

This Cookie Policy was last updated on February 7, 2025 and applies to citizens and legal permanent residents of the European Economic Area and Switzerland.

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Usage
Sharing data

website.

2. What are cookies?

A cookie is a small simple file that is sent along with pages of this website and stored by your browser on the hard drive of your computer or another device. The information stored therein may be returned to our servers or to the servers of the relevant third parties during a subsequent visit.

3. What are scripts?

A script is a piece of program code that is used to make our website function properly and interactively. This code is executed on our server or on your device.

4. What is a web beacon?

A web beacon (or a pixel tag) is a small, invisible piece of text or image on a website that is used to monitor traffic on a website. In order to do this, various data about you is stored using web beacons.

5. Cookies

5.1 Technical or functional cookies

Some cookies ensure that certain parts of the website work properly and that your user preferences remain known. By placing functional cookies, we make it easier for you to visit our website. This way, you do not need to repeatedly enter the same information when visiting our website and, for example, the items remain in your shopping cart until you have paid. We may place these cookies without your consent.

5.2 Statistics cookies

We use statistics cookies to optimize the website experience for our users. With these statistics cookies we get insights in the usage of our website. We ask your permission to place statistics cookies.

5.3 Advertising cookies

On this website we use advertising cookies, enabling us to gain insights into the campaign results. This happens based on a profile we create based on your behavior on <https://paraicbergin.com>. With these cookies you, as website visitor, are linked to a unique ID but these cookies will not profile your behavior and interests to serve personalized ads.

5.4 Marketing/Tracking cookies

Marketing/Tracking cookies are cookies or any other form of local storage, used to create user profiles to display advertising or to track the user on this website or across several websites for similar marketing purposes.

Because these cookies are marked as tracking cookies, we ask your permission to place these.

5.5 Social media

On our website, we have included content from Facebook, Twitter, LinkedIn and Instagram to promote web pages (e.g. “like”, “pin”) or share (e.g. “tweet”) on social networks like Facebook, Twitter, LinkedIn and Instagram. This content is embedded with code derived from Facebook, Twitter, LinkedIn and Instagram and places cookies. This content might store and process certain information for personalized advertising.

Please read the privacy statement of these social networks (which can change regularly) to read what they do with your (personal) data which they process using these cookies. The data that is retrieved is anonymized as much as possible. Facebook, Twitter, LinkedIn and Instagram are located in the United States.

6. Placed cookies

WordPress

Functional

Consent to service wordpress

Usage

We use WordPress for website development. [Read more](#)

Sharing data

This data is not shared with third parties.

Functional

Name

wpEmojiSettingsSupports

Expiration

session

Function

Store browser details

Name

wordpress_test_cookie

Expiration

session

Function

Read if cookies can be placed

Name

wp_lang

Expiration

session

Function

Store language settings

Name

wp-settings-*

Expiration

persistent

Function

Store user preferences

Name

wp-settings-time-*

Expiration

1 year

Function

Store user preferences

Name

wordpress_logged_in_*

Expiration

persistent

Function

Store logged in users

Google reCAPTCHA

Marketing/Tracking

Consent to service google-recaptcha

Usage

We use Google reCAPTCHA for spam prevention. [Read more](#)

Sharing data

For more information, please read the [Google reCAPTCHA Privacy Statement](#).

Marketing/Tracking

Name

rc::c

Expiration

session

Function

Read and filter requests from bots

Name

rc::b

Expiration

session

Function

Read and filter requests from bots

Name

rc::a

Expiration

persistent

Function

Read and filter requests from bots

Vimeo

Statistics

Consent to service vimeo

Usage

We use Vimeo for video display. [Read more](#)

Sharing data

For more information, please read the [Vimeo Privacy Statement](#).

Statistics

Name

__utmt_player

Expiration

10 minutes

Function

Store and track audience reach

Name

vuid

Expiration

2 years

Function

Store the user's usage history

YouTube

Marketing/Tracking

Consent to service youtube

Usage

We use YouTube for video display. [Read more](#)

Sharing data

For more information, please read the [YouTube Privacy Statement](#).

Marketing/Tracking

Name

GPS

Expiration

session

Function

Store location data

Name

VISITOR_INFO1_LIVE

Expiration

6 months

Function

Provide ad delivery or retargeting

Name

YSC

Expiration

session

Function

Store and track interaction

Name

PREF

Expiration

8 months

Function

Store user preferences

Twitch

Functional, Statistics

Consent to service twitch

Usage

We use Twitch for video display. [Read more](#)

Sharing data

Purpose pending investigation

Name

unique_id

Expiration

1 month

Function

Name

unique_id_durable

Expiration

1 month

Function

Name

experiment_overrides

Expiration

1 month

Function

Functional

Name

server_session_id

Expiration

1 month

Function

Provide authentication

Name

api_token

Expiration

1 month

Function

Provide authentication

Statistics

Name

referrer_url

Expiration

session

Function

Store referring website

PayPal

Functional

Consent to service paypal

Usage

We use PayPal for payment processing. [Read more](#)

Sharing data

For more information, please read the [PayPal Privacy Statement](#).

