

Welcome to the Bio Concepts Summit 2026. We are delighted to welcome you in person to this year's two-day event, [Neuro Resilience Summit: Recovering the Sleep-Brain-Body Connection](#).

To help you make the most of your Summit experience, this guide includes everything you need to know before and during your stay, including venue details, the two-day program of activities, and information on exploring Brisbane throughout the weekend.



Venue

The Bio Concepts Summit 2026 will be held at:

Brisbane Sofitel Hotel

249 Turbot Street, Brisbane City QLD 4000

T: 07 3835 3535

For more information on the venue, please visit their [website](#).

Parking

On-site self-parking is available to Summit delegates at Sofitel Brisbane Central for a daily overnight rate of \$50, subject to availability.

Alternative nearby parking is available at:

Wickham Terrace Car Park - 136 Wickham Terrace, Spring Hill (entrance & exit via Wickham Terrace and Turbot Street directly opposite Sofitel)

[Council car parks](#) | [Brisbane City Council](#)

[#neuroresilience](#) [#bioconceptssummit](#)



The Essentials



Summit Catering

Meals included during the event:

Day 1 – Arrival Coffee/Tea, Morning Tea, Lunch, Afternoon Tea + Canapes at Networking Event

Day 2 – Arrival Coffee/Tea/**Breakfast Smoothies**, Morning Tea & Lunch

Two dedicated barista coffee stations will operate in the event lobby during all breaks on both days of the Summit and is a complimentary inclusion for all delegates.



Dining

For dining options both within the hotel and nearby, please see more information [here](#).

Or enjoy the Osiecki family's personal guide of specially curated eating & drinking recommendations in the [Osiecki's' Guide to Brisbane](#).

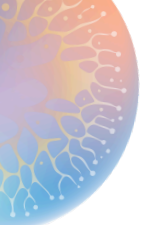


WiFi

Wireless Internet is available in-room for hotel guests. Please see the in-room guide for details.

During the event access to WiFi is available with the following details:

- Network name: ACCOR
- Access code: BIO311026



The Summit Experience



Summit Registration

Registration for the Summit will take place from **8:00am to 9:20am AEST on Day 1, Saturday 31 October**.

Upon arrival at Sofitel Brisbane, make your way to the Ballroom Le Grand on Level 1 using the escalators or lifts. Our friendly team will be ready at the registration desk to greet you.

Please supply your (ticket holder) name and you will be issued a Summit lanyard. Please wear your lanyard throughout the event – it must be presented for entry to the Summit across the 2 days.

Be sure to collect your Delegate Bag from our staff as you enter the ballroom and your presentation notes will be waiting for you on the table.



Summit Hub Page

Visit the online Summit Hub for quick and easy access to the presentation slides, event updates, a live photo gallery, exclusive specials, lucky door prizes and more. Just scan the QR code on your Summit delegate lanyard for access.



Mobile Phone & Laptop

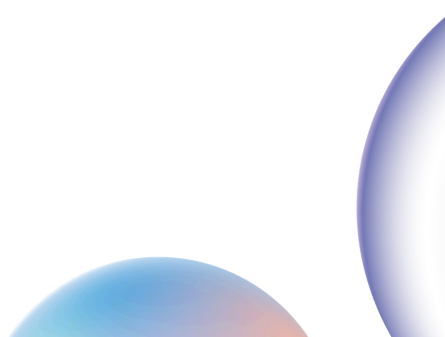
If you are bringing devices to the event, please ensure they are charged and placed on silent mode throughout the presentations. A complimentary device charging station with limited outlets will be available during the Summit for your convenience. Our staff can direct you to its location at the event.



Certificate of Attendance

Your Certificate of Attendance with your CPE points will be emailed to you within a week after the event concludes.

#neuroresilience #bioconceptssummit



Additional Events & Activities



Networking Drinks

5:30pm – 7:30pm AEST on Saturday Evening 31st October

From 5:30pm, at the end of Day 1 of the Summit, join your colleagues in the Ann Street Lobby for networking, drinks and canapés. Unwind and share your learnings to the smooth sounds of Ambient Jazz overlooking the heritage beauty of ANZAC Square and the Brisbane evening cityscape.



