

JETSTAR

MAGAZINE

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Snapshots of
Tasmania's east coast

**Dunedin's coast to
country charm**

The sensational
taste of sushi

**Bali's best
fun spots
for kids**

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WITH...

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stage with
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Alex Pullin

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snowboarding
history

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AWESOME ADVENTURE

Go walkabout into
the Dreamtime
from Townsville

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日本語でも
お楽しみ
いただけます

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COVER STYLING: MIKEY ANOUBI; HAIR & MAKEUP: RACHEL MONTGOMERY; ALEX PULLIN IS WEARING THREE OVER ONE STANLEY DENIM SHIRT AND BEN SHERMAN WHITE T-SHIRT

WELCOME NOTE



Welcome to *Jetstar Magazine*. As Jetstar continues to grow, we are focused on delivering more for our customers, including access to all day, every day low fares across our expanding network.

Jetstar is now the fastest growing low-cost carrier in the world. Jetstar has grown faster in our first seven years than any airline, including all the other low-cost carriers around the world.

In the past 12 months, we've flown almost 19 million passengers and offered close to 23 million seats.

This month, we continue this growth with new routes to exciting new markets,

like our upcoming services to Chinese destinations, including Beijing and Ningbo (from Singapore), and our recently launched Auckland–Dunedin service.

Jetstar could not achieve this growth without the wonderful support of our customers. We were honoured recently to win the Skytrax Best Low-Cost Airline Australia/Pacific award through their annual World Airline Survey. We also came second in the Best Low-Cost Airline in the World category.

The Skytrax awards are judged by customers through an independent survey of airline standards, involving 18.8 million customers and we are very thankful for your

continued support.

Your support and understanding came to the fore recently when the Chilean volcanic ash cloud caused significant disruption to our services. Hundreds of Jetstar staff worked tirelessly and under immense pressure to manage this complex situation.

We never like cancelling services or inconveniencing our customers, and your safety is always our first priority.

Bruce Buchanan
Group CEO, Jetstar Airways

JETSTAR AUGUST 2011

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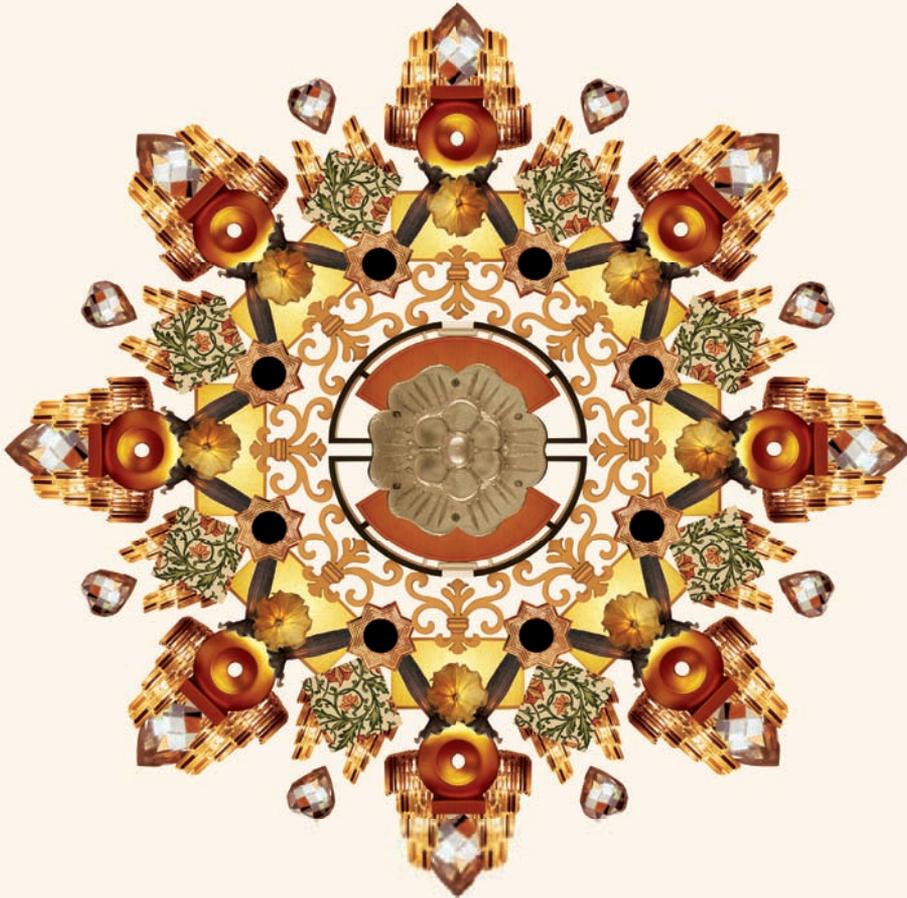
JETSTAR MAGAZINE is published for Jetstar Airways by Ink, 89 Neil Road #03-01 Singapore 088849, tel: +65 6324 2386, fax: +65 6491 5261.

Australia Free Call: 1800 202 901 Advertising: jetstar.ads@ink-global.com, Editorial: jetstarred@ink-global.com, www.ink-global.com, www.jetstarmagazine.com



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AUGUST

MID-YEAR
HIGHSCLASH ACROSS
THE TASMAN

Catch some intense rugby action as the Wallabies and All Blacks battle it out on the field to win the coveted Bledisloe Cup. This popular two-match series is the perfect warm-up to September's World Cup glory. Wallabies prop Ben Alexander shares his side of the game.

WHAT'S THE GAME PLAN FOR
THE UPCOMING MATCHES?

We'll focus on ourselves in the preparation and aim to execute what is best for us, rather than getting too bogged down in what the All Blacks will try and do. We'll do our homework on them, but our primary focus will be to have our plan of attack sorted, play up the tempo and worry about what we're doing.

HOW DOES COACH ROBBIE
DEANS BRING OUT THE BEST IN
THE TEAM?

Rugby can be a very complex game, but what Robbie does so well is that he breaks it all down and simplifies everything. This

makes our decision-making process very easy when we're fatigued at different stages, like late in a game.

WHAT DOES BEING THE "NEXT
GENERATION" MEAN TO YOU?

Obviously the age factor, but it's more than that. It's about this generation's approach to the game. There isn't a player in this team, from number 1 to number 15 who wouldn't back themselves and chance their arm if they saw an opportunity out on the field. In the past, the

focus has been a lot more about taking the safe option first.

Bledisloe Cup is on 6 August at Eden Park, Auckland, and 27 August at Suncorp Stadium, Brisbane. For tickets call 1800 619 181.





18 AUG-4 SEP

WINTER FESTIVAL MELBOURNE

Sample an array of gourmet winter offerings from over 20 winter-loving countries, have fun on the 800m² open-air ice rink and catch ice-skating performances and ice-carving demonstrations, all in front of Carlton's Royal Exhibition Building. Tickets available at winterfestival.com.au.



LITTLE BIRD

Kasey Chambers and Shane Nicholson will finally make their way to Queensland this month as part of their "Little Bird and Bad Machines Tour". We caught up with Kasey in between her gigs.

TELL US ABOUT YOUR TOUR IN NORTHERN QUEENSLAND.

We always look forward to heading

up north. Queensland has had a rough year so we're really looking forward to lifting everyone's spirits.

WHAT CAN FANS EXPECT FROM THIS CONCERT?

There will be songs from new and old albums, and everything in between. A night at a gig with Shane & I is like a little window into our lives; not just our musical life, but our home life as well.

31 August to 4 September at Gladstone Entertainment Centre, Capella Cultural Centre, Mackay Entertainment & Convention Centre, Townsville Civic Theatre, and Cairns Civic Centre. For ticketing details, call respective venues.



JURASSIC LOUNGE

2 AUG-20 SEP SYDNEY

The second season of the Australian Museum's Jurassic Lounge presents new artists, DJs, musicians, exhibitions, talks and screenings, bringing the galleries to life after hours every Tuesday. Wander around and take everything in that it has to offer with a drink in hand. Tel: +61 (2) 9320 6000.

13-28
AUG

100% PURE NZ WINTER GAMES

QUEENSTOWN

Top snow and ice sports athletes from all over the world will convene for top honours on New Zealand's Southern Alps. Other cool fringe events include an adventure sport film festival, live music and entertainment, as well as an adventure expo. Details on wintergamesnz.com.



CATCH SOME
HIGH ADRENALINE
ACTION ON NZ'S
SOUTHERN ALPS

DON'T
MISS

3 Aug-23 Oct
MELBOURNE
Groundwork

Explore the works of three Indigenous artists from Australia's Kimberly region who present their own individual approaches to Indigenous art. The Ian Potter Museum of Art, The University of Melbourne, tel: +61 (3) 8344 5148. Free.



MERCEDES-BENZ
FASHION FESTIVAL

20-26 AUG BRISBANE

Spot the latest spring/summer trends on the runway by talented leading designers such as Easton Pearson, Akira, Paul Hunt and Scanlan & Theodore, then catch the after events. Tickets from QTIX (136 246). Details on mbff.com.au.



TELL ME TELL ME:
AUSTRALIAN AND
KOREAN ART 1976-2011

'TIL 24 AUG SYDNEY

Check out this major exhibition by Sydney's MCA and Seoul's National Museum of Contemporary Art which explores important contemporary works. Free. National Art School Gallery, tel: +61 (2) 9339 8744.



50 AND FAB

To celebrate Cairns Festival's 50th anniversary, we asked festival producer Eric Holowacz what's in store at this multi-faceted showcase of the tropics.

TELL US ABOUT SOME OF THE ACTS COMING THIS YEAR.

There are major Australian creative producers, such as Melbourne's Circus Oz and La Mama Theatre, Brisbane choreographer Claire Marshall, The Panics, Jeff Lang, and Townsville's DanceNorth.

We're also presenting Asphyxia's puppet theatre *The Grimstones*, sublime music by Dean Stevenson and Arco Set from Tasmania, music by The Medics, Fleur Elise Noble's captivating multimedia story, an exciting new partnership with Woodford Folk Festival, and two new theatre works from New York!

AND FAMILY EVENTS?

New this year is Muddy's Art Village. It's free every day with creative activities, performances and installations.

19 August to 4 September.

For full details visit cairnsfest.com.au.



SWAN LAKE ON ICE
SINGAPORE

Relive this much-loved fairytale as some of Russia's finest competitive ice skaters perform to a dramatic score against lavish backdrops and scenery. Marina Bay Sands Theatre, tel: +65 6688 8826.



AUDI HAMILTON ISLAND
RACE WEEK

19-27 AUG QUEENSLAND

From super yachts to sports boats, this year's regatta promises to be even bigger and better than the last. Soak up the carnival atmosphere with the whole family. hamiltonislandraceweek.com.au



THE WHITE WEDDING DRESS:
TWO HUNDRED YEARS
OF WEDDING FASHIONS

1 AUG-6 NOV VICTORIA

Admire some of the most exquisite wedding dresses designed by celebrated international designers at this world premiere. Bendigo Art Gallery, tel: +61 (3) 5434 6088.

DON'T MISS

Royal Queensland Show
11-20 Aug
BRISBANE

Enjoy country fun with animals on display, gourmet food and wine, live entertainment and much more. RNA Showgrounds. Tickets available at ekka.com.au

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DRUM TAO'S ART OF DRUM

1-3 SEPTEMBER

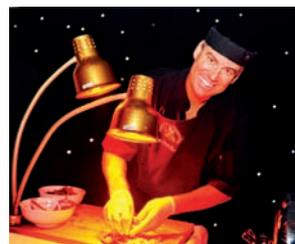
Catch Japan's skilled drummers at Singapore's Esplanade - Theatres on the Bay and get swept away by the dynamic nature of this music-dance-martial arts performance.



OZASIA FESTIVAL

2-17 SEPTEMBER

Held in Adelaide, this family event features the best of Asia's arts and culture. Expect film screenings, exhibitions, workshops, a food market and the Moon Lantern Festival.



TASTES OF GOLD COAST

3-18 SEPTEMBER

Sink your teeth into delectable bites and treat your tastebuds to some of the best wines around at this highly anticipated annual gourmet food festival.

THE WHITE WEDDING DRESS: JOHN FRENCH (PHOTOGRAPHER) COTTON ORGANDIE WEDDING DRESS, 1953. DESIGNED BY HARDY AMIES FOR THE COTTON BOARD. ©VICTORIA AND ALBERT MUSEUM / V&A IMAGES

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10
MINUTES
WITH...

CASEY DONOVAN

Former *Australian Idol* winner Casey Donovan is back and tells us all about her new role in the musical *Flowerchildren*

WHAT IS *FLOWERCHILDREN* THE STAGE SHOW ALL ABOUT?

It's a story based on The Mamas and The Papas in their prime time in the music industry from late '60s to early '70s. It's about how the group was formed, how they got their name and the story behind their music. Each character has his/her moment to tell his/her side of the story.

HOW DID YOU LAND THE ROLE OF MAMA CASS?

I actually got offered the role, which was quite an honour. I met with the director and writer who told me they had auditioned many girls for the role but there was something missing. When they asked if I was interested, I jumped at the opportunity.

WHAT DID YOU ALREADY KNOW ABOUT THE BAND AND '60S MUSIC BEFORE YOU WERE ROPED INTO THIS MUSICAL?

I knew a little about the group but

MY TOP SPOTS

I'd love to head to the Whitsunday Coast and hop onto Daydream Island — so that I can daydream. And I'd also love to visit Hawaii.

I knew more about Mama Cass as I had my own show called *Big, Beautiful & Sexy* where I covered one of her songs. And of course, I knew songs like "California Dreaming", "Monday Monday" and "Dream a Little Dream". As for other '60s music, I knew a lot about the Motown era, having been in the musical *The Sapphires*. It will be nice to slip into some comfy boots and a comfy dress and perform as one of The Mamas and The Papas.

WHAT IS THE TOUGHEST PART ABOUT THIS PRODUCTION?

The monologues — there are so many; also, the harmonies on some of the songs. But the toughest part of all is doing Mama Cass justice by telling her story the best I can.

