

# WELCOME

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VASTA 2024 Leeds Symposium  
25 – 27 October 2024

LEEDS SCHOOL OF ARTS  
LEEDS BECKETT UNIVERSITY  
PORTLAND WAY | LEEDS LS1 3HE



 **VASTA** LEEDS  
**integral**  
**voice**

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# From the Directors

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A warm welcome to the city of Leeds, and to Leeds Beckett University's Leeds School of Arts (LSA), our host. We are delighted to gather an array of creative professionals from all parts of the United Kingdom and across the globe. This welcome packet is equipped with information to help you navigate LSA during the symposium as well as in and around the city of Leeds during your stay.

The Symposium theme 'Integral Voice' catalyzes our three-day pragmatic discourse for the future of Voice. We aim to discuss, reflect, and question where will voice take us next? What do collaboration and integration look like as we bridge the gap between established and innovative practices? And as we draw from our lineage, how are we as a community to ensure a future for the field of Voice?

We look forward to exploring endless possibilities and connections together in Leeds.

*David + Gurkiran*



# About VASTA

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From Current President of VASTA, Antonio Ocampo-Guzman

Welcome to VASTA – the Voice and Speech Trainers Association.

We are a non-profit, volunteer-driven organization whose mission is to cultivate the voice and speech profession and its multidisciplinary impact with passion, respect, and definitive leadership. We aspire to be an international community that advocates for and serves voice and speech professionals across industries, areas, and sectors of the field.

We are dedicated to promoting both the art and the science of the human voice through networking, conferences, research, and interest groups. We foster and expand the exchange of collective knowledge of voice and speech through a more inclusive, all-encompassing range of cultures, methodologies, backgrounds, and professional perspectives.

VASTA was established in 1986 in the USA; our desire is to serve colleagues across the world. We currently have over 700 members representing 31 different countries and our board members reflect our international growth.

# Welcome to Leeds



**The unofficial capital of Yorkshire. A city bursting with life and cultural energy. A city where its people are known as Loiners. The city where Marks & Spencer began as a market stall in 1884. Home to Leeds United and the UK's longest-running Caribbean carnival. A vibrant creative community, with award-winning national theatre, dance companies, and a world-class arena. In Leeds, everything you need is within easy reach with it only taking 30 minutes to walk from one side of the city centre to the other. It's a cosmopolitan hub of retail, Victorian arcades, eateries, and bars at the very heart of Yorkshire. Allowing you to enjoy the merits of a modern city with quick access to the local countryside. Outside the city, you will find stunning landscapes and a host of historical sites.**

# LEEDS SCHOOL OF ARTS

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For 170 years, Leeds School of Arts has been home to makers, builders, and creators. We're a school that encourages individuality, inspires creativity, and challenges uniformity. Find your voice here, in a city full of life.

Our brand-new state-of-the-art £80million Leeds School of Arts building features a wealth of outstanding specialist facilities across Creative Technologies, Film, Music & Sound, and Performing Arts. These include a 180-seat performance theatre; a 220-seat cinema; industry standard film and green screen studios; a black box theatre; Foley studios; dubbing and music recording studios; acoustic labs and numerous post-production suites. There are also a host of flexible teaching and study spaces, a café, and event spaces including two large roof terraces with stunning views across the city centre.

As well as a centre for creative exploration and growth, Leeds School of Arts is a focus for the cultural life of the city itself. Leeds is undergoing a renaissance, driven by a booming creative sector and galvanised by the arrival of major players such as Channel 4. The Leeds School of Arts building ensures our creative practitioners and students are uniquely placed, not just to benefit from Leeds' flourishing creative landscape, but to add their own creative energy to the transformation of the city.





# THE SURROUNDING AREA

## TESCO EXPRESS

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Supermarket  
Calverley St, Leeds  
LS1 3DX

## LEEDS CENTRAL LIBRARY & ART GALLERY

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The grade-II listed building opened in 1884, a must-see to read and study, admire the art, or enjoy a beverage in the Tiled Hall cafe.