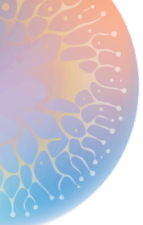
#ShareYourExperience

Join in the fun and share your Summit experience on Instagram for a chance to win a prize. All you need to do is:

- Share a picture of the Bio Concepts Neuro Resilience Summit 2026 via your Instagram page
- Tag & follow us [@bioconcepts_au](https://www.instagram.com/bioconcepts_au)
- Plus, include both of these hashtags [#neuroresilience](https://www.instagram.com/hashtag/neuroresilience) & [#bioconceptssummit](https://www.instagram.com/hashtag/bioconceptssummit)



[#neuroresilience](https://www.instagram.com/hashtag/neuroresilience) [#bioconceptssummit](https://www.instagram.com/hashtag/bioconceptssummit)



Plan your stay in *Brisbane*



The Venue – Sofitel Brisbane ★ ★ ★ ★ ★

Sofitel Brisbane Central's luxurious interiors combined with its renowned personalised service provide a level of comfort and sophistication you won't find at other 5-star hotels in Brisbane. Savour the exceptional views from one of the best luxury hotels in Brisbane City, overlooking the iconic ANZAC Square and city's exquisite skyline as well as the famed Sunshine Coast hinterland.

Indulge in the culinary delights of Bistro Suzette, offering international and refined French-inspired dining. Revitalise your body, mind and spirit at Stephanies Spa for the finest luxury spa facilities and experience in Brisbane.

With a vibrant cultural scene in the inner city and close-by neighbourhoods of South Bank and Fortitude Valley bursting with an exciting array of restaurants, bars and cafés, Brisbane is the place to be. Experience a Brisbane luxury hotel with access to the best of Brisbane's dining, shopping and cultural experiences. Sofitel Brisbane Central is located within walking distance of Queen Street Mall, Eagle Street Pier beside the Brisbane River, South Bank Parklands and the Convention Centre. The hotel also offers direct access to Central Station with easy transportation to the airport, Brisbane Entertainment Centre and the Gold Coast.

However, there's little reason to leave, with guests spoilt for choice with a range of world-class facilities - lounge by the rooftop swimming pool, enjoy fine dining delivered straight to your suite, conduct business as normal with free-Wi-Fi, or ground your body and mind at the hotel's state-of-the-art fitness centre.



Amenities Nearby

Groceries

- Woolworths Metro - 365 Turbot St (approx. 500m walk north-west)
- Woolworths - 255 Queen St (approx. 600m walk south into the mall, full-size supermarket)
- Coles Local - 79 Adelaide St (approx. 650m walk)

Pharmacy

- Chemist Warehouse Brisbane – 215 Adelaide St (approx. 350m walk)
- Priceline Pharmacy – 120 Queen St (approx. 550m walk)

Getting Around *Brisbane*

Transport Options



Train – Direct escalators and doorways lead from Central station concourse and Ann Street straight into the hotel lobby.



Bus (Translink Free City Centre Loop Bus) – for sightseeing or exploring the city centre. [City centre free loops](#) | [Brisbane City Council](#)



Ferry (City Cat) – explore Brisbane via the Brisbane River (Riverside Ferry terminal 10 min walk from hotel) [CityCat and ferry terminal locations](#) | [Brisbane City Council](#)



Public Transport – head to www.translink.com.au/tickets-and-fares/go-card for more information



Taxis – www.13cabs.com.au or www.blackandwhitecabs.com.au



Rideshare Services - Uber and Didi are available in Brisbane. Please refer to their respective smartphone apps for further information.

Getting To & From Brisbane Airport

Drive - The Brisbane Airport Brisbane Airport (BNE) is 19km from Brisbane Sofitel.

Airport shuttle service – [Con-X-ion](#)

Air-train – The trip from Brisbane Airport to the City takes about 24mins. For information and bookings see www.airtrain.com.au

We look forward to hosting you at the Bio Concepts Neuro Resilience Summit 2026.
See you there!

From the Bio Concepts Team