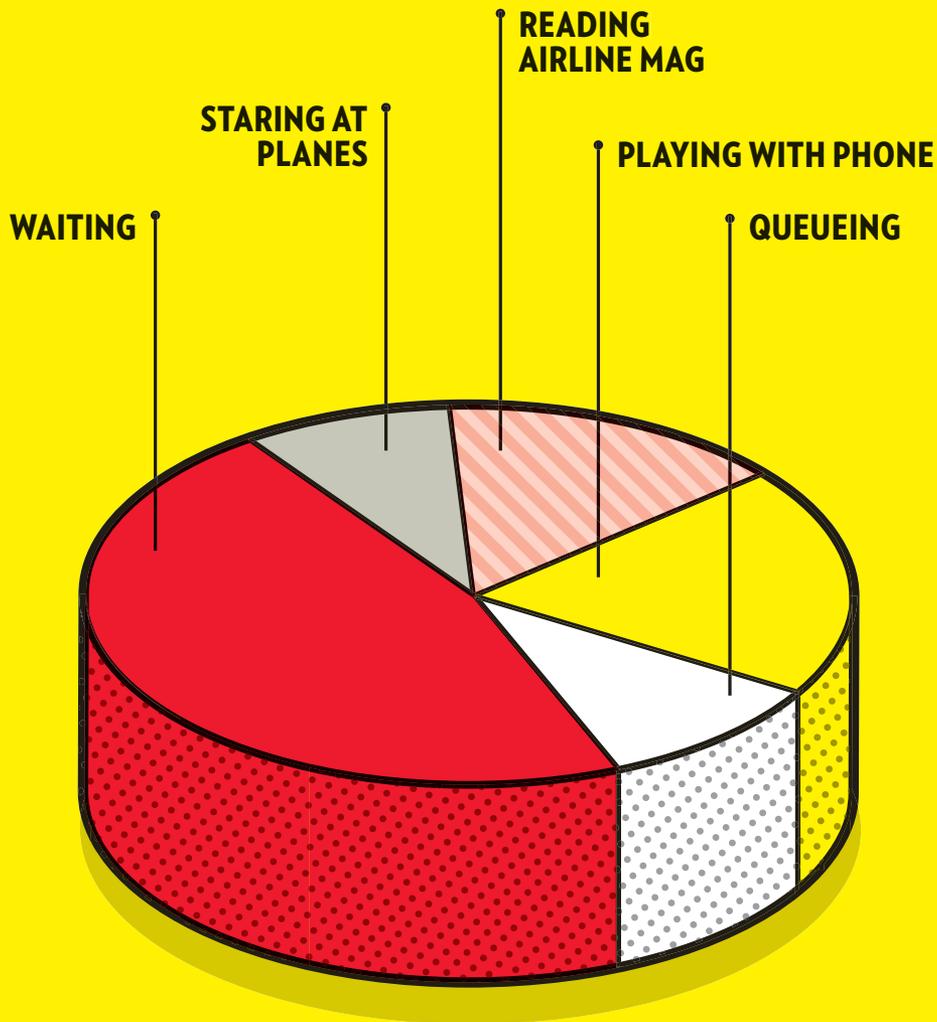
WHAT ARE SOME OF YOUR FAVOURITE SONGS BY THE MAMAS AND THE PAPAS?

I'm in love with "Safe in My Garden" — it's such a beautiful song. Also, you can't go wrong with "California Dreaming", "Dream a Little Dream"... can I say all of them?

WHICH DO YOU PREFER: SINGING YOUR OWN SONGS OR ACTING IN A MUSICAL ON STAGE?

I love both. Performing as Casey Donovan, I'm in touch with the audience and they see me for who I am. I get to sing my own songs and tell the story behind each one. I love having the freedom to entertain unscripted. Acting in a musical on stage is a different kind of thrill. You're always on your toes and playing a character is a great challenge that I love, the different emotions you feel when the lights come up and you're on stage playing someone else — it's a great feeling. ★

Flowerchildren is on 29 Aug–10 Sep, Theatre Works, St Kilda, Melbourne. For tickets call +61 (3) 9534 3388.



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50

CAIRNS FESTIVAL
Aug 19 - Sept 04

A band of Gremlins has left Woodfordia. Adrift on the Coral Sea, they float toward a Far North adventure. Join them at the 50th Cairns Festival, and launch your own creative odyssey upon our tropical shores...



 Cairns Regional Council
www.cairnsfest.com.au



OUT & ABOUT
ON A ROLL

Casinos are now one-stop entertainment hubs, with music venues and international cuisines under the spotlight

STAR GAZERS

New music venue Rock Lily, at Sydney's Star City, showcases some of the best Australian and international live music, including Animals Shapes, Only the Sea Slugs and Frankie, as well as Australia's largest tequila selection. There's also a generous bourbon and American whiskey collection. Lvl One, Star City, Pyrmont, tel: +61 (2) 9777 9000.

CROWNING GLORY

Melbourne Crown's riverfront dining precinct continues to attract the world's best restaurants. Bistro Guillaume (tel: +61 (3) 9292 4751) returns

with an outdoor terrace and a concise half-French half-Aussie wine list, all available by the glass, and a tantalising menu of the best French classics.

It joins The Atlantic (tel: +61 (3) 9698 8888), inspired by the hustle and bustle of New York and Chicago's meatpacking districts and fish markets of bygone years, with an oyster bar and menu by Donovan Cooke.

There's also Gordon Ramsey's maze Melbourne restaurant and maze Grill Melbourne (tel: +61 (3) 9292 8300), modelled on his British restaurants of the same name, but with Asian influences and a menu showcasing seasonal Aussie produce.

Neil Perry's empire expands again with Rockpool Bar & Grill (tel: +61 (3) 8648 1900), Spice Temple (tel: +61 (3) 8679

DON'T MISS THIS

Wyndham Estate Season's Plate Winemakers Dinner on 3 September at Skycity. A five-course degustation-style dinner complemented by Wyndham Estate's premium wines await. Call +61 (8) 8943 8777 for reservations.

WORDS: ROBERTA MUIR



CLOCKWISE FROM MAIN: Catch live music in the sleek new Rock Lily bar; EVOO's seafood plate; Chef Guillaume Brahim of Bistro Guillaume



HAUTE DEBUT

The "magic of Robuchon" recently hit Singapore with the world's most Michelin-star decorated chef opening L'Atelier de Joël Robuchon and Joël Robuchon Restaurant at Resorts World Sentosa, his first restaurants to open in South-East Asia.

Alongside classic haute cuisine and Robuchon's signature dishes are new creations inspired by local ingredients and culture served in joint custom-built premises.

Hotel Michael, 15 Artillery Ave, Sentosa Island, Singapore, tel: +65 6577 7888.

1888) and The Waiting Room bar (tel: +61 (3) 8679 1800) keeping Crown's guests well fed and watered (off the back of opening at Perth's Burswood Casino in January). Crown Entertainment Complex, 8 Whiteman St, Southbank, Melbourne, tel: +61 (3) 9292 8888.

● ON TOP OF THE WORLD

Not to be outdone, Skycity Darwin's EVOO recently won the State's Best Restaurant at the 2011 Australian Hotels Association NT Awards. It serves contemporary cuisine with Australian and Mediterranean influences, and a touch of Eastern flavours. Gilruth Ave, Mindil Beach, Darwin, tel: +61 (8) 8943 8777. ★



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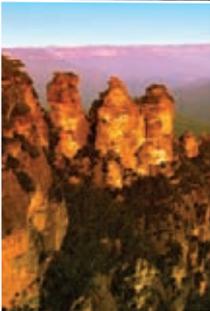
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OUT &
ABOUT

ALL FIRED UP

Enjoy the latest Latin flavours, with Italy leading the charge and the sunny flavours of Spain and South America in tow

Sydney's historic Strand Arcade recently welcomed La Rosa Bar and Pizza, which opened opposite sister establishment Pendolino. It's all about la dolce vita — delicious Italian wines and great artisanal "pizze". Chef/owner Nino Zoccali says, "We're serving a range of our own traditional Italian smallgoods alongside very traditional southern Italian-style pizze, plus 50 Italian liqueurs by the glass which, as far as I know, is a first in Australia." Shop 133, Lvl 2, The Strand Arcade, 193 Pitt St, Sydney, tel: +61 (2) 9223 1674.

While we're in a southern Italian mood, there's Melbourne's Mezzo Bar & Grill, where Sicilian-born chef Joseph Vargetto says, "Sicilian food is all about the numerous influences, from Spanish to Arabic, Greek and even Norman that have left an indelible print on the region." Check out the "Sicilian Table" shared menu at AU\$50 for two courses or AU\$75 for four. The wine list features Australian grown Sicilian-style wines alongside Sicily's own drops. 35 Little Bourke St, Melbourne, tel: +61 (3) 9650 0988.

At Bazar in The Argyle precinct, the tapas menu crafted by



Spaniard Miguel Maestre shows our love affair with small plates is going strong. It's "contemporary tapas", combining influences from Maestre's days at some of the world's most innovative restaurants with his traditional Spanish roots. "Tapas has become one of Sydney's favourite ways to dine," Maestre says, "it's more fun to share a meal — it's how I grew up." Dishes range from the traditional patatas bravas to

CLOCKWISE FROM MAIN: La Rosa Bar and Pizza is all about la dolce vita; value-for-money tacos at El Loco Cantina y Barra; tortellini at Mezzo Bar & Grill



DON'T MISS THIS

Learn to create your own South American feasts with cooking classes by renowned Peruvian chef Alejandro Saravia. Peru, Argentina and Brazil feature in classes held on 19 and 21 August at Queen Victoria Market's Electrolux Cooking School, tel: +61 (3) 9320 5822.

WORDS: ROBERTA NUJIR

a modern Peruvian-inspired kingfish ceviche with candied sweet potato. 18 Argyle St, The Rocks, tel: +61 (2) 9247 5500.

You know it's the next hot thing when the Merivale team jumps on board — so with the opening of El Loco Cantina y Barra in the Excelsior Hotel, you can assume Sydney's love of Latin flavours is expanding into Central and South America. It's hard to beat AU\$5 tacos with spit-roasted pork & pineapple salsa or chicken & sweet-corn salsa. Or try a hot dog El Loco-style: grilled pork frankfurter with pickled jalapeños, pico de gallo, mayonnaise and cheese in a bun. If the eclectic, Mexican cantina fit-out doesn't transport you to the shores of Cabo San Lucas, the cocktails, such as a house slushy of tequila, pink grapefruit and lime juices, sure will! 64 Foveaux St, Surry Hills, tel: +61 (2) 9211 4945. ★



WITH GUSTO

Join the Council of Italian Restaurants in Australia at the 6th annual GUSTO festival, on Sunday, 21 August at the Sydney Fish Market. This all-day event explores the cuisine and culture of Italy's diverse regions through cooking demonstrations with leading chefs, including Armando Percuoco, Alessandro Pavoni, Giovanni Pilu, Nino Zoccali and Eugenio Maiale; wine tastings featuring wines of Puglia, Sicily and Tuscany; spirited celebrity debates; kids' cooking classes; and tastings from leading chefs, producers, provedores and importers.

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John French (photographer), Cotton organdie wedding dress (detail) 1953
Designed by Hardy Amies for the Cotton Board. Gelatin silver print © V&A Images

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Bendigo Art Gallery
1 August – 6 November 2011

The exhibition encompasses historical bridal dresses and other accessories including as well as gowns by couturiers and designers including Charles Frederick Worth, Norman Hartnell, Charles James, Zandra Rhodes, Vivienne Westwood, Vera Wang, Christian Lacroix, Lanvin, Philip Treacy and Stephen Jones.

Also included are wedding gowns worn by celebrities Gwen Stefani and Dita Von Teese.



Exhibition organised by the Victoria and Albert Museum, London



Indemnification for this exhibition is provided by the Victorian Government



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OUT & ABOUT

WARM YOU UP WINES

Winter's a great time for a hearty red wine: here's a dozen of the best and latest for AU\$30 and less

1 Taylor's Tempranillo 2009 has lots of dark berry fruit and spicy oak aromas, great with paella. RRP AU\$18.95.

2 Woodstock Shiraz 2010 is rich with dark plum and cherries plus hints of liquorice and chocolate on the nose. Excellent with a hearty casserole. RRP AU\$22.

3 Passing Clouds 2009 Bendigo Shiraz has spicy aromas of lemon myrtle, mint and dark berries and a soft, spicy balanced palate with a hint of coffee. Excellent with a steaming minestrone. RRP AU\$25.

4 Dal Zotto Sangiovese 2009 has a savoury aroma of sage and thyme. The tart, juicy red fruit and sour cherry flavours goes well with fresh pappardelle and rabbit ragu. RRP AU\$25.

5 Whitehaven Pinot Noir 2009 is smooth and supple with an earthy, mushroomy nose and fresh red fruit flavours. This one's great value and gorgeous with Peking duck. RRP AU\$29.

6 Ducks in a Row Straight Up Mataro 2010 is "straight up" because Mataro is mainly seen in blends. It's deep red with herbal,



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earthy, spicy notes and fresh berry flavours. Hearty but balanced and delicious with braised oxtail. **RRP AU\$25.**

7 Tim Smith Wines Mataro Grenache Shiraz 2010 is a classic northern Rhône blend. It has notes of violets and strawberries, long layered, sweet red-fruit flavours and a dry finish. Try it with a spicy Thai curry. **RRP AU\$28.**

8 Grant Burge Cameron Vale Cabernet Sauvignon 2009 is inky with vibrant purple hues, lots of dark fruit flavours with a hint of bitter chocolate and smooth tannins. Great with steak and mushroom sauce. **RRP AU\$23.95.**

9 Tulloch Cabernet Sauvignon 2009 has hints of liquorice and Chinese five spice on the nose and lots of blackcurrant and dusty

tannins on the palate; perfect for a winter barbecue. **RRP AU\$16.**

10 Pikes 2009 The Dogwalk Cabernet Merlot is named for the path that winemaker Neil Pike and his Labrador take through the vines on their daily walks. With rich, ripe, dark fruit and chocolate flavours, it's great with roast lamb. **RRP AU\$20.**

11 Brown Brothers Limited Release 2009 Durif is a full-bodied wine with strong balanced tannins and blackberry, liquorice, mint and tobacco aromas and flavours. Great with a ratatouille. **RRP AU\$19.90.**

12 Andrew Garrett NV Sparkling Shiraz. Deep crimson with rich sweet berry flavours, finishing dry with a fine bead, it's a winner with Italian cold cuts. **RRP AU\$13.99.**

SPICY MULLED WINE

By Clint Hillery. Combine 2 bottles of good fruity red wine, 200ml fortified wine, 150ml brandy, lemon and orange peel, a tsp of freshly grated nutmeg, 4 cloves, 2 star anise, 1 cinnamon stick, half a vanilla bean and 1 tbsp muscovado sugar in a saucepan and simmer for 10 minutes. Serves 8–10.

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FROM DAWN
TIL DUSK

ON THE PROWL IN PONSONBY

The hip, cool Ponsonby Road strip in this inner-city suburb is a terrific place to sample the best of Auckland

9am: The unassuming Good One (42 Douglas St, tel: +64 (9) 360 5040) serves what is considered by some to be Auckland's best coffee, produced by Wellington's Coffee Supreme. The menu is heavy on comfort food such as ham and cheese toasties and hearty pies.

10.30am: If Cook the Books (81 Ponsonby Rd, tel: +64 (9) 360 6513) — New Zealand's first store dedicated solely to books on the culinary arts — doesn't stock it, chances are you won't

need it for your expanding kitchen library anyhow.

11.30am: The stylish man about town should seek out the wonderful Marvel Menswear (143 Ponsonby Rd, tel: +64 (9) 376 4204). Owners Linz Ariell and Sam Gray not only produce their own innovative designer label, but also sell other fab NZ brands like Standard Issue and Strangely Normal.

12.30pm: The chic Ponsonby Road Bistro (165 Ponsonby Rd, tel: +64 (9) 360 1611), with its moody interior and slick urbane feel boasts an expertly executed menu by chef Sarah Conway. Nab yourself a banquette seat, order a local wine and settle in for a leisurely lunch.



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3pm: The World Beauty Shop (175 Ponsonby Rd, tel: +64 (9) 360 4544) is a decadent den of fanciful giftware including the Cire Trudon candle range, European antiques and other speciality items.

4.30pm: If you're after some hard-to-come-by vinyl, visit Conch (115A Ponsonby Rd, tel: +64 (9) 360 1999). This independent record store with its cosy cypress fit-out offers everything from soul, funk, jazz and Latin to reggae and indie hip hop.

6pm: It's wine o'clock, so make your way to the iconic SPQR (150 Ponsonby Rd, tel: +64 (9) 360 1710) and order a glass of NZ sauvignon blanc and antipasto.

