



# PSAD 2026



30th Annual Scientific Meeting | Australia

## ESSENTIAL DETAILS FOR PARTICIPANTS

Welcome to the 30<sup>th</sup> PSAD Annual Scientific Meeting hosted by The Australian Centre for Behavioural Research in Diabetes (ACBRD, a partnership between Diabetes Victoria and Deakin University)! We are delighted to have you join us in Waurin Ponds, Victoria, for this gathering of delegates from around the world. Over the coming days, you will have the opportunity to engage with leading experts, exchange ideas, and build valuable connections. Whether you are attending for the first time or returning as a familiar face, we hope this experience will be both enriching and memorable.

### Key Contacts

For general enquiries, please email [info@acbrd.org.au](mailto:info@acbrd.org.au) or speak with our Organizing Committee leads.



**Committee Lead:**

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# PSAD Scientific Meeting Care Protocol

We hope, with your help, to deliver an impactful and inspiring PSAD meeting - and to do this with care and sensitivity. We encourage everyone to take care of themselves and others when in attendance. We have provided some guidance below on the values that we ask everyone to bring to the meeting. We do this so we can work towards providing a safe experience for everyone attending.

## Acknowledgement of Country

The Wadawurrung people of the Kulin nation are the traditional owners of Waurin Ponds. We pay our respects to their Elders and Ancestors for allowing us to have our gathering on their land, acknowledge their continuing connection to this beautiful Country, and thank them for their care and custodianship over many thousands of years.

An official Welcome to Country will be held on the Estate following registration at 4:30pm on Tuesday 17<sup>th</sup> February. Our Welcome to Country will include a Smoking Ceremony. Delegates with asthma, respiratory conditions, or smoke sensitivities may wish to observe from a distance or remain indoors during this part of the program.

## Acknowledgement of lived experience

At the heart of the meeting will be respect for people with lived experience of diabetes. People living with diabetes are the Why and the How of our shared endeavours to advance understanding of the psychological, social and behavioural aspects of diabetes. We respect and value their expertise and generous contributions, which inform and improve our work, to support advancements for all people affected by diabetes. It is a privilege to work with and for them.

## Language matters

Please take care with the language you use at the meeting. Prior to attending, please read through published guidance on communicating with and about diabetes. Language guides from around the world can be found [www.languagemattersdiabetes.com](http://www.languagemattersdiabetes.com). We expect all attendees to use language that helps to bring an end to diabetes stigma and discrimination.

**Tip:** Our words need to show we CARE (Curious; Accurate; Respectful; Empathic). Our words need to remove BIAS (Blame; Irreverence; Authority; Stigma).

## Take the Pledge to End Diabetes Stigma

We encourage you to read through and take the Pledge to End Diabetes Stigma <https://enddiabetesstigma.org> before you attend the meeting. We expect all attendees to behave and speak in a way that upholds the Pledge while at the meeting, as well as in abstract presentations and related outputs after the meeting.

*I / We PLEDGE to contribute pro-actively to bring an end to diabetes stigma and discrimination by:*

- *Respecting people with all types of diabetes.*
- *Recognising diabetes stigma exists and has harmful impacts.*
- *Acknowledging and challenging my/our own prejudices about (people with) diabetes .*
- *Using accurate, respectful, inclusive, non-judgmental, and strengths-based language, messaging, and imagery when communicating with or about people with diabetes.*
- *Avoiding and challenging fear-based messaging and imagery.*
- *Condemning discrimination due to diabetes and advocating for equal treatment and support for people with diabetes.*
- *Encouraging initiatives, policies, and laws that promote equity for all people with diabetes.*

*By taking this pledge, I am / we are committed, from here on, to creating a more compassionate and respectful world for people with diabetes, free from diabetes stigma and discrimination, and the harms they inflict.*

## Sharing personal experiences

We recognise that you may have lived or loved experience of diabetes. 'Lived experience' refers to your personal experiences, while 'loved experience' refers to supporting family members or friends who live with diabetes.

