



## **What are cookies?**

Cookies are small text files that are placed on your computer or device when you visit a website. They are widely used in order to make websites work more efficiently and provide basic functionality such as remembering preferences or filling out forms. They are also used to provide information and insights to the owners of the site that help to improve performance and offer a better user experience.

## **What are cookies used for?**

Cookies allow a site or services to know if your computer or device has visited that site or service before. Cookies can then be used to help understand how the site or service is being used, help you navigate between pages efficiently, help remember your preferences, and generally improve your browsing experience. Cookies can also help ensure marketing you see online is more relevant to you and your interests.

## **What types of cookies does Pavelkahealthevents.com use?**

There are generally four categories of cookies: "Strictly Necessary," "Performance," "Functionality," and "Targeting." Pavelkahealthevents.com may use all four categories of cookies. You can find out more about each cookie category below.

1. **Strictly Necessary Cookies.** These cookies are essential, as they enable you to move around the Service and use its features, such as accessing logged in or secure areas.
2. **Performance Cookies.** These cookies collect information about how you have used the Service, for example, information related to the unique username you have provided, so that less strain is placed on our backend infrastructure. These cookies may also be used to allow us to know that you have logged in so that we can serve you fresher content than a user who has never logged in. We also use cookies to track aggregate Service usage and experiment with new features and changes on the Service. The information collected is used to improve how the Service works.
3. **Functionality Cookies.** These cookies allow us to remember how you're logged in, whether you chose to no longer see advertisements, whether you made an edit to an article on the Service while logged out, when you logged in or out, the state or history of Service tools you've used. These cookies also allow us to tailor the Service to provide enhanced features and content for you and to remember how you've customized the



Service in other ways, such as customizing the toolbars we offer in the right column of every page. The information these cookies collect may be anonymous, and they are not used to track your browsing activity on other sites or services.

4. Targeting Cookies. Pavelkahealthevents.com, our advertising partners or other third-party partners may use these types of cookies to deliver advertising that is relevant to your interests. These cookies can remember that your device has visited a site or service, and may also be able to track your device's browsing activity on other sites or services other than Pavelka.co.uk. This information may be shared with organizations outside Pavelka.co.uk, such as advertisers and/or advertising networks to deliver the advertising, and to help measure the effectiveness of an advertising campaign, or other business partners for the purpose of providing aggregate Service usage statistics and aggregate Service testing.

### **How long will cookies stay on my device?**

The length of time a cookie will stay on your computer or mobile device depends on whether it is a "persistent" or "session" cookie. Session cookies will only stay on your device until you stop browsing. Persistent cookies stay on your computer or mobile device until they expire or are deleted.

### **First and third-party cookies**

First-party cookies are cookies that belong to Pavelkahealthevents.com, third-party cookies are cookies that another party place on your device through our Service. Third-party cookies may be placed on your device by someone providing a service for Pavelkahealthevents.com, for example to help us understand how our service is being used. Third-party cookies may also be placed on your device by our business partners so that they can use them to advertise products and services to you elsewhere on the Internet.

### **How to control and delete cookies**

You can prevent the use of cookies by adjusting your browser settings. Please be aware that some cookies are necessary for the website to function. You can set your browser to block or alert you about these cookies, but some parts of this site and many other sites you visit will then not then work properly as certain functionality and features will have been disabled.

For more information about cookies, visit <http://www.allaboutcookies.org/>



## Cookies on Pavelkahealthevents.com

This site uses cookies. The table below explains the cookies we use and why. We will not use any of this data to personally identify you.

| Cookie                 | Name  | Purpose  |
|------------------------|---|--|
| Google Analytics       | _ga<br>_gat<br>_gid   | These cookies are used to collect information about how you use our website. The information collected includes number of visitors, pages visited and time spent on the website. The information is collected by Google Analytics in aggregated and anonymous form, and we use the data to help us make improvements to the website. If you do not allow these cookies we will not know when you have visited our site, and will not be able to monitor its performance.<br><br><a href="#">Click here</a> for more information about Google Analytics and your privacy. |
| YouTube cookies        | GPS<br>VISSITOR_INF<br>O1_LIVE<br>YSC<br>PREF                   | These cookies are used by YouTube to show you relevant videos, and to collect data on what videos have been viewed.  |
| Social sharing cookies | __atrfs<br>__atuvc<br>__atuv<br>Bt2<br>Di2<br>ouid<br>uid<br>vc | We use some social sharing plugins, to allow you to share certain pages of our website on social media. These plugins place cookies so that you can correctly view how many times a page has been shared.  |
| Vimeo Cookies          | Vuid  | These cookies are used by Vimeo to show you relevant videos, and to collect data on what videos have been viewed.  |