7.30pm: When your appetite really kicks in, head over to il Buco (113 Ponsonby Rd, tel: +64 (9) 360 4414), a cute hole-in-the-wall pizzeria, for traditional Roman Pizza al Taglio and moreish risotto balls. ★



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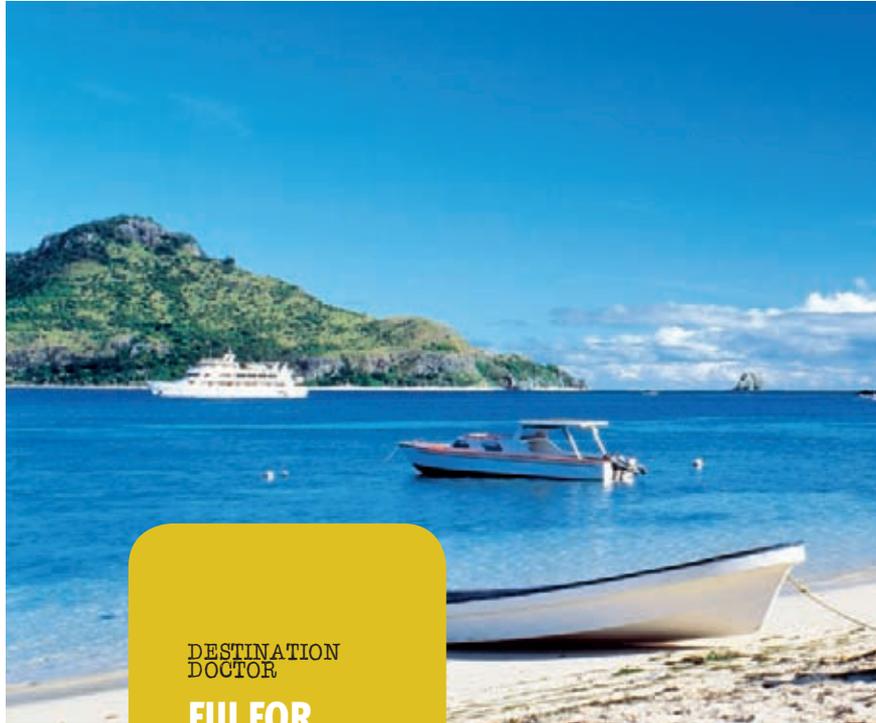
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FIJI FOR FAMILIES

Fiji is famous for its romantic resorts, but what can you recommend adventurous families go see and do?

APISAI W VASU

**Sales manager,
Plantation Island Resort**

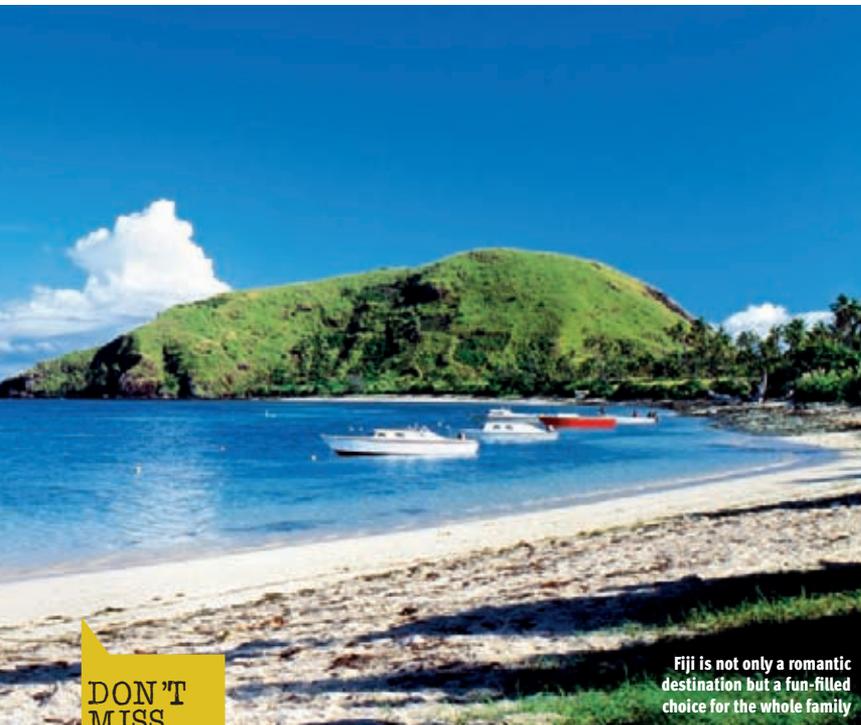
There's lots to see and experience in Fiji. Spend a day island-hopping to other resorts within the Mamanuca Group of Islands. Take a historical tour to



the main island or a day trip to Tom Hanks Island (Mondriki Island) where the movie *Castaway* was shot.

Plantation is a large, family-friendly resort located on a 600-acre island called Malololailai Island. Nestled on the shoulder of a blue lagoon, our tropical paradise is one of the most beautiful and photographed islands in the South Pacific. Our island has 7km of white sandy beaches and is fringed by a necklace of coral reefs and crystal clear water.

Plantation offers a huge variety of complimentary activities to suit the entire family, so each family member can do as much or as little as they want to: there are swimming pools, a tennis court, or try a fishing trip or snorkelling. The fun continues on into the evening with live music, cultural shows and a regular house band to keep you dancing into the light. The kids are well looked after too with the Coconuts Kids Club. The free Club runs daily with a huge range of activities for the kids.



Fiji is not only a romantic destination but a fun-filled choice for the whole family

DON'T MISS THIS

Ask your concierge for information on cultural festivals. Whether you catch the carnival atmosphere of the Hibiscus Festival or the daring stunts of the firewalkers at Maha Devi Temple in Suva, you'll get a unique view of Fijian life. Best of all, most of them are free to enjoy.



JEREMY SCHULTZ

Rivers Fiji

With rivers located within the interior highlands of Viti Levu — Fiji's largest island — Rivers Fiji offers the opportunity for travellers to see the hidden gems of Fiji's tropical paradise. Join us on the Upper Navua River for an unforgettable journey where you and your expert guides raft exciting Class II-III whitewater, experience highland villages, explore hidden grottoes, and cool off beneath cascading waterfalls. For a cultural experience, our day trip to the 'Luva River includes a traditional kava-

drinking ceremony in a remote Fijian village, followed by an unforgettable day of kayaking through some of Fiji's most breathtaking canyons and rainforest. If the open ocean is more of what you have in mind, Rivers Fiji offers two sea-kayaking trips. The Deuba coastal sea-kayaking trip takes paddlers through pristine mangrove forests, culminating in an open sea of warm waters for coastal exploration and snorkelling. We also offer a quick charter from the mainland out to Beqa Island for a day of sea-kayaking. Kids aged from eight years old are welcome. ★

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NOT FOR
NOTHING

TEAM GREEN

Saving a breathtaking location makes this conservation project a perfect “volunteer holiday”

“Rise and shine, happy campers!” The jolly early morning wake-up call from my team leader jolts me out of a dream where my bed has become a boat and is floating out to sea. This is not wholly unrealistic considering the wild storm that has whipped the ocean into a frenzy of whitewater just 200m from where I sleep and continues to throw horizontal rain onto the window. This is where the idea of a “volunteer holiday” feels like a gross contradiction in terms! Reluctantly, I rise to don my fluorescent yellow uniform and, with 10 other hardy sailors, brace myself for a windy morning of sand-dune rehabilitation.

Despite the sting of the sharp easterly on my cheeks, I soon find myself in a contented rhythm, a morning meditation of bending, digging, planting. By morning tea, I have the satisfaction of not only deserving a freshly baked muffin, but witnessing the transformation of a weed-infested sand dune into a swathe of diverse grasses,



CVA MANAGER
LEONIE WINNER

sedges and native tree seedlings. Staying in bed now seems like the poorer option.

It's day two of an exciting five-day volunteer program with Conservation Volunteers Australia (CVA) at Anna Bay in Port Stephens, 50km from Newcastle. Aimed at stabilising the dune system from erosion by native plantings, the volunteer backyard blitz helps the local dune-care group “get over the hump” of an otherwise overwhelming and challenging task, explains regional CVA manager Leonie Winner.

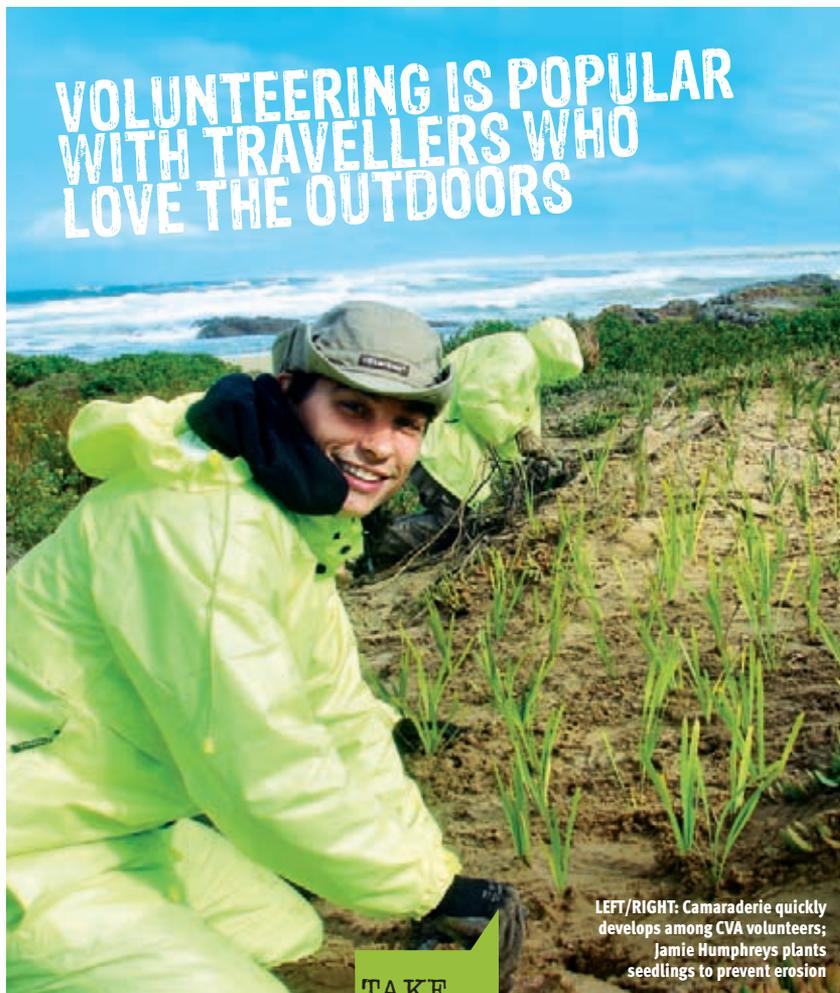
“Over 5,000 seedlings will be planted this week, which would take a local group years. They are then left with the more manageable task of maintenance.”

“This is one of more than 2,000 similar volunteer projects that CVA completes each year in Australia and New Zealand”

According to Winner, volunteering is popular with both local and international travellers who love the outdoors and want to do something productive and social on their holiday.

“We get over 2,000 international volunteers a year. It's a great way to see the country and meet people, as well as giving something back to the environment. You spend five days with each other but you're lifelong friends by the end of it.”

Camaraderie develops quickly when there is a common enemy — in this case, a fierce easterly wind. We defiantly maintain a consistent exuberance for our mission of greening the dunes, swapping soup recipes and break-up stories over



LEFT/RIGHT: Camaraderie quickly develops among CVA volunteers; Jamie Humphreys plants seedlings to prevent erosion

TAKE ME THERE

Costs for CVA volunteer programs are on average AU\$40 a day, including transport from the nearest major town, shared accommodation and all meals. Projects range from a day to several weeks and are open to volunteers aged 18 to 70. For more information, go to www.conservationvolunteers.com.au or call +61 (3) 5330 2600.

numerous mugs of hot chocolate.

It's a bittersweet last few days of a seven-week volunteering stint with CVA for 25-year-old UK resident Jamie Humphreys, who found the experience a great alternative to the well-trodden backpacker trail.

"I decided to volunteer partly because there are no jobs in the UK at the moment and having some volunteer work will look good on my CV. But mostly it's been a great way to see Australia cheaply."

"The normal backpackers would come and lounge around on the beach, but by doing volunteer work you give something back, you meet wonderful people and you see parts of Australia you wouldn't usually see. You can always tag the touristy

things on the end of your trip."

For local resident Graham Callaghan, volunteering with CVA has given him an opportunity to both upskill and explore his own country.

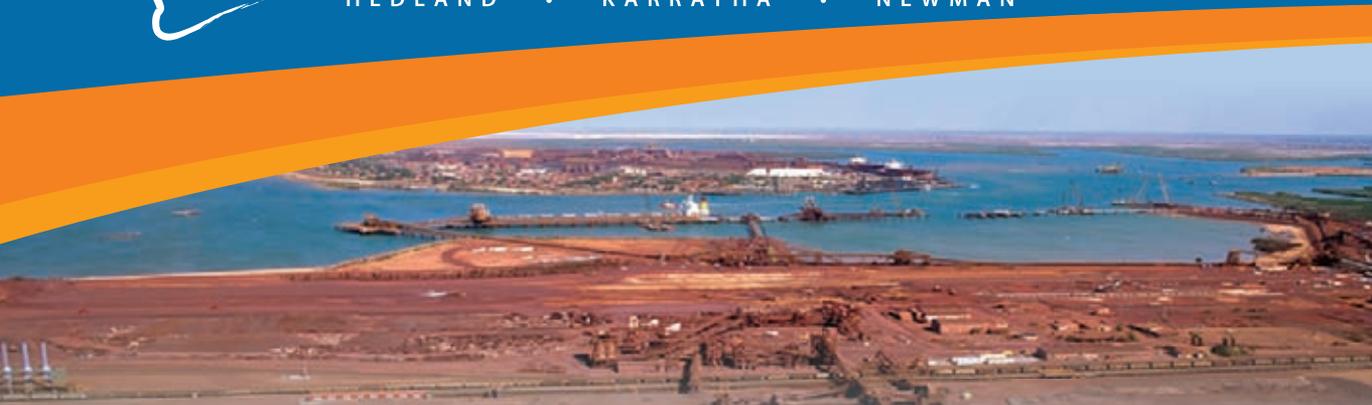
"I've hardly travelled anywhere in Australia, so I love the idea of seeing different corners of the country, and meeting interesting people from all around the world, while also getting valuable work experience in bush regeneration."

While convinced wrestling the invasive bitou bush should be the next Olympic Sport, "team green" willingly knocks off training by 3pm to explore the popular tourist destination of Nelson Bay for whale and dolphin watching.

My ride with local host Peter

Davis detours to deliver an injured bird to a wildlife carer. Soon, I have a baby brushtail possum scrambling up my arm while Josephine the eastern grey kangaroo grazes by my feet.

Then there's the breathtaking view from our Port Stephens beachside accommodation — an uninterrupted sweep of the wild sand dunes of Worimi National Park [part of the Worimi Conservation Lands]. I'm almost sure I catch a glimpse of a blowing spurt of water from a migrating humpback whale. Or perhaps it was just spray from the rain shower just blown in, which is providing a welcome drink for the freshly planted seedlings swaying happily in the wind below. ★



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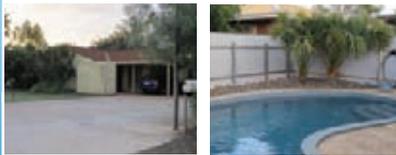
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CHAMPION OF THE BOARD

Obstacles are no match for snowboarder
Alex Pullin, who's raced away
with the world title

WORDS CRAIG TANSLEY
PHOTOGRAPHY CYBELE MALINOWSKI

Alex “Chumpy” Pullin paces back and forth, his eyes downcast like he’s looking for answers in all that sticky spring snow. It’s a warm March afternoon at the Snowboard Cross World Cup in Switzerland and the alps stretch on forever, but Pullin barely notices. All he sees is victory.