Functional

Name

nsid

Expiration

session

Function

Provide fraud prevention

Name

enforce_policy

Expiration

1 year

Function

Store privacy preferences

Name

tsrce

Expiration

3 days

Function

Name

ts_c

Expiration

3 years

Function

Provide fraud prevention

Name

__paypal_storage__

Expiration

persistent

Function

Store account details

Calendly

Functional

Consent to service calendly

Usage

We use Calendly for content creation. [Read more](#)

Sharing data

For more information, please read the [Calendly Privacy Statement](#).

Functional

Name

_calendly_session

Expiration

session

Function

Store user preferences

Facebook

Marketing/Tracking, Functional

Consent to service facebook

Usage

We use Facebook for display of recent social posts and/or social share buttons. [Read more](#)

Sharing data

For more information, please read the [Facebook Privacy Statement](#).

Marketing/Tracking

Name

fbc

Expiration

2 years

Function

Store last visit

Name

fbm*

Expiration

1 year

Function

Store account details

Name

xs

Expiration

3 months

Function

Store a unique session ID

Name

fr

Expiration

3 months

Function

Provide ad delivery or retargeting

Name

act

Expiration

90 days

Function

Store logged in users

Name

_fbp

Expiration

3 months

Function

Store and track visits across websites

Name

datr

Expiration

2 years

Function

Provide fraud prevention

Name

c_user

Expiration

30 days

Function

Store a unique user ID

Name

sb

Expiration

2 years

Function

Store browser details

Name

*_fbm_

Expiration

1 year

Function

Store account details

Functional

Name

wd

Expiration

1 week

Function

Read screen resolution

Name

csm

Expiration

90 days

Function

Provide fraud prevention

Name

actppresence

Expiration

session

Function

Store and track if the browser tab is active

Twitter

Functional, Marketing/Tracking

Consent to service twitter

Usage

We use Twitter for display of recent social posts and/or social share buttons. [Read more](#)

Sharing data

For more information, please read the [Twitter Privacy Statement](#).

Functional

Name

local_storage_support_test

Expiration

persistent

Function

Provide load balancing functionality

Marketing/Tracking

Name

metrics_token

Expiration

persistent

Function

Store if the user has seen embedded content

LinkedIn

Functional, Marketing/Tracking, Statistics, Preferences

Consent to service linkedin

Usage

We use LinkedIn for display of recent social posts and/or social share buttons. [Read more](#)

Sharing data

For more information, please read the [LinkedIn Privacy Statement](#).