## CAFFÈ NERO

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Coffee and food  
Unit 01, Block 2, Cityside,  
2 Calverley St, Leeds  
LS1 3EY

## MORRISONS

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Supermarket located in the Merrion Centre.  
43, Merrion Shopping Centre, Leeds LS2 8PL

## GREGGS

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49 Great George Street, Leeds  
LS1 3BB

## MILLENIUM SQUARE

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with bars and restaurants in the Electric Press

## THE LIGHT

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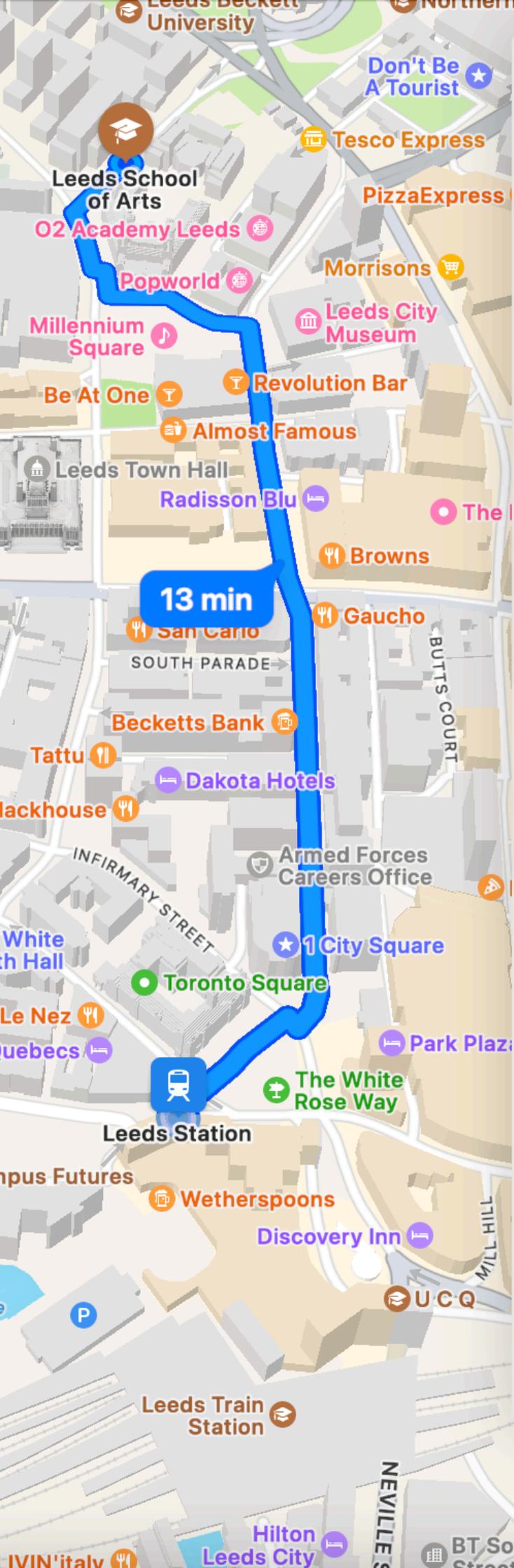


with bars and restaurants

## LEEDS CITY MUSEUM

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Explore Leeds fascinating history for free



- Leeds Station
- Leeds School of Arts

Options

- Start**  
Leeds, England
- Start on Infirmary Street
- 130 yd  
Bear left onto Park Row
- 0.2 mi  
Continue onto Cookridge Street
- 245 yd  
Turn left onto the path
- 130 yd  
Turn right onto Calverley Street
- 25 yd  
Turn right onto Calverley Street
- 70 yd  
Turn right onto Portland Way
- 55 yd  
The destination is on your left
- Arrive
- Leeds Beckett University - City Campus, Portland Way, Leeds, LS1 3HE, England

Report an Issue



# Arriving in Leeds by Air



## AIRPORT & CAR RENTAL

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Leeds Bradford Airport is 8 miles northwest of the city centre. Car Rental: Avis or Enterprise are available at the airport. Follow signage and messaging at the airport for directions to the rental centre.



## TAXIS

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Taxis services, including Uber, are readily available at the airport, offering convenient transport to the city centre within 25-35 minutes, depending on traffic.