It’s almost a year to the day since he toppled out of Olympic contention with a fall at Vancouver. He was the leading qualifier and had it all to lose. This time, he has everything to win, but there are a few crazy obstacles to jump first.

Frenchman Pierre Vaultier is 604 points clear of him going into this event, the final. The semi-final sees Pullin matched against Vaultier; if Vaultier makes the final he’ll win the 2011 World Cup. The only way Pullin can win is if he takes out the semi *and* the final and hope Vaultier falls.

“This is the way it should be,” Pullin, 23, tells himself. “It’s up to me now, other results don’t matter any more, race this semi like it’s the final.” Pullin rides a ski-doo to the top of the circuit. “Enjoy it,” he whispers to himself. “You know what to do, just ride better than anyone else.”

“THE DOOR IS OPEN, YOU NEVER KNOW WHEN THIS OPPORTUNITY WILL COME ALONG AGAIN”

Based on their qualifying times, Pullin and Vaultier elect to ride side-by-side. Because Vaultier rides goofy (right foot forward) and Pullin rides regular (left foot forward), they must face each other. They steal glances, but don't speak. They charge out of the gates easily leading the field, Pullin steals the inside line after turn two. He turns better than he's ever turned before, jumps further than he's ever jumped. He wins and behind him Vaultier has crumbled, falling on a corner. But Pullin can't allow himself to gloat, he must now also win the final.

“This is it,” he thinks. “The door is open, you never know when this opportunity will come along again.” Six of the earth's best snowboarders line up at the gate. It's a tight battle. But this will be Pullin's best race ever, he beats the field and in his head he calculates he has the points. But now comes the hardest part — waiting for the official count.

Head down, he can barely breathe. The scores come in; Pullin has won by just 60 points. He's the first ever Australian World Cup snowboard champion — he's already won the World Championships in January — now he joins the likes of superstars Hermann Maier and Bode Miller as Crystal Globe World Cup winners.

With his rock-star looks and natural talent, Alex Pullin is on his way to being a super-athlete

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4 December 2011

TOP/BOTTOM: Pullin is looking forward to the 2014 Winter Olympics; Alex Pullin, Holly Crawford and Damon Hayler training at the Olympic Village, Vancouver

“NOT MANY ATHLETES HAVE TO DEAL WITH WHAT WE HAVE TO AT SUCH A YOUNG AGE”

“I want more,” Pullin decides there and then. “I’m addicted to this; [surfer] Kelly Slater won 10 world titles, why can’t I?”

The Alex Pullin story really begins long ago, on the slopes of Mt Buller in 1990. Growing up in the tiny Victorian town of Mansfield, just before the road snakes up through the forest to Mt Buller, Pullin’s parents started him skiing when he was three. At eight, Pullin discovered snowboarding.

Although he says he never officially quit skiing, once he rode that first board he never skied a single day again. It was obvious to everyone Pullin had the talent, but it wasn’t until he won the Open Australian Snowboard Cross title at 15 against snowboard legends he’d looked up to all his life, that Pullin truly believed it himself.



“I remember driving back home with my dad just on top of the world,” he says. “I thought ‘I reckon I’ve got a pretty good chance of cracking this sport’.”

But any Australian who wants to make it in winter sports faces a tough, lonely road. With most world-class events happening on the other side of the planet, young Aussie skiers and snowboarders have to grow up fast.

“I haven’t missed a northern

winter since I was 14,” says Pullin. “Not many athletes have to deal with what we have to at such a young age.”

But Pullin persevered through it all, negotiating his way through Europe and North America

each November to April, making steady progress to the top. And boy, how he missed summer; as soon as one winter ended the next began in Australia.

Where others whined about the travel, Pullin embraced it, photographing everything around him and writing about his adventures for his website. He wrote songs — rock infused with reggae — and when he returned home to Victoria he fronted a

SUPPORTING PHOTO: AP/GETTY IMAGES; ALEX PULLIN WEARS THREE OVER ONE NAVY JOSEPH WORKER COAT, THREE OVER ONE STRIPE SAMUEL TEE, THREE OVER ONE COTTON HOWARD TROUSERS, UGG AUSTRALIA ALLBROOK BOOTS

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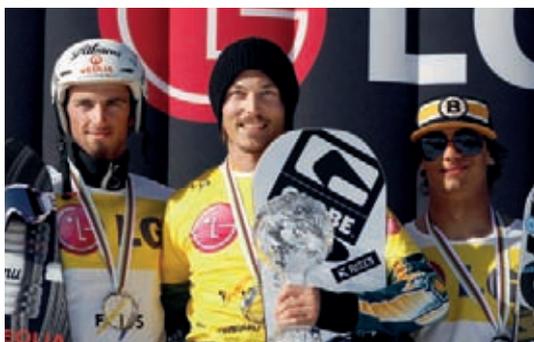


TOP/BOTTOM: Pullin takes first place from Seth Westcott (left) of the USA during the FIS Snowboard World Championships Snowboard Cross, Spain; overall SBX winner Alex Pullin (centre), Pierre Vaultier of France, 2nd (left), and Jonathan Cheever of US, 3rd, at the Snowboard Cross FIS World Cup Final, Switzerland

band. Where others moaned about training and eventually left the sport because it beat them, Pullin learnt to love the preparation.

“I have to train in the gym and I ride bikes and run, but I found my best training was riding the backcountry,” he says. “I launch off cliffs and ride through trees as fast as I can. Out there in the backcountry, a bad decision leads you straight into a tree. You have to make split-second decisions that can cost you your life — it makes competition seem a whole lot easier.”

It's likely that the first you ever heard of Alex Pullin was his fall at last year's Olympic Games. Pullin came out of the blocks all guns blazing, qualifying for the finals with the fastest time on the mountain. But that was no flash in the pan, Pullin had been holding



back all of the 2009/10 World Cup season, getting himself ready to peak for the Olympics. But conditions were terrible that day and, in his first man-on-man heat past qualifying, Pullin fell. As he lay in the snow he knew he'd blown his chance at Olympic glory.

“I was one part disappointed because I knew it was another four years 'til the next Games, but I also sat there thinking I'd proven a lot to myself,” he says. “I qualified fastest, I knew I could be the quickest in the world. I guess I wanted redemption for that fall, I wanted the next opportunity to prove I could do it.”

He did just that, and more.



ALEX PULLIN'S FAVOURITE PLACE TO HOLIDAY

“I love Bali, I took a month off to thaw out after my World Cup win and just surfed every day at breaks like Uluwatu. I haven't had a normal summer since I was 14 so it was so good to get sun and salt water on my body. Next year, I'm going to head back to Bali but go further afield to Lombok and maybe Sumbawa.”

In January, Pullin won the World Championships in Spain, beating last year's Olympic Gold medallist, American Seth Wescott, in the final. Two months later, he won the World Cup title in Switzerland, joining the prestigious, and small, club of Australian winter sports world champions.

Had he achieved what he did this year, but at last year's Olympics, chances are Pullin would be a household name, just like Alisa Camplin or Torah Bright. With his rock-star looks and easy-going demeanour, he'd have been embraced as the next Aussie super-star. But while this

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Surfing is part of training, seen here with Nathan Johnstone; whether snow, surf or mountain turf, Pullin loves nothing more than tearing it up

year's wins made the sports pages, they hardly made front page — Australian winter sports stars rarely get the chance to bask in the glory of a nation. But Pullin doesn't mind keeping a lower profile, and besides, when he goes for gold at the Winter Olympics in Russia you'll probably get sick of the sight of him.

"The Olympics in 2014 are big for me," he says. "Winning this year was a massive thing but now I feel I've stepped into a new room and I'm excited about the potential. The sport's growing and I'm totally motivated to go as long as I can. I think my wins this year have opened doors for me, and for the sport in Australia."

While the rest of us bunker down for winter, Pullin is out there riding his beloved Mt Buller backcountry, competing in events throughout Australia. You'll have the chance to see him compete at the FIS ANC Snowboard Cross Weekend competition at Victoria's Mt Hotham between 5 and 7 August. He's the fast one. ★

レースに挑戦!

俳優のグラント・ボラーがホストを務めるザ・アメイジング・レース・オーストラリア。飛行距離は昨年だけで30万マイルにおよぶ。

薄い茶色の髪と鋭い青い目、日焼けした180cmを超える長身のグラント・ボラーがホストを務める「ザ・アメイジング・レース・オーストラリア」はアメリカで放映されたオリジナルシリーズよりも数段スケールアップされている。専属のスタッフ80名と各国で配属されるスタッフが80名。この大ヒット番組に対するネットワークセブンの力の入れようがわかる。

二人組の11チームが参加するエピソードでは、ジェットスターでメルボルンからインドネシアへ向かう。もちろん、全行程にスタッフが同行する。移動に使用するのはフェリー、馬車、ケーブルカー、タクシー、バス、ボート、四駆、自動車、飛行機、パラシュート、四輪バイク、列車、ロープ、アブザイレン、ヘリコプター、トラック、人力車、ベトナム戦争で使われた軍用ジープなど。これらを駆使して四大陸、12カ国23都市、全長5万kmを踏破する。シンガポールやベトナム、香港、インドネシアなど、各国を巡る期間は4週間以上。出場者は「いいも悪くもオーストラリア人。でも、選択はうまいよ」とボラー。

ボラーは地元の小さなファッションチェーン向けのTVコマーシャルの脚本を書いていた。そのうちに、プリズベンで舞台の魅力に目覚めた。その後、コマーシャルで声優を務めるようになる。プリズベンでの俳優育成コースに失望した彼はシドニーへ移り住み、NIDAを1991年に卒業。「ブルー・ヒーローズ・ステインガーズ」でデビュー（この映画で、女優で妻のロザンヌ・ウィルソンに出会う）。以降、オール・セイントをはじめとさまざまな映画に出演。順調な時期が続いたが、ロサンゼルスに拠点を移してからは困難な時期となる。2002年に到着した三週間後には、ロザンヌの妊娠がわかる。そして4年半、生活のために仕事を選び好みせずこなさなければならなかった。

「ザ・モール」や「ボーダー・セキュリティ」の司会者としても知られるボラーだが、「アグリ・ベティ」のファイナル・シリーズにも出演している。このシリーズで演じた悪者のコナー・オーウェンスは彼にとって初めてのハリウッドでの当たり役。ロバート・デ・ニーロ、クライヴ・オーウェン、ジェイソン・ステアサムと共演した「ザ・キラ・エリート」ではSASのオフィサー役を、「アトラス・シュラッグド」では主役級の物流界の実力者を好演した。

そんな彼の夢は、いつか、クリント・イーストウッドが監督する現場に立つことだ。

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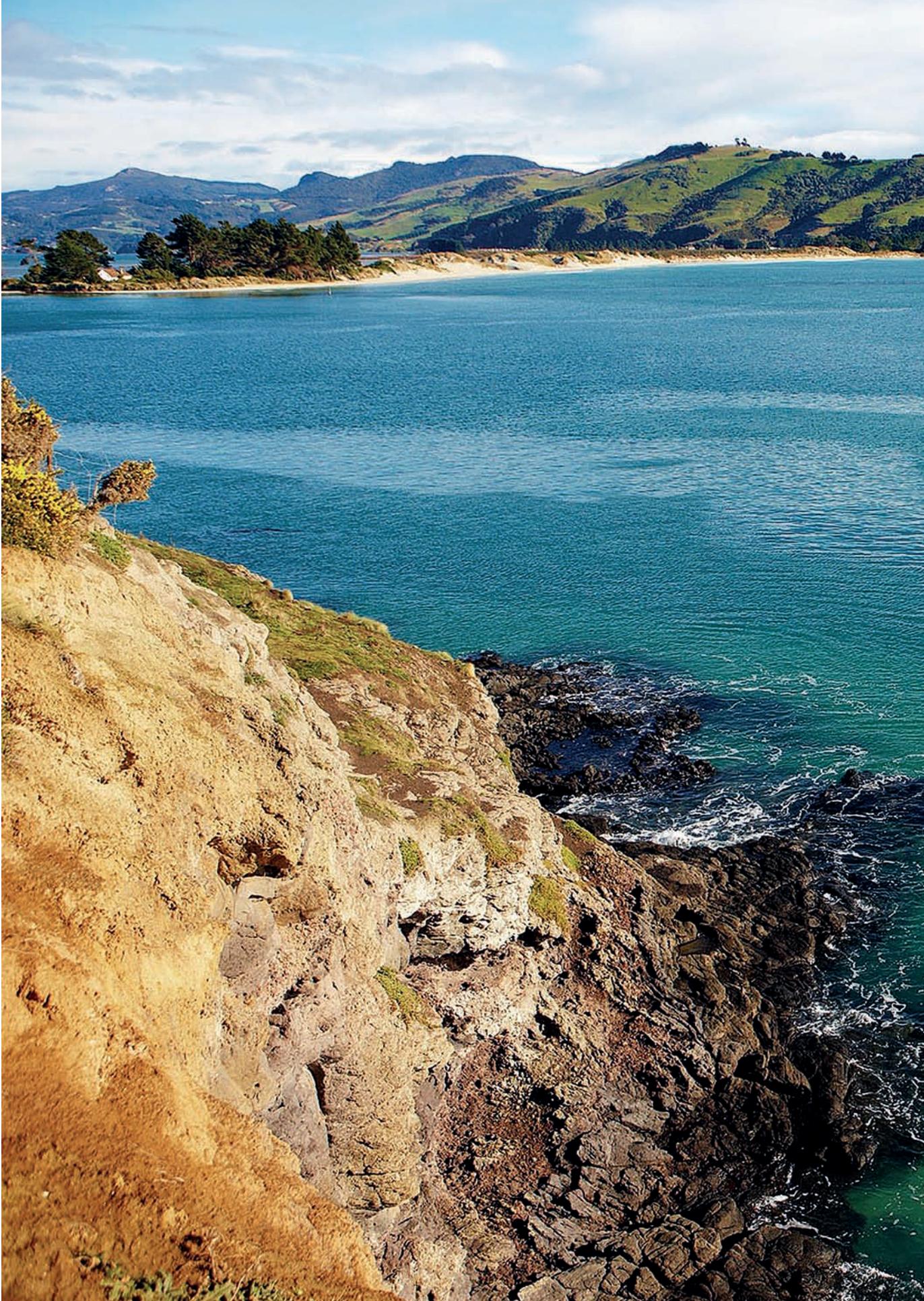
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SOUTH ISLAND SAFARI

With its colonial buildings and unique wildlife experiences, Dunedin makes a great base for exploring the stunning Otago Peninsula

WORDS JOANNE LANE

It's after dusk and cold on Taiaroa Head, but about thirty people are crouched with me in transfixed silence watching the water. Although I can feel an icy wind seeping through my coat, I wouldn't move from this position for all the world. Suddenly, there's movement in the waves and a flurry of activity.