Some people really value sharing lived experiences and find it empowering to talk with others who have similar or different experiences. You might want to think in advance about what you want to share about your personal experiences - including thinking through the consequences of sharing information about yourself. When sharing 'loved experience' involving others, please ensure you have their consent or protect their anonymity and confidential details.

You may hear about other people's experiences, and some topics might be triggering. It can be helpful to think through in advance what will help you if that happens. This might include identifying a trusted colleague or friend to check in with, knowing where quiet spaces are located, or planning breaks between emotionally intensive sessions.

We ask all attendees to look after people's confidentiality and privacy, including being mindful of what is shared beyond the meeting.

## Taking images of presentations or presenters

Please respect the wishes of presenters who do not want their presentation or image shared on social media. We ask presenters to make this clear at the beginning of their presentation. If you would like to share an image and are not sure, please ask the person for their permission.

# Venue information

## Locations

### Pre-meeting activities:

[Diabetes Victoria](#)

G01, 15-31 Pelham St, Carlton, VIC, Aust  
3053

### 30<sup>th</sup> PSAD meeting:

[Waurm Ponds Estate](#)

Nicol Drive South, Waurm Ponds, Geelong  
3216

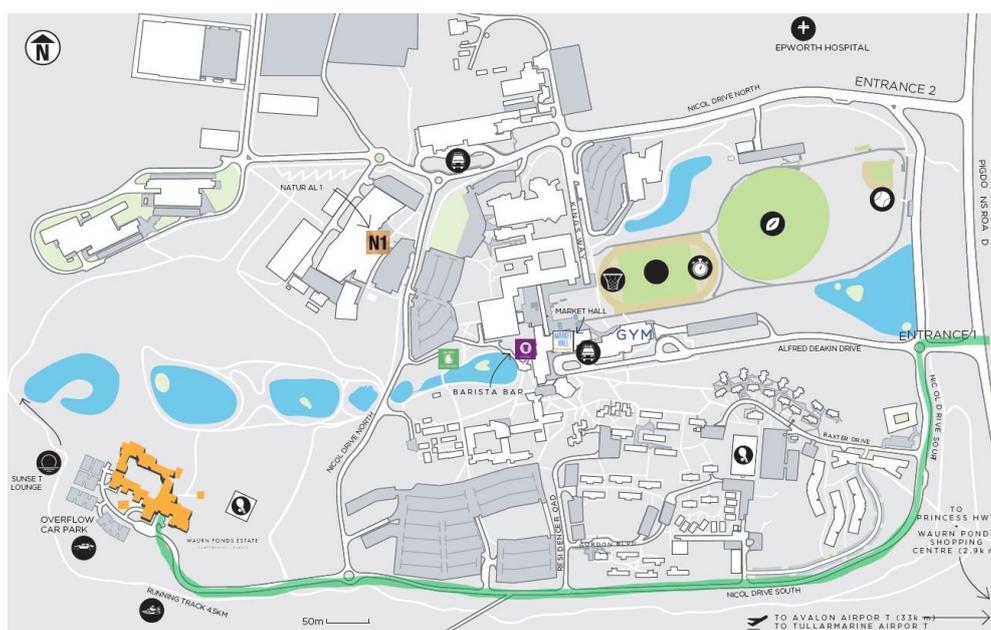
## Getting to / from Waurm Ponds Estate

**By Car:** The Estate is approximately one hour's drive from Melbourne's CBD (and Melbourne Airport). From Pigdons Road, enter Alfred Deakin Drive (Entrance 1) and turn left at the first roundabout onto Nicol Drive South. Follow this road to the very end until you reach the entrance to Waurm Ponds Estate on your right-hand side.

**By Public Transport:** Attendees can take a V/Line train from Southern Cross Station to Waurm Ponds Station, followed by a taxi or rideshare (e.g. Uber) to Waurm Ponds Estate.

**Travelling with the PSAD Group:** On Tuesday morning, attendees will have the option to travel as a group, departing from Diabetes Victoria at approximately 11:30 am and travelling to Southern Cross Station via the Route 96 tram (including a 10-minute walk to the tram stop).