## BUS

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Make your way to Leeds Bradford Airport Stand no. 1 to catch the A1 Flyer to Leeds City Centre. Once you're there, it is a 0.5mile walk to Leeds School of Art from bus stop W4, King Street.

# Arriving in Leeds by Train



## TRAIN STATION

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Leeds train station positioned in the centre of Leeds for convenient access to all amenities.



## TAXIS

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Taxis services, including Uber, are readily available at the train station, offering convenient transport to Leeds School of Art for around £5 - £9.



## ON FOOT & BY BUS

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15-20 mins walk to Leeds School of Arts due north of the Train Station.

# Arriving in Leeds by Bus



## BUS STATION

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Leeds bus station, located near Kirkgate Market, sees over 6,000 departures a week.



## SCHEDULES

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### **National Express**

<https://www.nationalexpress.com/en>

### **Megabus**

<https://uk.megabus.com/>

### **FlixBus**

<https://www.flixbus.co.uk/>



## ON FOOT & BY BUS

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20-25 minute walk to Leeds School of Art due west of the bus Station.

# ACCOMODATION

## **PREMIER INN LEEDS CITY CENTRE (LEEDS ARENA) HOTEL**

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A great value option, located close to Leeds School of Arts and within easy walking distance of the city centre. (Multiple other locations in town).

Hepworth Point, Clay Pit Lane, Leeds  
LS2 8BQ  
0333 321 9266

## **DAKOTA HOTEL LEEDS**

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Luxury boutique hotel located right in the heart of dining and bars on Greek street, park row and east parade.

8 Russell St, Leeds LS1 5RN  
[0113 322 6261](tel:01133226261)  
[reservations@LDS.dakotahotels.co.uk](mailto:reservations@LDS.dakotahotels.co.uk)

## **ROOMZZZ APARTHOTEL, LEEDS CITY WEST**

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Apartment-Style. One based with a walk through the city centre or one on the outskirts both within walking distance.

2 Burley Rd, Leeds LS3 1JB  
0113 233 0400  
[leedscitywest@roomzzz.com](mailto:leedscitywest@roomzzz.com)

## **RADISSON BLU HOTEL, LEEDS CITY CENTRE**

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A comfortable night in the centre of the city and in walking distance of attractions, entertainment and dining.

No. 1, The Light, The Headrow, Leeds  
LS1 8TL  
0113 236 6000  
[reservations.leeds@radissonblu.com](mailto:reservations.leeds@radissonblu.com)

## **EASYHOTEL LEEDS CITY CENTRE**

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Located around 7 minutes walk from Leeds Station, right in the heart of the city centre, easyHotel Leeds is in a prime location for both business and leisure travel to this West Yorkshire city.

14-22 Lands Lane, Leeds, LS1 6LB  
011 3531 0505  
[Leeds.eeasyhotel.com](http://Leeds.eeasyhotel.com)

## **MANSIO SUITES THE HEADROW**

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Apartment- Style hotel heart of the city and nestled in a quiet courtyard

1 Swinegate, Leeds LS1 4AG  
[0113 426 0047](tel:01134260047)  
[theteam@almaison.com](mailto:theteam@almaison.com)

# ACCOMODATION

## THE BELLS LEEDS

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Luxury serviced apartments and top 10% of places to stay on trip advisor in 2020.

6 Church Row, Leeds, LS2 7HD  
0113 344 9525  
[info@thebellsleeds.com](mailto:info@thebellsleeds.com)

## MALMAISON

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Boutique hotel in the heart of Leeds thriving cultural hub, stones throw for the train station.

1 Swinegate, Leeds LS1 4AG  
[0113 426 0047](tel:01134260047)  
[theteamemalmaison.com](http://theteamemalmaison.com)

## NOVOTEL

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Modern hotel in the heart of Leeds near to the train station and 20 minute walk to Leeds School of Art.

4 Whitehall Quay, Leeds LS1 4HR  
0113 242 6446  
[h3270-sb@accor.com](mailto:h3270-sb@accor.com)

## IBIS STYLES LEEDS CITY CENTRE ARENA

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Yorkshire through and through, will welcome you with typically friendly northern spirit, and will make sure you are taken care of around the clock.