It's the nightly penguin parade on the Otago Peninsula, near Dunedin, as one by the one the little blue penguins saunter past, flapping their wings, calling to each other and heading off to mate — no inhibitions despite the crowd. As one wanders near me I freeze so it won't be frightened. I could touch it but I don't — we've been instructed not to interfere, although it's hard not to with penguins wandering into the car park as we attempt to drive off.

It's just one of the amazing free wildlife experiences to be had in this area that makes you feel like you've walked into a David Attenborough documentary. Here, there are no barriers between you and the wildlife.

The stunning Otago Peninsula offers a variety of experiences for visitors of all ages and interests

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LEFT/RIGHT: Horseriding on one of Dunedin's beaches; the students of University of Otago lend the city its youthfulness



Dunedin is the second largest city on New Zealand's south island and the gateway to the Otago region, including this peninsula. Often known as a student city, it has always been a leading Southland destination. From the history and legacy of central Dunedin with its numerous colonial buildings to wildlife experiences on the Otago Peninsula, or even journeys into the region's heartland itself via the Taieri Gorge Railway or a heritage bicycle track, there's a lot of variety for visitors of all ages and interests.

While Dunedin's old centre is small, it's interesting and has plenty of friendly, old-world charm.

Dramatically located on Otago Harbour, the sea is omnipresent but it's really the living heritage you come to see. This is paramount everywhere, from the architectural gems of the University of Otago (1869 — the oldest in New Zealand), the Victorian Town Hall (1878) and

the incredible Railway Station (1906) to preserved age-old operations such as Speight's Brewery and the Gasworks Museum.

Dunedin also boasts fine art galleries, great nightlife and a wealth of beaches. However, no

Dunedin also boasts fine art galleries, great nightlife and a wealth of beaches

visit is complete without a tour of the Otago Peninsula. While it can be visited in a day, it's worth spending more time to give you a better experience of its rural and

hospitable atmosphere.

The best example of this I found was in gentleman Murray Moir, who runs self-catering accommodation in Otakou. It was Murray who filled me in on where to see albatross, seals, sea lions and penguins.

Another highlight on the peninsula is a visit to the world's only mainland Royal Albatross colony at Taiaroa Head. There are also good walking tracks,

picturesque harbour villages, a Maori church and New Zealand's only castle — Larnach Castle.

One of the other must-dos beyond Dunedin is a journey on the Taieri Gorge train: a 60km historic route that heads off from the city in old locomotives, through dramatic scenery over a dozen viaducts, and via 10 tunnels to Middlemarch.

While a return trip can be undertaken in a day, those with

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LEFT/RIGHT: Spy Royal Albatross at Taiaoroa Head; you don't need to be a cycling pro to hit the trail



more energy can combine it with some cycling along a 150km cycle route following the disused railway line beyond Middlemarch to Clyde.

The Otago Central Rail Trail traverses a variety of terrain from the gorges of Taieri and the open plains of Maniototo to the wild rocky peaks near Clyde. You don't need to be a cycling pro; the trail is easy, well marked and you can stop off constantly to explore fascinating towns.

At one point along the wide Maniototo, local farmer's wife Helen Cromb stops me at her mailbox to ask if I've had lunch. "I've got oxtail stew and I really need to finish it off," she explains. I don't need any more encouragement and spend a wonderful hour in her kitchen.

Another friendly face on the trail is Peter Andrews who runs Peter's Farm at Waipiata, a 100-year-old farmhouse he's opened to visitors. He presents me with a copy of his photographic book *Otago Rail Train Guide Book*, "from one

photographer to another". It's a fantastic evening at his communal barbecue picking his brains about the ride.

Someone else that knows the trail well is Philippa Wilkie from Cycle Surgery. This family company has operated on the trail for 10 years and been involved with New Zealand cycling for 40 years.

"Cycling is part of our blood and we are all involved in cycling in one way or another," says Wilkie.

While up to five days are recommended for the entire trail, it's possible to do just one or two days and organise transport back.

Wilkie recommends a one-day itinerary from Daisy Bank to Middlemarch with lunch at Hyde and then the Taieri Gorge Train back to Dunedin — a great place to enjoy another few days. ★

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エマ・ブースの素顔

ミニシリーズ「クラウド・ストリート」でローズ・ピックルスを演じる注目の新進女優の心はフリーマントルにある

西オーストラリア州のフリーマントルのカフェにたたくエマ・ブース。砂糖を入れたカフェ・ラテを楽しんでいるが、実は住むところがない。

青い目と天然のプロンドの髪の彼女の身長は173cm。デニムのショートパンツと黒のタンクトップを着ている彼女は、まるで学生のような。

「シドニーのアパートを引き払ったばかりで、住むところが決まってないの。パースでは家族と、パイロン湾では友達との時間を楽しんでいるわ。日々変化していく今の仕事は天職ね。」と彼女は言う。

彼女はモデル出身だが、ファッションにはそれほど興味はないそうだ。「おしゃれするのは好きよ。でも、大切なことじゃないと思う」シドニーのオペラ・バーでの撮影の時。カメラの前で次々とポーズを決めていった。

モデルとして活躍し、女優へと変貌したブース。女優になるのは、小さい頃からの夢だったという。「ほかの人物になるのが、昔から好きだったの。」

彼女は学校などで演技の勉強をしたことはない。すべては、経験と観察だ。「モデルの仕事をしていたときに、西オーストラリア州で毎週木曜日にみんなで集まって勉強したわ。これが、転機だったと思う。」

そして、彼女の努力は報われる。モデルを卒業し、映画「クラブランド」で女優デビューを果たした。感動のラブストーリーは、サンダンス映画祭で高い評価を受け、彼女は多くの賞を受賞した。

自然な美しさ、というには美しすぎるほどの彼女だが、今では(ほとんど)ベジタリアンなのだという。

今、彼女はティム・ウィントンのベストセラー「クラウドストリート」を原作としたTVミニシリーズのローズ・ピックルス役を演じるのに忙しい。

原作の愛読者でもあるブースは、このシリーズに出演できたことが本当にうれしそうだ。ドラマでは第二次世界大戦後の時期をパースに生きる二つの家族が不幸に苦しめられる姿が描かれる。「このミニシリーズの話を聞いたとき、ローズを演じるのは自分だと確信したわ。」

今回のミニシリーズは、原作の出版20周年を記念して製作されたものだ。



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ISLAND ADVENTURES

Brighten up your kid's winter with a holiday in the paradise of Bali

WORDS THEODORA SUTCLIFFE

Older kids will love the thrill of rafting Telaga Waja — including shooting a 5m dam — with Bali Sobek



Bali is famed as an adult playground but with a real submarine, baby elephants to hand-feed, whitewater rafting and craft workshops, Indonesia's top holiday spot will have kids going gaga. We bring you six of the best activities that Bali offers kids.

RIDE THE RAPIDS

Bouncing and paddling through waterfalls, rapids and over exhilarating drops is an extraordinary way to experience

Bali's dazzling landscapes. And, says Fumie Tada of Bali Sobek, whitewater rafting is suitable for children as young as seven. "All our team are trained to Australian safety standards and speak fluent English," she says.

There are two raftable rivers in Bali. For a challenge, head for the Telaga Waja. The 14km course races through almost constant white water, with rapids classed at grade III and above. The Ayung River offers a gentler ride that's perfect for younger families. It winds down

class I and II rapids, between stunning cliffs lined with traditional Hindu temples and stepped rice terraces. Bali Sobek's trips include the return trip to or from your hotel, along with lunch by the riverside.

INTO THE DEEP

The crystal clear waters around Bali are home to a wealth of unique fish and coral species, making it a mecca for divers. Now that Bali Odyssey operates the only commercial submarine in Indonesia, near



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Descend deep into the sea to watch ecosystems in action on a reef

Padang Bai on Bali's east coast, non-divers can experience the magic as well.

Descend deep into the sea to watch ecosystems in action on a vibrant coral reef. "After seeing the underwater world, we hope they'll learn how to preserve and maintain the natural beauty that is there," says Komang Kertiyasa. Expect to see clownfish in anemone nests, parrotfish munching on coral, colourful butterfly fish, damselfish and sergeant major fish. But, is it safe?

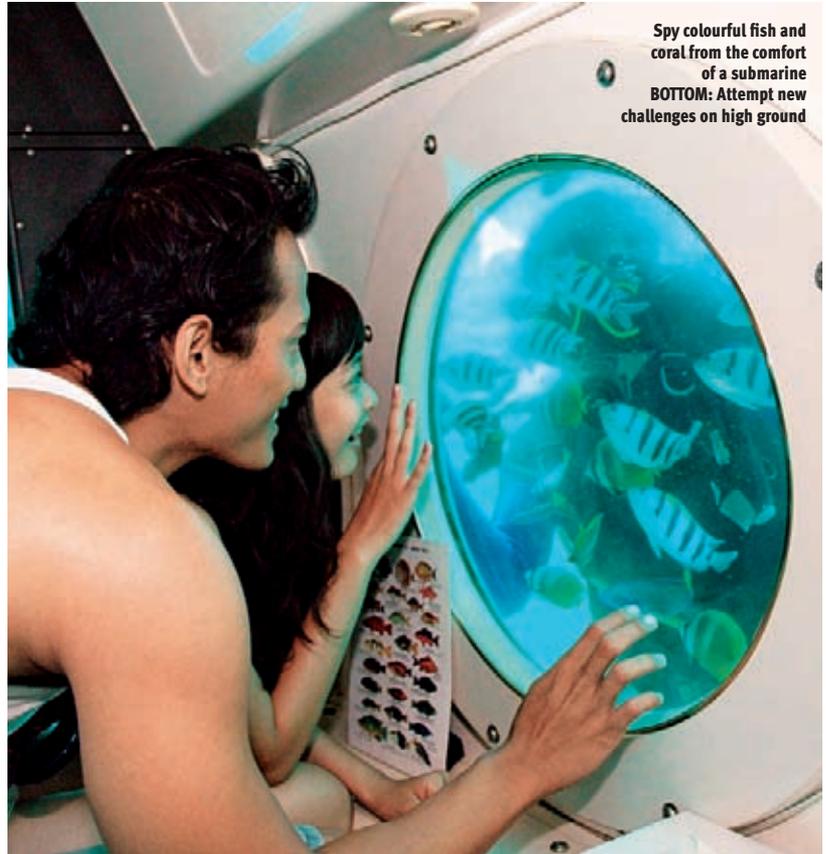
"The submarine is able to descend to 45m, but we go only to about 21m," explains Komang. "Made in Canada, it stays in constant contact with a support vessel on the surface. Our trips are suitable for all ages, including infants."

ME TARZAN, YOU JANE

The hill town of Bedugul is home to the ultimate aerial assault course, Bali Tree Top Park. A web of zip-lines snake between the trees of Bedugul's stunning botanical gardens. Challenges run from climbing walls to Tarzan leaps and flying foxes via balancing acts on high wires and rope swings.

"We have six different challenge circuits, plus one training circuit," explains owner Christophe Jorrand. French-born, he sources all equipment from his home country and applies EU safety standards to his course.

"The Squirrel circuit is close to the ground and suitable for



Spy colourful fish and coral from the comfort of a submarine
BOTTOM: Attempt new challenges on high ground



children as young as four," says Jorrand. "The Black circuit is over 20m high with Tarzan rope swings, jumps and leaps, some challenging balances and our longest flying fox. Teenagers love it, but they must be at least 14 and 140cm tall to attempt it."

For most kids, the fun of Bali Tree Top is the pure adrenaline buzz and the fulfillment that comes with conquering fear of heights and even greater challenges.

UNLEASH YOUR INNER ARTIST

For creative kids, Bali's rich artistic heritage is heaven-sent. If you're in Ubud, Bali's cultural centre, Pondok Pekak, in the centre of town is a must-visit.

"We offer classes for children in fruit carving, woodcarving, silver-smithing, Balinese dance, Balinese painting, gamelan and offering making," explains Ketut Suka Artini. "Children as young as five love the Balinese dance classes, and we provide them with traditional costumes," says Ketut.

"In silver-smithing classes, children can design and create their own piece of jewellery and take it home," she says.

"In woodcarving, they can create their own designs or copy a traditional Balinese design." Fruit carving classes can be especially rewarding. Beautiful results are



LEFT/RIGHT: Enjoy elephant rides through the park; get upclose with baby elephants at the safari
BOTTOM: The water park in Kuta is a must for families



virtually guaranteed for even the messiest child.

All Pondok Pekak classes are private: book a day in advance. If you're making the trip up for the day, stay on to watch a dance.

DINNERTIME FOR DUMBO

At Bali Safari & Marine Park, halfway between Kuta and Ubud, kids can ride, feed and cuddle elephants — including the park's three elephant calves born last year.

"Baby elephants are fascinating for children of all ages, who also love feeding them," says Wendy Husband, the park's education and conservation manager.

For a high drama experience, kids can ride an adult elephant through the zebras, rhino and antelope that populate the park's African Safari area.

"Children of all ages can ride the elephants," explains Husband. "Although under-12s need to ride with an adult." Children can learn about elephant species and elephant conservation in Indonesia as they do so.

"At our shows, we talk about the challenges facing elephants



in Sumatra, the conflict between wildlife and locals as elephants compete with humans for land, and how elephants are now beginning to live in harmony with local people," says Husband.

MAX OUT THE G-FORCE

Waterbom water park in central Kuta is a must-visit for any child.

Seventeen slides swirl down from three tall towers, surrounded by a lazy river. Littlies will love the water cannons, rope nets and mini slides in the dedicated Kiddy Area. Add water volleyball, a bungee trampoline and water bomb catapults, and there's pretty much something for all the family.

Waterbom's Astrid Djuansjah says, "Our newest ride is the

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Climax, a 360-degree loop slide with a G-force of 2.5. Teenagers love it, although they need to be at least 120cm tall and over 45kg to ride."

If your kids are old enough to enjoy the park unsupervised, Waterbom even has an outdoor spa. The choices? Back and shoulder massages, foot reflexology and fish spa therapy to smooth your feet. ★

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A road trip down Tasmania's spectacular east coast is the ideal way to undertake a photo safari — our roving photojournalist shares how easy it is

WORDS AND PHOTOGRAPHY CHRIS BRAY

Wildlife, landscapes, culture, action and relaxation — Tasmania's stunningly beautiful east coast is a photographer's dream. As an *Australian Geographic* photographer and Canon ambassador, I run photography safaris around the world, including Kenya and the Galapagos Islands, however there's something so wonderfully rejuvenating and inspiring about spending five days travelling down the east coast of Tassie — from Launceston to Hobart — it keeps me coming back, time and time again. You don't need to join a safari to experience this magic — it's right on our doorstep, so let's go!



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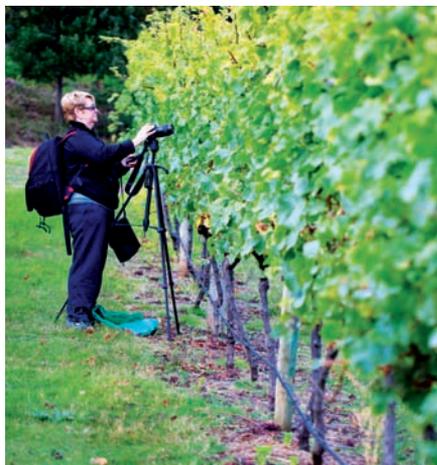
Whirly bird view of the Bay of Fires
BELOW: Vineyards offer perfect photo opportunities



Upon landing in Launceston, hire a car, stock up with some gourmet food in town, and for a little treat, spend your first night in Rosevears Vineyard accommodation, overlooking the picturesque runs of grapevines sweeping down towards the Tamar River below. After a brief crash-course in photography, we tuck into a tasty barbecue dinner, lap up some local wine and get an early night, ready for the big week ahead.