The group will board the 12:50 pm V/Line service to Waurm Ponds Station. If you opted for a Myki (Victoria public transport ticket) upon registration, you will be able to collect it at the Diabetes Victoria offices prior to departing. A complimentary shuttle bus will operate between Waurm Ponds Station and the conference venue. A complimentary bus will also take delegates to/from the Jack Rabbit Winery on Wednesday night.



## Medical / First Aid

A hypo kit will be available at the main reception area. While there is First Aid available at the venue, please note that there are no shops within walking distance, so you may need to ensure you have some personal items with you before you arrive. Attendee safety and comfort is our highest priority. Please do not hesitate to [contact us](#) if you need any support in the lead up to and during the meeting.

## Snacks

As the conference venue is not within walking distance to shops, we recommend you prepack any personal snack favourites. There is a small snack shelf at reception where you can purchase snacks via credit card. There will be tea and coffee stations in the lounge and dining spaces for guests to use. Barista coffee can be purchased from reception.

PS: Australian tap water is safe to drink! Fill your re-usable bottle up to enjoy.

## Wifi at the venue

Guest\_WiFi\_Deakin

Username: [wpe@deakin.edu.au](mailto:wpe@deakin.edu.au) Password: 4757

## Timeout at Waurm Ponds Estate

If you're looking for a little timeout while staying at the venue, there is a 2 kilometre circuit walk marked by signage exploring Wadawurrung culture, Deakin's sustainability initiatives, and the history of the campus. Click this link for further information and maps: [Deakin Delama Walk](#)

Or you could take an audio walk tour among wild sculptures at Waurm Ponds. Find out more: [Deakin University Sculpture Walk, Geelong Waterfront | IZI Travel](#)

# New to Australia? Some Helpful Tips

## Staying Sun Smart

Australia has some of the highest UV levels in the world, especially in summer and even on a cloudy day. To stay safe outdoors, follow the SunSmart steps: **Slip** on protective clothing, **Slip** on sunscreen, **Slap** on a hat, **Seek** shade, and **Slide** on sunglasses. These simple habits will help you enjoy Australia's sunshine safely and comfortably. You can check the UV index by going to the [Aust Govt - Bureau of Meteorology](#) and take precautions whenever the index is 3 or above.

While at Waurm Ponds Estate you will find complimentary Sunscreen for your convenience.

## Time Zone

During the Australian summer, Victoria observes daylight saving time. This means that Melbourne shifts to UTC+11.

## Getting around Victoria

For links to Public Transport options in Melbourne and Regional Areas click [Public transport, Getting here and around, Travel information, Victoria, Australia](#) or [Journey Planner - Transport Victoria](#). To use public transport, you will need a 'Myki'. A myki is a reloadable contactless ticketing system used on most public transport services in Melbourne and regional Victoria.

## Charging & phones in Australia

Australia uses the **Type I plug**, so international visitors will need a **Type I adaptor** to charge their devices. Please bring your own adaptor and cables, as these may not be available at the venue.

Australia's country code is +61. We recommend purchasing an eSIM before you arrive in Australia to ensure immediate access to mobile data and local services. eSIMs can be activated online in minutes and often provide better value than international roaming. Whilst there will be many options available you may like to consider [Buy eSIM for International Travel | Holafly](#)

## Money Guide

Australia is one of the most cash-free countries in the world. Visitors rarely need to carry more than \$20–\$50 Australian Dollars (AUD) in cash. Tap-and-go (contactless) is accepted almost everywhere, including major credit cards (e.g., Visa, Mastercard), Apple Pay, Google Pay, and Samsung Pay. ATMs are easy to find in cities, shopping centres, and petrol stations (some charge a \$2–\$3 fee).

Prices & Tipping: All prices already include tax (GST). No surprise add-ons at checkout and tipping is not expected or commonplace in Australia. Australia has a Tourist Refund Scheme (TRS) for purchases over \$300 from one store — visitors can claim GST back at the airport when leaving. Typically prices:

- Drinks: Coffee: \$4–\$6; Beer: \$8–\$12
- Meal: lunch at a café: \$15–\$25; dinner out: \$25–\$45
- Public transport: \$3–\$6 per trip in metro regions.