Wade Lane, LS2 8NJ Leeds  
0113 831 4530  
[H9687@accor.com](mailto:H9687@accor.com)

## THE QUEENS HOTEL

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Occupying a landmark location in City Square, The Queens allows visitors to stay and connect in the beating heart of Leeds. Proudly independent with beautiful art deco flourishes.

City Square, Leeds, LS1 1PJ  
0113 391 7299  
[Reservations@thequeensleeds.co.uk](mailto:Reservations@thequeensleeds.co.uk)

## DOUBLETREE BY HILTON LEEDS CITY CENTRE

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On Granary Wharf at the Leeds Station Southern Entrance, beside the Leeds and Liverpool Canal, within a half-mile of excellent shopping, dining, and entertainment.

Granary Wharf, 2 Wharf Approach, Leeds LS1 4BR  
0113 241 1000  
[leedsgranarywharf.info@hilton.com](mailto:leedsgranarywharf.info@hilton.com)

# GETTING AROUND

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First Bus app is recommended for timetable information, journey planning, and real-time updates, available for download from the App Store or Google Play. Other bus companies are available but First Bus is the main provider in Leeds and will get you around the city centre.

Diving in Leeds requires awareness of the city loop. There are lots of car parks around the city but it can be expensive in the central areas, especially at peak times.

M-Card: M-Card tickets give travel on buses, trains, or both, in West Yorkshire. You can download the M-Card app on your phone. You can also Pay as you go on buses with your debit card. You will pay no more than £2 for an Adult Single ticket and an M-Card DaySaver valid on any bus across West Yorkshire will be £5.00.

Leeds City Bikes Beryl e-bikes can be used by downloading the Beryl app for as little as 6p per minute. Pay as you ride, or buy upfront. Bikes are located at bays around the city.

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Short stay parking is available at Rose Bowl (for sat nav use LS1 3HB), the car park is split into two sections; directly outside the Rose Bowl there is an open-air car park (pay and display) and there is an underground car park (pay on exit) below the Rose Bowl. Both are accessible via Portland Crescent.

There are a number of city centre pay and display car parks located near to our campus buildings. These can get busy during events and we would advise that you use Leeds Travel Info to check available car parking spaces on the day and that you leave plenty of time to find a parking space and walk to the campus. Postcodes for the closest city centre car parks are as follows:

- Woodhouse Lane Multi-storey: LS2 3AX
- Merrion Centre: LS2 8BT
- St. Johns Centre (NCP): LS2 8LQ
- The Light: LS1 8TL

Please also note that park-and-ride facilities are available at Elland Road and Stourton. They are easily accessible from the motorway and will allow you to avoid driving into the city centre altogether. Please see the [Metro website](#) for more information.

# PRACTICAL INFORMATION

## TELECOMMUNICATIONS/ WI-FI

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- Wi-Fi is widely available in Leeds, including accommodation venues, cafes, and public spaces.
- International visitors can purchase SIM cards from various providers. A comparison of options is available at WhistleOut.
- The international dialing code for the United Kingdom is +44. For local calls within Leeds, area codes start with 0113, while mobile numbers typically begin with 07.

## CURRENCY AND CREDIT CARDS

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- The currency used is the Great British Pound (GBP). For current exchange rates, Bank of England.
- Major credit cards, including American Express, MasterCard, Visa, and others, are widely accepted. Be aware that some merchants may apply surcharges.
- Traveler's cheques are not commonly used or accepted.

## VISA REQUIREMENTS

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- Visitors to the United Kingdom may need a visa or electronic travel authority. For detailed visa information, visit the Home Office. Always check your eligibility and ensure you're familiar with your own country's travel advice and regulations.

## WEATHER

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- Leeds experiences a range of weather conditions. The average temperature for October lingers around the 9°C (48°F). and is Daily highs of 13°C (55°F) and 6°C (43°F) at night. It's wise to pack layers and suitable clothing for wet conditions.

## ELECTRICALS

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- British plugs have three rectangular flat pins placed in a triangular or t position. The standard voltage is 230 volts, AC 50Hz. International visitors will need a Type G plug adapter for their devices.