There's something irresistibly photogenic about vineyards... is it the way the morning sun glows through the rows of dangling, transparent grapes, or macro shots of the silky webs left by spiders, or maybe you've noticed little red lady-bugs scurrying along the vine leaves? Whatever it is, it'll be high time for morning tea on the balcony before you head east towards the coast.

If you take the right road, just after passing the quaint little village of Lilydale, there's a short five-minute stroll down a leaf-littered path that'll bring you



There's something irresistibly photogenic about vineyards... the rows of dangling transparent grapes

face to face with one of the best waterfalls in Tasmania. Lilydale Falls spill aesthetically down over a conveniently fallen, mossy tree trunk, and if you remembered your tripod, a good long/slow shutter speed shot of a second or longer will give you that wonderfully smoky, flowing effect.

After a couple of hours' drive you'll be able to taste the freshness of the coastal air. Best stop and pick up some fresh crayfish, prawns and oysters from Salty Seas seafood outlet in St Helens before you do finally reach Binalong Bay — gateway to the world-famous Bay of Fires.

PHOTO SAFARI

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Bay of Fires could also have been named after the flame-coloured orange lichen



Originally named by English navigator Captain Tobias Furneaux in 1773, in reference to the coastal fires lit by Aborigines, the Bay of Fires could also have been named after the flame-coloured orange lichen that smothers the coastal boulders along this stretch of pristine beaches. Binalong Bay is a wonderfully sleepy village and accommodation is limited, so if you want to stay right on the beach in one of the lovely verandah cottages, best book in advance. There's free camping at Humbug Point around the corner, however.

Even with your seafood dinner waiting, you won't be able to resist running down to the southern corner of the beach to capture the sunset. Don't forget to use a wide-angle lens and a large f/# setting to get the whole scene sharp with a big "depth of field". With a tripod, you can take beautiful images even in the disappearing light.



The next morning, wake up pre dawn and be at the northern end ready to catch the first rays of dawn. After breakfast (Banjo's is an awesome bakery in St Helens), our chartered chopper from Launceston arrived. We left the doors off for better photos. If you ask the pilot to punch it, a 20-minute flight along the Bay of Fires will get you all the way to the breathtaking Eddystone Point lighthouse and back. Use a fast shutter speed though, as it's pretty windy up there!

The Binalong Bay Café is the best restaurant in town for lunch.

CLOCKWISE FROM MAIN: Sunrises and sunsets, sea creatures and fresh oysters are three popular photographic subjects in eastern Tasmania

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tel: +61 (3) 63 761252

BANJO'S TASMANIAN BAKERY CAFÉ

33 Cecilia St, St Helens,
tel: +61 (3) 6376 2766

BINALONG BAY CAFÉ

64a Main Rd, Binalong Bay,
tel: +61 (3) 6376 8116

FREYCINET AIR

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Coles Bay,

tel: +61 (3) 6375 1694

FREYCINET SEA CHARTERS

The Jetty, Coles Bay,

tel: +61 (3) 6257 0355

MARIA ISLAND FERRY

The Esplanade, Triabunna,
tel: +61 (0) 419 746 668

BALL & CHAIN GRILL

87 Salamanca Plc, Hobart,
tel: +61 (3) 6223 2655



A dolphin escort in Freycinet waters

On my safaris, we usually spend time discussing our photos and learning a little post-production before heading off (with a gourmet picnic dinner) to the secluded Beer Barrel Beach for a totally different evening experience.

In the morning, head south towards the Freycinet Peninsula, stopping to take some photos of the crayfish boats in the mist at St Helens on the way out. And why not do the touristy thing and snap a pic of the Bicheno blowhole erupting on the way too?

Wineglass Bay is Freycinet's main draw-card. Book a scenic flight with Freycinet Air for around AU\$95 and in 30 heart-pounding minutes, you'll have more postcard shots of its moon-shaped curve than you'll know what to do with.

Next, book the Freycinet Sea Charters boat. Say hi to skipper Duncan for me, and ask him to do my special trip down to the sea lion colony at Schouten Island. With a bit of luck you'll be escorted by a pod of dolphins along the way, and maybe even see some nesting sea eagles — so bring your longest lens.

On your final full day, catch the morning ferry from Triabunna out to Maria Island, and spend the day exploring the old ruins and fossil-filled cliffs. Walk out to the Painted Cliffs and get a shot looking back along their seductively curved sandstone formations — be sure it's low tide though else it's hard to get around.

After that, it's only about a 90-minute drive down to Hobart, and you're done! Well, not quite. If you timed your holiday right, this'll be Friday, meaning that after a hearty steak at the Ball & Chain Grill you can shoot some night reflection shots of the yachts moored in Constitution Dock. You can hit famous Salamanca Market for more shooting the next day.

If your photos didn't really turn out, then come to one of my one-day photography courses that I run all around the country. Then of course, you'll get to do Tassie all over again. ★

FROM ONLY AU\$69

Jetstar flies direct to Launceston and Hobart from across Australia. Book online at Jetstar.com ★

素敵な絵葉書のように

タスマニア東海岸の絶景を思い出の写真に

自然、絶景、文化、アクティビティ、そしてリラックス。タスマニアの東海岸は、写真家にとっても夢のような場所だ。すべてに癒される土地を、私は繰り返し訪れている。

ローンセトン空港に到着。最初の夜は、ローズベアズ・ワインヤードに泊まる。タマー・リバーまでの斜面には、ブドウの木が数えきれないくらい。

リリーデールの村を過ぎたあたりで小道に入り、5分ほど進む。目の前にあらわれるのは、タスマニア随一と言われる滝の絶景だ。三脚を使い、シャッタースピードを一秒以上にして撮影すると、その迫力を写真に収めることができる。

数時間のドライブで、ピナロン・ベイに到着。世界に知られた炎の湾の入口となる場所だ。まずは、ビーチの南側へいき、素敵な夕日を眺めよう。広角レンズを使い、絞り値を大きめに設定すると、この場所の「奥行き」を画面に取り込むことができる。さらに三脚を使えば、沈みゆく太陽の美しい光までもが自分のものになる。

翌日は夜明け前に起床。ビーチの北側へ行き、オレンジの岩を照らす朝日を浴びる。ローンセトンからの交通手段はヘリコプター。扉は閉めずシャッタースピードは早めがおすすめだ。

朝早くからフレイシネット半島を目指して南へ。途中、セントヘレン近くでは、霧の中に佇むエビ漁船をカメラにおさめた。

ワイングラス・ベイはフレイシネットのメインスポットだ。フレイシネット・エアーの観光飛行を申し込む。ツアーの時間は30分と長くはないが、はあとで使い道に困るほどたくさんの写真を撮ってしまうことだろう。次は、フレイシネット・シー・チャーターへ。船長に、ショウテン・アイランドのアシカのコロニーを見たいとリクエスト。途中にはウミワシの生息地もあるので、望遠レンズを持っていくのを忘れずに。

最終日には、トリアブナナからマリア・アイランドに向かうフェリーに乗りこ。この島は遺跡と化石が多いことで知られる。

いい写真は撮れただろうか。もしも、自分でとった写真に満足できないなら、私が主催する一日だけの写真コースに参加されてみてはどうだろう。

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THE SUSHI STEAM TRAIN



Few foods have changed the way we eat like sushi and sashimi, but did you know it took modern technology to see it take off internationally?

WORDS MARIA VISCONTI

Sitting opposite a sushi chef at work is like watching a ritual: ancient and precise, methodical. The chef's hands move like those of a Tibetan Buddhist monk going through ceremonial *mudras* (gestures).

Whether it's at a sushi counter in Tokyo, Sydney or Singapore, these exquisite morsels are skilfully shaped following precise steps handed down through generations of chefs who officiate as priests, mediating between nature and consumers with little more than a blade and their bare hands. They prepare food without using fire, adding to the concept of unadulterated freshness.

Shaun Presland, executive chef at Sake Restaurant and Bar in the heart of The Rocks, Sydney, says that the explosion of sushi in

the West derives from a series of factors. "Sushi is sexy," he says, pointing out that hit TV show *Sex and The City* portrayed it as cool. "It's healthy and sophisticated in an understated way and it's also fresh."

Presland has impeccable credentials, having trained in Japan after a few years in the Australian Reserve Army. Back in Sydney, he starred as executive chef at a renowned Sydney sushi place until he was headhunted to open a Nobu Restaurant in the Bahamas.

Sushi chefs are strangely linked to another elite of blade magicians, the samurai. Outlawed in the mid 19th-century, the master sword craftsmen had to realign their skills and turn to crafting highly calibrated kitchen knives. Today, a



Exquisite morsels of sashimi — unadulterated freshness at its best, from Sake Restaurant and Bar

MAIN & BOTTOM: Art on a plate from Sake Restaurant and Bar
FAR LEFT/RIGHT: Toko's exquisite sushi; chefs Shaun Presland and Shinichi Maeda



handmade sashimi knife fetches a small fortune.

Shinichi Maeda, head chef at Sake Restaurant and Bar in Brisbane, is proud of his knife skills. He also raves about his South Australian Coffin Bay oysters, which are raised the way he prefers, with the tides moving through them naturally and free from chemicals. He guides us through the menu as the Brisbane River shimmers seductively in the moonlight behind him.

Refrigerated transport and food distribution have globalised our tastes. In particular, aviation engineering can be credited with

the explosion of sushi culture — not only in the West, but in Japan itself. Today, the exquisite morsel you're about to place in your mouth at one of the many restaurants around Tsukiji Fish Markets in Tokyo is just as likely to hail from South Australia after a nine-hour flight in the refrigerated hull of a jet plane.

In the late 1950s, the small blocks of rice with a glistening sliver of fresh, raw fish on top — consumed far from its origins — brought a revolution in eating habits in Japan. The alluring, watermelon-coloured tuna slices which are so popular today were initially disregarded as not good enough for human consumption. But tastes were changing and slowly bluefin tuna gained in popularity. However, bluefin is difficult to catch and low supplies in Japan assured it remained largely unaffordable.

Until the 1970s, Canada and the USA regarded the bluefin tuna a trophy fish — only sought

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 Restaurant Level 1,
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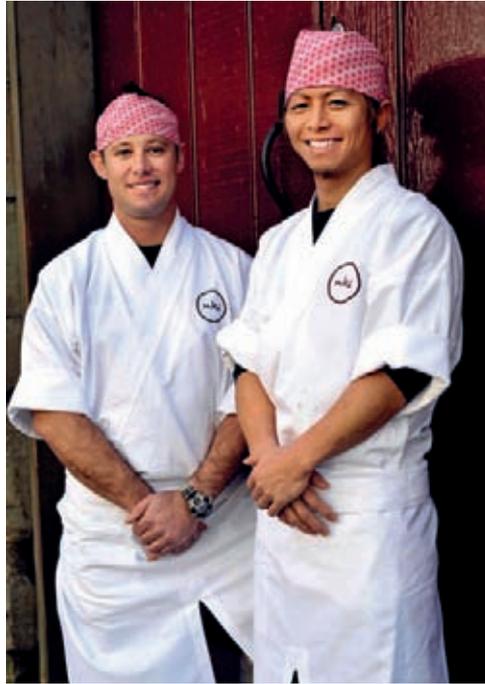
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FOR MORE ON THE HISTORY OF SUSHI READ:

The Sushi Economy by
 Sasha Issenberg
 (Gotham books)





Refrigerated transport and food distribution have globalised our tastes

after by sports fishermen. Nobody thought of eating a red-fleshed fish as everyone envisioned cooking white-fleshed fish only.

In his book *The Sushi Economy*, Sasha Issenberg reveals how this wastefulness came to an end in the '70s when Japan's planeloads of cameras, optical lenses and electronic goods were flown daily to foreign airports, but would return empty. The question was: what would be profitable to bring back in the plane's hold?

The bluefin tuna — by then highly sought after in Japan — required a purpose-built refrigerated container to fit inside a DC-8, which took two years to perfect. In 1972 the first Canadian bluefin tuna was sold at the Tsukiji Markets in Tokyo, an occasion still remembered as “the day of the flying fish”.

Shaun Presland is adamant

that wild bluefin tuna should not be fished any longer to allow the ocean to replenish its supplies, and prefers the more easily available yellow fin from Australian waters.

It's worth remembering that behind the sushi chef are hundreds of hardworking fishermen, auctioneers, wholesalers and transport corporations. Your sushi chef places his total trust in his providores, knowing he's only as good as his last hand-moulded pillow of rice topped with a seductive, sliver of fish, glistening with freshness. ★

FROM ONLY AU\$39

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ゴールド・ラッシュ オーストラリアからお贈りする香り 豊かな一品、黒トリュフはいかが

5月下旬。雨が降り始め、褐色の大地をめらす。今こそ、収穫の時期だ。西オーストラリア州のマンジマップには探知犬が集まり、ヘーゼルナッツやオークの木の根元をしきりと嗅ぎ回る。黒い黄金を探しているのだ。犬の白い牙が熟したトリュフを探し当てると、その美しい姿が地表に現れる。そして、独特の香りあたりど漂いはじめる。

世界には、70種類を越えるトリュフがある。しかし、黒トリュフの名を持つペリゴールは、究極と言ってもいい一品だ。この黄金を手にする方法は、一つしかない。南フランスでは、多くの豚をけしかけて、ヘーゼルナッツやオークの木の根元を探し回る。黒トリュフとこれらの木々の間には、どんな関係があるのだろうか。科学者たちがそれを解明した。マンジマップがトリュフの里として注目されるきっかけともなる発見だった。

マンジマップのサウス・フォレスト地区(人口4,239人)は大木に恵まれた地域だ。夏はそれほど暑くならず、冬には湿気が多い。この気候こそが、黒トリュフの生育に必要なもの。一般的には、成長途上にある若いトリュフが子孫を残すようになるのは、7~10年ほどかかるともいわれる。また、まったく子孫を残さないものもあるそうだ。

タスマニアのデロレインも理想的な栽培地だ。その地で、最初に栽培用の木が植えられたのは1992年。オーストラリア初の商業的な収穫が実現したのは、1999年だった。そして2007年時点でも、その収穫量は50~60kg程度だ。マンジマップで栽培が始まったのは1997年。そして2007年には、700kgもの収穫量を達成している。オーストラリア産トリュフの80%にあたる。