Functional

Name

sdsc

Expiration

session

Function

Provide load balancing functionality

Name

li_gc

Expiration

6 months

Function

Store cookie consent preferences

Name

BizographicsOptOut

Expiration

10 years

Function

Store privacy preferences

Marketing/Tracking

Name

lms_ads

Expiration

30 days

Function

Store and track visits across websites

Name

_guid

Expiration

90 days

Function

Store and track a visitor's identity

Name

li-oatml

Expiration

1 month

Function

Provide ad delivery or retargeting

Name

li_sugr

Expiration

90 days

Function

Store and track a visitor's identity

Name

UserMatchHistory

Expiration

30 days

Function

Provide ad delivery or retargeting

Statistics

Name

lms_analytics

Expiration

30 days

Function

Store and track a visitor's identity

Name

AnalyticsSyncHistory

Expiration

30 days

Function

Store and track visits across websites

Preferences

Name

li_alerts

Expiration

1 year

Function

Store if a message has been shown

Name

bcookie

Expiration

1 year

Function

Store browser details

Name

lidc

Expiration

1 day

Function

Provide load balancing functionality

Name

bscookie

Expiration

1 year

Function

Store logged in users

Miscellaneous

Purpose pending investigation

Consent to service miscellaneous

Usage

Sharing data

Sharing of data is pending investigation

Purpose pending investigation

Name

amplitude_unsent_*

Expiration

Function

Name

amp_*

Expiration

Function

Name

tabs_log

Expiration

Function

Name

wpcaptcha_locks_chart

Expiration

Function

Name

tusSupport

Expiration

Function

Name

wpcaptcha_upsell_shown

Expiration

Function

Name

wpcaptcha_locks_stats

Expiration

Function

Name

wpcaptcha_upsell_shown_timestamp

Expiration

Function

Name

wpcaptcha_fails_chart

Expiration

Function

Name

wpcaptcha_fails_stats

Expiration

Function

Name

jetpack-boost-guide

Expiration

Function

Name

_grecaptcha

Expiration

Function

Name

PHPSESSID

Expiration

Function

Name

cmplz_consented_services

Expiration

365 days

Function

Name

cmplz_policy_id

Expiration

365 days

Function

Name

cmplz_marketing

Expiration

365 days

Function

Name

cmplz_statistics

Expiration

365 days

Function

Name

cmplz_preferences

Expiration

365 days

Function

Name

cmplz_functional

Expiration

365 days

Function

Name

cmplz_banner-status

Expiration

365 days

Function

Name

asp_transient_id

Expiration

Function

Name

tk_ai

Expiration

Function

Name

_ga

Expiration

Function

Name

_ga_EQDN3BWDS

Expiration

Function

Name

et-editor-available-post-309-bb

Expiration

Function

Name

wp-autosave-1

Expiration

Function

Name

et-saved-post-456-bb

Expiration

Function

Name

et-saved-post-457-bb

Expiration

Function

Name

et-saved-post-309-bb

Expiration

Function

Name

et-saved-post-458-bb

Expiration

Function

Name

et-saved-post-459-bb

Expiration

Function

Name

et_pb_templates_settings_date

Expiration

Function

Name

et_pb_templates_settings_product_version

Expiration

Function

Name

et_pb_templates_et_pb_ads

Expiration

Function

Name

et_pb_templates_et_pb_section

Expiration

Function

Name

et_pb_templates_et_pb_posts_carousel

Expiration

Function

Name

et_pb_templates_et_pb_tabbed_posts

Expiration

Function

Name

et_pb_templates_et_pb_posts

Expiration

Function

Name

et_pb_templates_et_pb_text

Expiration

Function

Name

et_pb_templates_settings_active_plugins

Expiration

Function

Name

et_pb_templates_et_pb_code

Expiration

Function

Name

et_pb_templates_et_pb_ads_ad

Expiration

Function

Name

embedded_iframe_inline-nmP2BLoeP6sGv0jF45hz

Expiration

Function

Name

et_pb_templates_et_pb_column_inner

Expiration

Function

Name

et_pb_templates_et_pb_row_inner

Expiration

Function

Name

embedded_iframe_inline-K4Kww5ITPNHuAGZGT2XL

Expiration

Function

Name

WP_PREFERENCES_USER_7

Expiration

Function

Name

WP_DATA_USER_7

Expiration

Function

Name

et_pb_templates_et_pb_row

Expiration

Function

Name

et_pb_templates_et_pb_image

Expiration

Function

Name

embedded_iframe_inline-Z6ocpCDr7oVfLRLKAPoY

Expiration

Function

Name

et_pb_templates_et_pb_posts_blog_feed_standard

Expiration

Function

Name

et_pb_templates_et_pb_tabbed_posts_tab

Expiration

Function

Name

et_pb_templates_et_pb_posts_blog_feed_masonry

Expiration

Function

Name

et_pb_templates_et_pb_column

Expiration

Function

Name

et_pb_templates_et_pb_featured_posts_slider

Expiration

Function

Name

et-editor-available-post-487-bb

Expiration

Function

Name

prli_click_1

Expiration

Function

Name

prli_visitor

Expiration

Function

Name

trackerCount

Expiration

Function

Name

rank-math-option-search-index

Expiration

Function

Name

rank-math-option-general-index

Expiration

Function

Name

rank-math-option-sitemap-index

Expiration

Function

Name

rank-math-option-titles-index

Expiration

Function

7. Consent

When you visit our website for the first time, we will show you a pop-up with an explanation about cookies. As soon as you click on "Save preferences", you consent to us using the categories of cookies and plug-ins you selected in the pop-up, as described in this Cookie Policy. You can disable the use of cookies via your browser, but please note that our website may no longer work properly.

7.1 Manage your consent settings

You have loaded the Cookie Policy without javascript support. On AMP, you can use the manage consent button on the bottom of the page.

8. Enabling/disabling and deleting cookies

You can use your internet browser to automatically or manually delete cookies. You can also specify that certain cookies may not be placed. Another option is to change the settings of your internet browser so that you receive a message each time a cookie is placed. For more information about these options, please refer to the instructions in the Help section of your browser.

Please note that our website may not work properly if all cookies are disabled. If you do delete the cookies in your browser, they will be placed again after your consent when you visit our website again.

9. Your rights with respect to personal data

You have the following rights with respect to your personal data:

- You have the right to know why your personal data is needed, what will happen to it, and how long it will be retained for.

- Right of access: You have the right to access your personal data that is known to us.
- Right to rectification: you have the right to supplement, correct, have deleted or blocked your personal data whenever you wish.
- If you give us your consent to process your data, you have the right to revoke that consent and to have your personal data deleted.
- Right to transfer your data: you have the right to request all your personal data from the controller and transfer it in its entirety to another controller.
- Right to object: you may object to the processing of your data. We comply with this, unless there are justified grounds for processing.

To exercise these rights, please contact us. Please refer to the contact details at the bottom of this Cookie Policy. If you have a complaint about how we handle your data, we would like to hear from you, but you also have the right to submit a complaint to the supervisory authority (the Data Protection Authority).

10. Contact details

For questions and/or comments about our Cookie Policy and this statement, please contact us by using the following contact details:

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