



The James Cook Regional Anaesthesia Course

The 17th JCRAC will be held for the first time in the
beautiful city of Dubai

15 - 16 Feb 2019, Hyatt Regency Hotel, Deira



Our Mission:

To make you confident to perform safe ultrasound guided regional anaesthesia or use of ultrasound in various aspects of anaesthesia and A&E. We achieve this by providing a course that is mainly a "hand-on" course where each delegate performs enough scanning on each station in front of an experienced instructor and a website that contains our own tutorial videos and the best available on the web (www.jcrac.co.uk). Academic lectures are concise and to the point as our vision is that the knowledge can be gathered from the literature and the aim of the course is for candidates to actually scan. We acknowledge it is a long 2-day course but we aim to combine knowledge with fun and enjoyment. We have a big faculty base from around the world, are recognised by the Royal College of Anaesthetists, recognised for ESRA Diploma and are proud to be the only UK course that is repeatedly invited to deliver the course abroad. Our course in the UK is annually while we run the course abroad every other year. Information of upcoming courses and events will be announced on the website. You will also find plenty of educational videos and information of anatomy, various blocks and relevant information to regional anaesthesia as the M.Sc. in regional anaesthesia

Dubai:

Dubai is the largest and most populous city in the United Arab Emirates (UAE). On the southeast coast of the Persian Gulf, it is the capital of the Emirate of Dubai, one of the seven emirates that make up the country

Dubai is well known for luxury shopping, ultramodern architecture and a lively nightlife scene. Burj Khalifa, an 830m-tall tower, dominates the skyscraper-filled skyline. At its foot lies Dubai Fountain, with jets and lights choreographed to music. On artificial islands just offshore is Atlantis, The Palm, a resort with water and marine-animal parks

Venue:

The five star hotel Hyatt Regency Creek Heights, Deira, Dubai

(<https://www.hyatt.com/en-US/hotel/united-arab-emirates/hyatt-regency-dubai/dxbrd>)



Hotels Nearby:

- Hyatt Regency, Diera Dubai ★★★★★
- Palazzo Versace, Dubai ★★★★★
- Raffles, Dubai, ★★★★★
- Hilton Garden Inn, ★★★★★
- Reflections Hotel ★★★★★
- Rove Healthcare City ★★★★★
- Arabian Park Hotel ★★★★★

Things to Do & Attractions:

Dubai is a city that must be seen to be believed. Record-breaking architecture stands alongside traditional quarters, while man-made islands jut out of the coastline. Some of the attractions are Burj Khalifa, The Dubai Mall, The Dubai Fountain, Palm Jumeirah, Dubai Creek (course location), The Walk and JBR, Dubai Frame, Desert Safari

Dubai Weather in February:

There'll be lots of sunshine in February, which you might find more comfortable than the scorching summer. Look forward to spending lots of time sunbathing during the day, as the average high temperature in Dubai during February is 24°C. Take warmer clothing for the evenings though as temperatures averagely drop to 14°C. At 21°C, the sea's at its coolest annual temperature, while humidity's low and ranges from 40-90%. Average rainfall's 34 mm across four days with rain

Currency:

- UAE Dirhams
- Approximate exchange rate

US Dollar	3.672500
Euro	4.203869
GB Pound	4.793135

We look forward to meeting you in our course