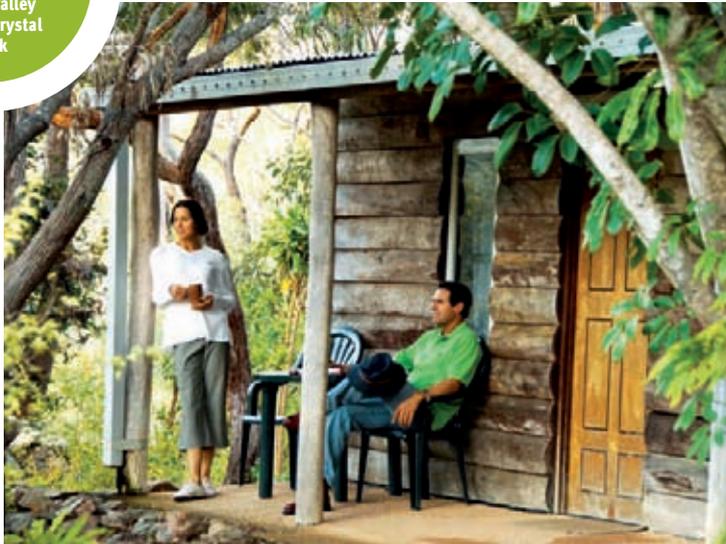
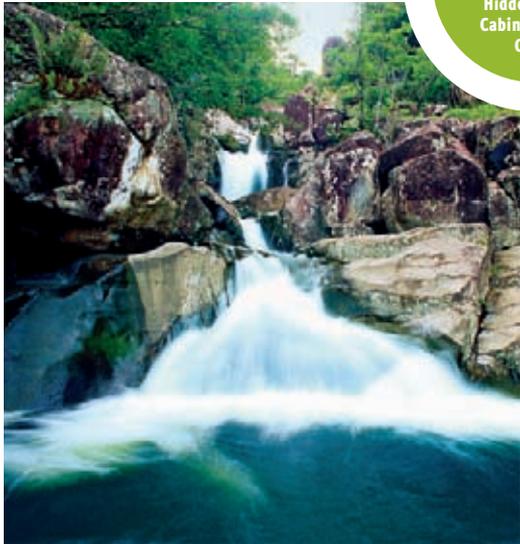
マンジマップに13,000本ものヘーゼルナッツやオークの木を所有するワイン&トリュフ・カンパニーはトリュフ栽培のパイオニアであるとともに、南半球におけるペリゴール生産の最大手だ。同社の設立は1997年。2003年に初収穫の日を迎え重量は、168gだった。その後、収穫量は飛躍的にのびて2009年には500kgを越え、2011年には2.5トンにもなった。収穫量だけではなく品質もフランスのペリゴールに勝るとも劣らない。

オーストラリア産トリュフの特徴の一つは、北半球でトリュフの季節が終わる6月過ぎに、出荷が始まるというタイミングだ。オーストラリアは、10年後に世界でも有数のトリュフの生産国となっていることだろう。

A S T E P

CLOCKWISE
FROM TOP: Crystal
Creek; Indigenous
guide Lee Burgess;
Hidden Valley
Cabins; Crystal
Creek

GUIDE PHOTO: GRAIL FILMS; MAIN &
WATERFALL PHOTOS: TOURISM QUEENSLAND



I N

T I M E

Venture back in time in Far North Queensland and learn complete self-sufficiency from local Aboriginals with the Dreamtime Journey tour

WORDS ANDY PHILLIPS

Taking a deep breath and clenching every muscle not in immediate use, I reach forward and grab the ant by the head. Crushing the tiny head between my pinched fingers, I bring it to my mouth and bite at its bright green abdomen. For a moment, all I can feel is the crunch of his body, and the sickening feeling that I've just eaten half an insect. But then comes the sweetest taste I've ever experienced — far better than any lolly.

It might sound strange for a mid-afternoon snack, but the hindquarters of the green ant is a delicacy which has been enjoyed for tens of thousands of years by the Nywaigi people. They are the traditional owners of Mungalla Station, an 800ha cattle station outside Ingham in north Queensland, and they're my hosts for the afternoon.

The unique flavour of a green ant's behind is one of the gems of traditional knowledge I've picked up in a few hours on their land. I've already "washed" my hands by rubbing them with the antiseptic leaves of the red ash and learned about a fish which can be eaten to avoid sunburn.

By dinnertime, I'm not the least surprised when my steak is wrapped in a banana leaf and buried in a pit under hot coals. It is a traditional method of cooking called a "kupmurri".

My afternoon at Mungalla Station is one element in a four-day journey of Aboriginal culture from Townsville to Cairns. Called the Dreamtime Journey, it's the result of a co-operative agreement between five Aboriginal groups.



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Including everything from Aboriginal art galleries to cultural camps, the package provides an insight into their traditional land and the people who lived off it for about 40,000 years.

WELCOME CEREMONY

Our journey started the day before with a “Welcome to Country” ceremony at the top of Castle Hill in Townsville. The ceremony recognises the Wulgurukaba people as traditional owners of the land. Among them is our guide Jai Cummings, who asks ancestral spirits to protect us on our journey.

Cummings’ in-depth traditional knowledge comes into its own once the trip heads up into the rainforest hinterland of Paluma. We stop at Crystal Creek, a natural waterhole surrounded by giant boulders and washed by a waterfall. Cummings points out loyer vines used to make baskets and fish traps, and explains how

“The camp is all about trying to get you as close as we can to how we used to live”



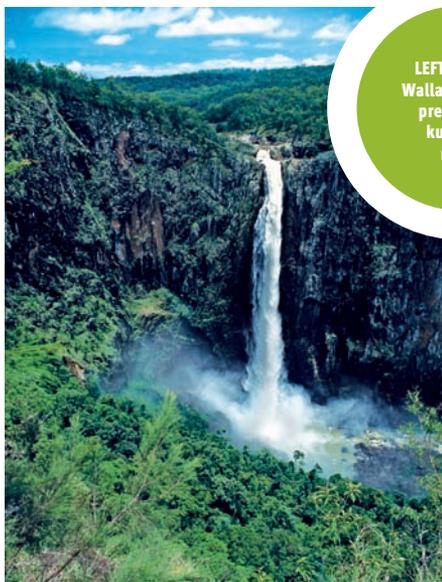
FROM TOP:
 Lee Burgess with a group of visitors; a “mija” shelter made with branches and palm fronds

casuarina leaves can alleviate toothache. Cummings’ mantra is that an Aboriginal person has all the supplies they need in the bush.

Accommodation for the night is at Hidden Valley Cabins — Australia’s first carbon-neutral resort. Powered by huge solar panels, the resort is not affiliated with any indigenous group, but its green credentials echo their ethos of living in harmony with the land.

Next morning, we head to Wallaman Falls. The largest sheer-drop waterfall in the southern hemisphere, dropping 268m off Stoney Creek, it’s a site of spiritual significance for the Warrgamay people.

After our afternoon tour and kupmurri meal, we sit under the stars listening to a didgeridoo and experimenting with “fire sticks” —



LEFT/RIGHT:
Wallaman Falls;
preparing a
kupmurri
meal



two pieces of wood that are rubbed together to start a fire.

CULTURAL THEATRE

The journey's final part takes us north to Echo Creek Cultural and Adventure Camp, near the town of Euramo. The camp is the brainchild of Jirrbal elder Ernie Grant, who oversees activities with the help of daughters Caroline and Tonya.

The spectacular valley surrounding the property is explored on the camp's Spirit of the Rainforest tour the next morning.

Tonya leads the group. She stops regularly, pointing out berries which cause blindness if not properly prepared, and flowers which bloom when the cyclone season starts. And we build our own "mija" — a traditional shelter using branches and palm fronds. "The idea is that if you look after the land, the land will look after you," says Tonya.

We cross creeks by hopping across rocks before reaching Echo Creek Falls. Some visitors strip down to their underwear and jump into the cool pool under the

MY EIPHANY

That living in harmony with the land is about more than recycling a few cans. Being green is not so much a modern idea as something which has been forgotten by our throwaway culture. There are certainly a few eco-friendly lessons we could all learn from the Aborigines.

plunging falls for a swim.

It's this spectacular back country which makes Echo Creek alone worth a visit — as well as it being a great backdrop to learn how its indigenous inhabitants once lived. Back at the homestead, Jirrbal elder Ernie says it was this realisation that led to the creation of his unique attraction.

"You just can't show Aboriginality in the middle of the city," he says. "The camp is all about trying to get you as close as we can to how we used to live." ★

FROM ONLY AU\$119

Jetstar flies to Townsville from Melbourne, Sydney and Brisbane. Book online now at Jetstar.com ★

大自然とともに アボリジニの自給自足生活 を見学しよう

ドリームタイム・ジャーニーは、5つのアボリジニ部族たちの協力のもと実施されているツアー。タウンズビルからケアンズまで、4日間をかけてアボリジニの文化に触れ、四万年に及ぶ伝統的な生活様式を体感することができる。

タウンズビルのキャッスル・ヒル頂上で歓迎パーティが行われる。もとはウルグルカバの人々が所有していた場所だ。今回のツアーのガイド、ジェイ・カミングスもこの部族の一人。

カミングスは伝統について深い知識を持っているが、それは熱帯雨林に囲まれたパルマの街への旅の中で得たものだという。クリスタル・クリークで休憩。巨岩に囲まれた自然の池と滝が美しい。人々はここにある木々からバスケットや魚を捕まえるための仕掛けを作り、モクマオウの葉を歯痛止めに使った。アボリジニの人々は、必要なものすべてをこの森から得ていた。

今日の宿は、ヒドン・バレー・キャンピング。オーストラリア最初の環境にやさしい、カーボンニュートラル・リゾートだ。電力は巨大な太陽光パネルで自給している。

翌朝は、ワラン・フォルムへ。直下型の滝では南半球最大と言われ、ギリンガン国立公園内にある。ワーガメイの人々の心のよりどころでもある。

三日目は、カードウェルとピンチンブルック・アイランドに隣接する「海の国」へ。ギラメイのガイドが、この島が登場する半人半うなぎの偉大なガールウ・ガールの創世記の話をしてくれた。

エコクリーク・カルチャー&アドベンチャー・キャンプがこのツアーのハイライト。ユーラモの街にほど近いこのキャンプは、ジルバルの古老、アーニー・グラントの発案によるもの。バスケット作りやブーメランペイントなどのワークショップのほか、地元の言葉の講習会も開かれている。

「スピリット・オブ・ザ・レインフォレスト」ツアーでは美しい森に入っていく。古代貿易の道を、現代の我々は四輪駆動車を使う。トーニャが先導し、山刀で邪魔になる木々の枝を払いながら進む。木々の枝や葉を使って作る伝統的な小屋、「ミジャ」づくりも体験できる。

いくつかの岩を越えると、エコクリーク・フォールズがあらわれる。滝つぼに飛び込んで、水遊びを思う存分楽しむこともできる。この美しい自然の中で人々がかつて持っていた、伝統的な暮らしについても、ぜひ知ってほしいと思うのだ。

kate owen gallery

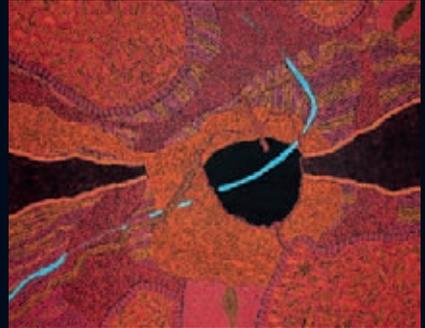
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PARTY AT THE TOP

The Darwin Festival returns to Australia's vibrant northernmost capital with a stellar line-up

WORDS KERRY SHARP

PHOTOS, BOTTOM CENTRE AND RIGHT: MARTIN PHILBEY, BRIONY JACKSON

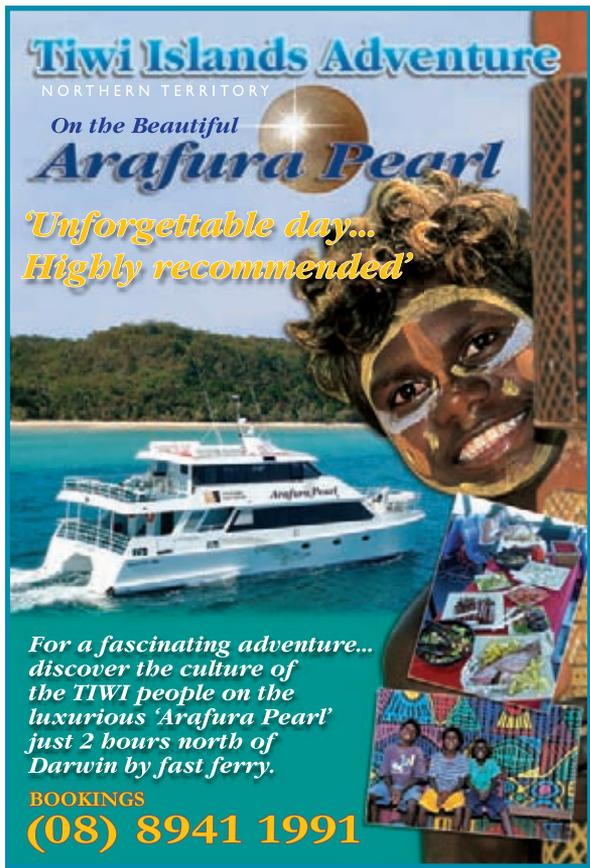




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Plantation Island Resort

www.plantationisland.com

From 11–28 August, tropical Darwin will take its reputation for fun and good times to a new level with a nationally-acclaimed annual cultural event of diverse colour, ancient culture and creativity.

Artistic director Jo Duffy and her team have brought together 75 events combining local, interstate and international talent in theatrical performances and visual arts, film, music, comedy and a number of uniquely Territory events, including a massive culinary celebration under the stars on the sea wall at the Darwin Waterfront.

Il Muro Del Mare will feature Darwin's award-winning Thai chef Jimmy Shu presenting signature dishes to guests seated at a 100m-long ocean-front table.

Among other special highlights, charismatic lead singer with Arnhem Land's Saltwater Band, Manuel Dhurrkay, will launch his solo career and Tiwi Island playwright Jason De Santis' play, *Wulamanayuwu and the Seven Pamanui*, will take audiences on an enchanting journey inspired by traditional Tiwi Dreamtime stories and Western fairytales.

Jo Duffy is overseeing her third and arguably most ambitious Darwin Festival since taking the reins in 2009. Today's grand Darwin Festival has its roots in the joyous street parades and live concerts of the original Bougainvillea Festival, launched about 35 years ago so Darwinites could celebrate their triumphant emergence from Cyclone Tracy on Christmas Day 1974.

Civic Park downtown will again



TOP/BOTTOM: Thai chef Jimmy Shu; check out Aussie hip hop band The Herd
PREVIOUS PAGE, CLOCKWISE FROM TOP: Civic Park during Darwin Festival; Tristan Meecham in FUNRUN; Dan Sultan; Grace Barbe

Darwin Festival will be richly endowed with indigenous, Asian and multicultural events



be transformed into an alfresco eatery surrounded by tantalising ethnic food stalls. The park will also hold festival performances at The Lighthouse and Brown's Mart venues, as well as various churches and libraries, and even in people's backyards.

"Our 'Backyards Unplugged' will be fantastic," says Duffy. "We invited locals to nominate their backyards as venues for acoustic performances by festival artists. From a big list ranging from penthouse apartments and rural blocks to boats and the Nightcliff

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Rafael Bonachela's
masterpiece *We Unfold*

foreshore, we have picked four sites for festival performances.”

The lawns of the botanic gardens amphitheatre will be pulsating with big-name acts, including Aussie hip hop band The Herd and ARIA's current Male Artist of the Year, Dan Sultan. He'll join other Aboriginal musicians and dancers on stage for Darwin's inaugural National Indigenous Music Awards.

Darwin Festival 2011 will be

rich global flavour and also work closely with established and up-and-coming local artists to place their work centre stage.

“I am constantly impressed, excited and inspired by the artists we have around us,” says Duffy. “A lot of artists who were born here and moved elsewhere have come back. It's like a home-coming.” She understands Darwin's unique persona provides the perfect palette for festival planning. “The

“I am constantly impressed, excited and inspired by the artists we have around us”

richly endowed with indigenous, Asian and multicultural events. One performance that matches this characteristic perfectly with a rich fusion of the sounds of Timor Leste, the Tiwi Islands, Africa, Indonesia, Greece and the Philippines is talented assemblage Northern Voices.

