Services	J33 MOTO
32	Sam Park Services	J36 WELCOME BREAK
33	Swansea Services	J47 MOTO
34	Pont Abraham Services	J49 ROADCHEF
M5 Services		
35	Frankley Services	J3-4 MOTO
36	Strensam Services	J7-8 ROADCHEF
37	Michaelwood Services	J13-14 WELCOME BREAK
38	Gordano Services	J19 WELCOME BREAK
39	Sedgemoor Services Southbound	J21-22 ROADCHEF
40	Sedgemoor Services Northbound	J21-22 Northbound WELCOME BREAK
41	Bridgwater Services	J24 MOTO
42	Taunton Deane Services	J25-26 ROADCHEF
43	Tiverton Services	J27 MOTO
44	Cullompton Services	J28 Extra MSA
45	Exeter Services	J30 MOTO
M6 Services		
46	Corley Services	J10 WELCOME BREAK
47	Hilton Park Services	J14-11 MOTO
48	Stafford Services Southbound	J14-15 ROADCHEF
49	Stafford Services Northbound	J14-15 MOTO
50	Keele Services	J15-16 WELCOME BREAK
51	Sandbach Services	J16-17 ROADCHEF
52	Knudsford Services	J18-19 MOTO
53	Lymm Services	J20 MOTO
54	Charnock Richard Services	J27-28 WELCOME BREAK
55	Lancaster (Forton) Services	J32-33 MOTO
56	Burton-in-Kendal Services	J35-36 MOTO
57	Killington Lake Services	J36-37 southbound ROADCHEF
58	Tebay Services Southbound	J38-39 Westmorland
59	Tebay Services Northbound	J38-39 Westmorland
60	J38 Truckstop	J38 Westmorland
61	Southwaite Services	J41-42 MOTO
62	Trotills	J44-45 MOTO
M6 Toll Services		
63	Norton Caves Services	J76-77 ROADCHEF
M8 Services		
64	Heart of Scotland	J4/5 BP Connect
M9 Services		
65	Stirling Services	J9 MOTO
M11 Services		
66	Birchanger Green Services	J8 WELCOME BREAK
A14 Services		
67	Cambridge Services	14 miles north of Cambridge Extra MSA
M18 Services		
68	Doncaster North Services	J5 MOTO
M20 Services		
69	Maldstone Services	J8 ROADCHEF
70	Stop24 Services (Folkestone)	J11 Stop 24
M23 Services		
71	Pease Pottage Services	J11 MOTO
M25 Services		
72	Clacket Lane Services	J5-6 ROADCHEF
73	South Mimms Services	J27 WELCOME BREAK
74	Wurrocks Services	J30-31 MOTO
M27 Services		
75	Widnes Services	J3 ROADCHEF
J40 Services		
76	Seacroft Services	J12 Extra MSA
77	Oxford Services	J8A WELCOME BREAK
78	Cherwell Services	J10 MOTO
79	Warwick Services Southbound	J12-13 WELCOME BREAK
80	Warwick Services Northbound	J12-13 WELCOME BREAK
M3 Services		
81	Hopwood Park Services	J2 WELCOME BREAK
82	Hamworthy Services	J10 MOTO
M48 Services		
83	Severn View Services	J1 MOTO
A50 Services		
84	Derby South Services Eastbound	2 miles West of junction with M1 WELCOME BREAK
85	Derby South Services Westbound	2 miles West of junction with M1 Extra MSA
M54 Services		
86	Telford Services	J4 WELCOME BREAK
M56 Services		
87	Chester Services	J14 ROADCHEF
M61 Services		
88	Bolton West Services	J6-7 First Motorway Services
M62 Services		
89	Burtonwood Services	J8-9 WELCOME BREAK
90	Birch Services	J18-19 MOTO
91	Harthead Moor Services	J25-26 WELCOME BREAK
92	Fennybridge Services	J33 MOTO
M65 Services		
93	Blackburn-with-Darwen Services	J4 Extra MSA
A74(M) Services		
94	Annandale Water Services	J16 ROADCHEF
M74 Services		
95	Bothwell Services	J4-5 ROADCHEF
96	Hamilton Services	J5-6 ROADCHEF
97	Happenden Services	J11-12 Cairn Lodge
98	Abington Services	J13 WELCOME BREAK
99	Gretna Green Services	J21-22 WELCOME BREAK
M90 Services		
100	Kinross Services	J6 MOTO



Today or any Day

Contacts

Name _____
Phone No _____
Mobile _____
E-Mail _____
Other Info _____
Address _____

Name _____
Phone No _____
Mobile _____
E-Mail _____
Other Info _____
Address _____

Name _____
Phone No _____
Mobile _____
E-Mail _____
Other Info _____
Address _____

Name _____
Phone No _____
Mobile _____
E-Mail _____
Other Info _____
Address _____

Name _____
Phone No _____
Mobile _____
E-Mail _____
Other Info _____
Address _____

Name _____
Phone No _____
Mobile _____
E-Mail _____
Other Info _____
Address _____

SAMPLE FOR ILLUSTRATION ONLY

Contacts

Name _____
Phone No _____
Mobile _____
E-Mail _____
Other Info _____
Address _____

Name _____
Phone No _____
Mobile _____
E-Mail _____
Other Info _____
Address _____

Name _____
Phone No _____
Mobile _____
E-Mail _____
Other Info _____
Address _____

Name _____
Phone No _____
Mobile _____
E-Mail _____
Other Info _____
Address _____

Name _____
Phone No _____
Mobile _____
E-Mail _____
Other Info _____
Address _____

Name _____
Phone No _____
Mobile _____
E-Mail _____
Other Info _____
Address _____

SAMPLE FOR ILLUSTRATION ONLY

**SAMPLE
FOR ILLUSTRATION ONLY**