## TIMEZONE

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- Leeds operates on GMT & BST due to daylight saving time. The clocks will change on Sunday 27th October.

# EMERGENCY INFORMATION

**FOR EMERGENCIES REQUIRING POLICE,  
FIRE, OR AMBULANCE, DIAL 999**

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## **For non-emergency situations**

Leeds Central Police Station Address -  
Park St, Leeds, LS1 3BY

## **MEDICAL CENTRE**

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Locate the nearest  
medical centre for non-  
urgent care. Shakespeare  
Medical Centre Address:  
Cromwell Mount, Leeds,  
West Yorkshire, LS9 7TA

## **HOSPITAL**

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Leeds General Infirmary,  
Great George St, Leeds  
LS1 3EX, provides  
comprehensive medical  
services.



# EXPLORING LEEDS



## TRINITY SHOPPING CENTRE & TRINITY KITCHEN

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Indoor shopping centre and street foodhall

## CORN EXCHANGE

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Beautiful historic building now filled with independent retailers, makers and eateries



## LEEDS PLAYHOUSE, THE GRAND, CITY VARIETIES, THE CARRIAGEWORKS

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Theatres with a range of offerings from national tours to studio scratch performances



## LEEDS KIRKGATE MARKET

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The largest covered market in Europe and a Grade I listed building with 800 stalls and foodhall.

## LEEDS STREET ART TRAIL

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trail all round the city centre. Illustrations, poems, stain glass windows, sculptures and the tallest mural in UK.

# EXPLORING LEEDS



## LEEDS DOCK

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mixed development with retail, office, bars and leisure by the River Aire



## LEEDS & LIVERPOOL CANAL

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Walks, boating, wildlife-watching and all-round relaxation



## ROYAL ARMOURIES

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The national museum of arms and armour. Explore thousands of incredible objects, from ancient times to the present day. From Japanese samurai to iconic movie props, from Henry VIII's armour to an Indian war elephant.

## THE THACKRAY MUSEUM OF MEDICINE

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The UK's largest independent medical museum. Follow the story of medicine and discover the medical innovations that changed the world.

# ESCAPING THE CITY CENTRE

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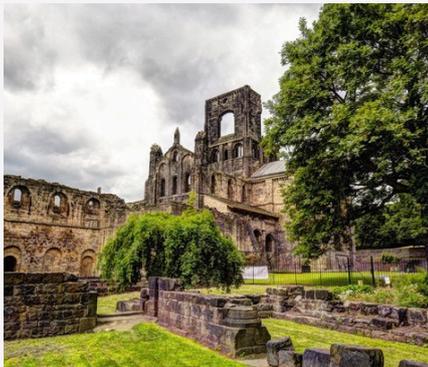


## HYDE PARK PICTURE HOUSE

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Opened in 1914, one of the oldest and remains the only gas-lit cinemas in the UK. Fully accessible building featuring a range of films

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## ROUNDHAY PARK & TROPICAL WORLD

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700 acres and one of the biggest parks in Europe.

## KIRKSTALL ABBEY & FOUNTAINS ABBEY

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Kirkstall or Fountains Abbey, both built by the same sect of Cistercian monks and both equally worthy of your time.

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## TEMPLE NEWSAM & HAREWOOD HOUSE

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Country house and ground estates to be explored.

## YORKSHIRE SCULPTURE PARK

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30 minute drive outside the city, open air and indoor exhibitions on 500 acres.

**SEE YOU AT...**



**VASTA LEEDS**  
**integral**  
**voice**

**SYMPOSIUM DIRECTORS**  
**GURKIRAN KAUR + DAVID JARZEN**

**A HUGE THANK YOU TO OUR GRAPHIC DESIGNER ERIN SOLOMON FOR OUR LOGO AND TO ELEANOR MANNERS, VOICE AND DIALECT COACH NATIVE TO LEEDS, FOR CURATING THE VALUABLE INFORMATION IN THIS WELCOME PACKET.**

HAVE MORE  
QUESTIONS?



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IF YOU STILL HAVE QUESTIONS, LET  
US KNOW AT [LEEDS@VASTA.ORG](mailto:LEEDS@VASTA.ORG)



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LEEDS SCHOOL OF ARTS