Darwin excels at capitalising on its close proximity to Asia and the Northern Territory's strong indigenous culture. This comes to the fore through festival-time fusions of the two.

Duffy came on board with a vision to maintain the festival's

open blue skies, beautiful weather and pace of life here allow you to think, talk and create. It's a very creative place — the people rarely say no, which is most unusual in my experience. Their first response is to say yes then work out the logistics later.”

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熱帯に位置するダーウィンが注目を集める8月11日～28日の期間。ダーウィン・フェスティバルが開催される時期だ。伝統文化、多様な外来文化、そして新たな才能による創造の結晶が一堂に会する。ジョー・ダフィーが率いる主催者チームが企画したイベントは、75を数える。舞台やビジュアル・アート、映画、音楽、コメディをはじめ、各地方独特のイベントからダーウィンのウォーターフロント、星空のもとで楽しむ絶品の料理まで、様々な楽しみが詰まっている。

また有名なタイ料理シェフ、ジミー・シュールによる絶品の料理が100mもの長さのテーブルに並ぶ。ティウイ・アイランド出身の脚本家、ジェイソン・デ・サンティスによる「ウラマナユウィ・アンド・セブン・パマヌイ」は、ティウイ伝統の夢の時代の物語と、「白雪姫と七人の小人」などの西洋童話に着想を得た作品。観客は豊かな物語の世界へと引き込まれていくことだろう。

エディンバラ・フェスティバル・フリンジやシドニー・フェスティバルなどで数々の輝かしい成功を収めてきたジョー・ダフィー。そんな彼女にとっても、今年のダーウィン・フェスティバルは、最も野心的なイベントとなるという。

ダーウィン・フェスティバルの起源は陽気なストリートパレードだった。コンサートは、35年前に始まったボーゲンヴィリア・フェスティバルが原型。

街の中心にある市民公園は屋台村になる。周辺のザ・ライトハウスやブラウンズ・マートのステージでは舞台が繰り上げられる。街中の教会、図書館、そして普通の家の裏庭まで、とにかく様々な場所でも多くの催しが繰り上げられる。

植物園にある円形劇場には、有名なパフォーマーたちが登場。オーストラリアのヒップホップ・バンド「ザ・ハード」、年間最優秀男性アーティストを受賞したダン・スルタンなども出演。彼はまた、ナショナル・インディジニアス・ミュージック・アワードの授与式にも参加する。

ダーウィンの文化は、地理的に近いアジアなどの影響を受けつつ、北部独特の伝統文化を基盤として形作られている。そしてフェスティバルでは、これらの文化が融合し、観客を新たな興奮の渦へと誘う。その一つが、ノーザン・ボイス。東ティモール、ティウイ・アイランド、アフリカ、インドネシア、ギリシャ、そしてフィリピンの音楽が一体となり、豊かな音が広がっていく。

グローバルな雰囲気を保ちながらも、地元のアーティストが主役となる今回のダーウィン・フェスティバル。ダフィーたちの目指した形が、ここにある。

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INSTRUCTIONS

The objective of Sudoku is to fill in the missing squares so that each row, column and 3x3 box contains the numbers 1 through to 9. To get you started, here are a few tactics...

Scan each horizontal and vertical band consisting of three 3x3 boxes. It's often easiest to start in a spot with the most numbers already given. If you can find the same number in two rows, you know that number must be in the third (the same goes

for columns). Now see which intersecting rows and columns can be eliminated because they also contain that number. (This method is called slicing and dicing.)

Some Sudoku fans like to pencil in possible answers in the corners of individual squares. Once you have a few numbers filled in, you may also find it handy to jot down a list of missing numbers for each row, column and box.

1 EASY

			6	1		8
1	3		2	8		5
	8		3			7
	1			2	7	
			7			
	2			9	8	
	7		1			3
8	9		5	6		7
			9	6		4

2 MODERATE

	8	5	1		6	7
			8		2	
3						6
9						8
		6		8		5
		1			2	
	7		9	4	5	
		9	7		1	8



2	1	3	8	7	9	6	5	4
8	9	4	5	6	3	7	1	2
5	7	6	1	4	2	8	9	3
9	5	8	6	2	7	3	4	1
7	6	2	4	3	1	9	8	5
6	5	8	9	6	4	8	5	3
3	4	1	9	5	8	2	7	6
6	8	9	3	1	5	4	2	7
1	3	7	2	8	4	5	6	9
4	2	5	7	9	6	1	3	8

2 MODERATE

1 EASY

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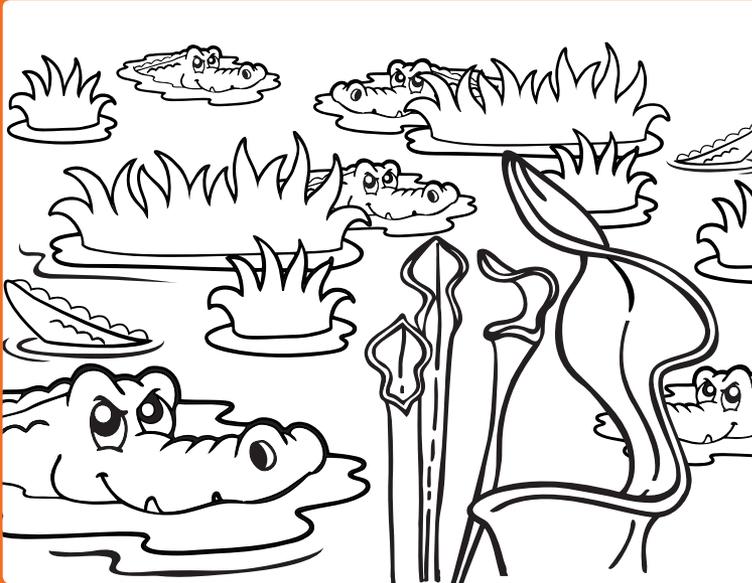
Australia Zoo gets set for its annual croc research trip



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Help Australia Zoo to satellite-track crocodiles. There are seven hiding in this picture, can you find them?



Meet Australia Zoo's most famous croc... Agro!

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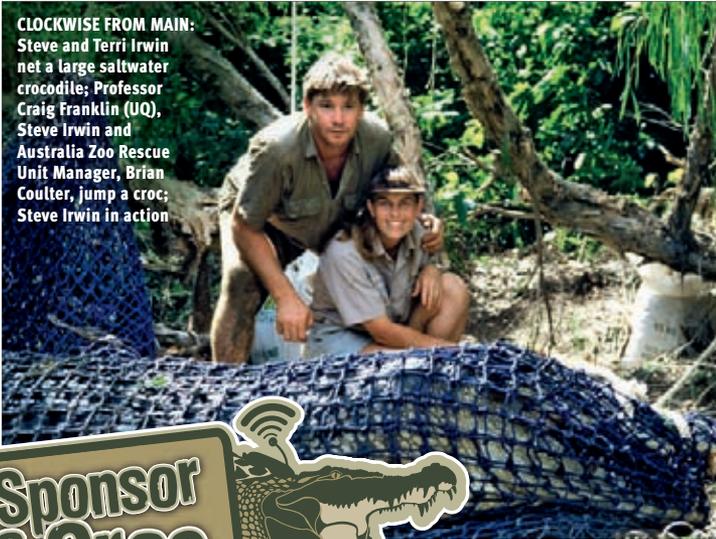
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CLOCKWISE FROM MAIN: Steve and Terri Irwin net a large saltwater crocodile; Professor Craig Franklin (UQ), Steve Irwin and Australia Zoo Rescue Unit Manager, Brian Coulter, jump a croc; Steve Irwin in action



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Steve Irwin began formal crocodile research in 1996. His capture-and-study techniques remain the world's best to this day.

Many of the world's crocodile species are in danger of extinction. A number of these threatened species are cared for by Australia Zoo and Australia Zoo Wildlife Warriors, a non-profit charity established by Steve and Terri Irwin in 2002.

Australia Zoo, in partnership with the University of Queensland (UQ) and Australia Zoo Wildlife Warriors, are making monumental strides in the field of crocodylian research

and conservation — each year travelling to the Steve Irwin Wildlife Reserve, a 333,000 acre conservation property in Queensland's Cape York Peninsula, to research crocodiles.

This world-renowned research project focuses on capturing and tagging Estuarine Crocodile (commonly know as "salties") in the Wenlock River and fitting them with GPS-Satellite transmitters to track their movements and habits in far north Queensland.

GPS transmitters record and track crocodile behaviour, their position and physiology. Data is transmitted by satellite back to the laboratory and displayed on Google Earth.

This vital research has uncovered the distances crocodiles move, their ability to return to their habitat after relocation, revolutionary findings on their ability to remain submerged, and their behaviour during flood events.

Each research trip to the Steve Irwin Wildlife Reserve continues to break new ground in crocodile research and is critical in managing the co-existence of crocodiles and people. ★





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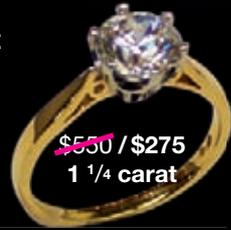
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This is Jetstar's fifth major award in four years, having won Skytrax Best Low Cost Airline – Australia and New Zealand award in 2009, CAPA Low Cost Carrier of the Year two years in a row in 2007 and 2008,

and Skytrax Best Low Cost Carrier – Worldwide in 2007.

The World Airline Survey by Skytrax is recognised globally as the only truly independent passenger survey of airline standards. This year's survey involved more than 18 million individual respondents from 100 different nationalities.

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Fan Tales

Just tell us about your Jetstar holiday for your chance to win a AU\$100 travel voucher!

Hey, kids! Simply write us a letter about your holiday and each month, the three best letters we receive from our Jetstar passengers will win a AU\$100 flight voucher*.



It's really easy to win!

To enter:

- eligible entrants must (during the promotion period) fly Jetstar on a holiday;
- write a letter to us telling us all about your holiday in 100 words or less. Include where you went, what you did, what you liked, what you saw;
- send us a photo of you on holiday and a drawing of the things you enjoyed;
- include your boarding pass;
- submit with your name and your parent/guardians' contact details (including phone number). Entries must be sent via post (at the expense of the entrant) labelled Jetstar Magazine My Holiday Competition to PO BOX 4713, Melbourne, Victoria, 3001.

* Terms and conditions apply. See Jetstar.com/magazine for more details. ★

To enter: Write a 100-word story about your holiday and post your entry, along with your Jetstar boarding pass, to Jetstar Magazine, My Holiday Competition, PO BOX 4713, Melbourne Victoria, 3001. The promotion commences at 00.01 (AEST) on 1 May, 2011 and closes at 23.59 (AEST) on 31 October, 2011. The winners will be the most colourful and creative entries submitted each month during the Promotion Period, as selected by a panel of judges appointed by the Promotor. Winners will be notified by email within two days of the judging taking place at the beginning of each new month. There are 18 individual prizes. Each prize is the same and consists of 1 x AU\$100 Jetstar voucher. Three prizes are issued per month for the duration of the promotion (6 months). The total value of the prizes is AU\$1,800. The promoter is Jetstar Airways Pty Limited (ABN 33 069 720 243) of Level 4, 222 Bourke Street, Melbourne, VIC 3000. Full terms and conditions can be found at www.jetstar.com/magazine.



JONATHAN

Dear Jetstar, I went to Daydream Island with mummy and daddy. I love mini golf, swimming and playing at the kid's club. I like the Jetstar airplane, it was fun: we played games and read books. I hope you like my drawing. Mummy said we may go to Hawaii next time on Jetstar!
Bulleen, Victoria

SANIYA

Dear Jetstar, at the start of our New Zealand holiday we landed in Queenstown then drove to Te Anau. In Te Anau we went on a cruise to see the glow worms in an underwater cave. I loved the movie about the glow worm's life cycle. I also loved the friendly dolphins and the cute seals at Milford Sound. At Fox Glacier, we walked for 2km to the glacier and back, and I jumped on a huge trampoline at the caravan park. In Queenstown we went on a skyline gondola and saw the Kiwi haka. I went up on stage and danced with Maori maidens.
Aspendale Gardens, Victoria



JOE

Hi Jetstar, we went to Sea World for a holiday. We stayed at Sea World Resort and swam lots and lots. I even got to go on stage to do the Limbo with Cookie Monster. It was so much fun.
Ocean Shores, New South Wales

Clean Water, Healthy Kids

In remote villages of Vietnam, Starkids and World Vision are helping kindergartens access clean water and sanitation

To encourage children in rural Vietnam to access the benefits of education, the government has set up satellite classes in remote villages. However, a lack of basic necessities in the classrooms, such as clean water and sanitation, often prevents children from reaching their full potential.

In Quang Tri province, where World Vision runs a water, health and sanitation project, several schools and kindergartens lacked clean water and hygienic facilities.

Hien, the principal of one of the kindergartens, says that the lack of a well meant that the kindergarten could not cook meals for the students. Children would often go home for lunch on foot and few would return to school in the afternoon.

The lack of easily accessible water also meant that the makeshift classroom latrines were unhygienic.

A WELL OF GOOD FORTUNE

Since October 2009, World Vision has been supporting the local community to drill wells or install water supply systems, and upgrade or construct hygienic latrines.

Hien's kindergarten is now able to provide lunch for the students since

a well was constructed nearby and a water filtration system installed. In addition, concrete toilets have been built to replace the unhygienic, makeshift latrines.

LEARNING ABOUT HYGIENE

Hand-washing is crucial to reducing the prevalence of diarrhoea, a major cause of children missing school. Teacher Ha now shows her students how to wash their hands with soap properly after participating in World Vision training courses on water and sanitation.

"Today, our students are very excited when they play a game to arrange six steps of washing hands correctly and practise the habit in class," says Ha.

"One of the important goals of this project is to provide awareness-raising courses on proper sanitation and hygienic practices to children, their families and other community members," explains Tran Xuan Thuy, who is in charge of the World Vision project.

By the time it concludes at the end of the year, the project will have helped "both students and their communities improve their knowledge and change their attitude significantly," says Thuy. ★



Teacher Ha teaches students how to wash their hands correctly
BELOW: The children and teachers are glad kindergarten is now a healthy environment





ABOUT STARKIDS



Tim Costello,
CEO of World
Vision Australia

HOW DID THE IDEA OF STARKIDS COME ABOUT?

StarKids is a humanitarian partnership between World Vision Australia and Jetstar. The partnership supports humanitarian relief and community-based development projects in Australia and across Asia, and aims to improve the lives of families living in poverty. It's about giving children a brighter future.

WHAT ARE STARKIDS' AIMS?

The support given to World Vision through StarKids will go towards transforming the lives of vulnerable children.

HOW CAN JETSTAR PASSENGERS HELP OUT?

Your donations would be most welcome! Please place your small change (all currencies) in the StarKids envelope located in your seat pocket. The money collected from Jetstar passengers will be given to World Vision Australia for humanitarian relief and community development projects in Australia and Asia. You can also donate online at www.jetstar.com/starkids.

CAN I LEARN MORE ABOUT WORLD VISION PROJECTS?

Yes, visit www.worldvision.com.au or www.jetstar.com/starkids for more information.

YOU CAN HELP!

Vulnerable children and communities need our help. The StarKids partnership between Jetstar and World Vision was formed to help children enjoy a brighter future. You can support StarKids by donating loose change in the donation envelope located in your seat pocket.

Let your small change create change!



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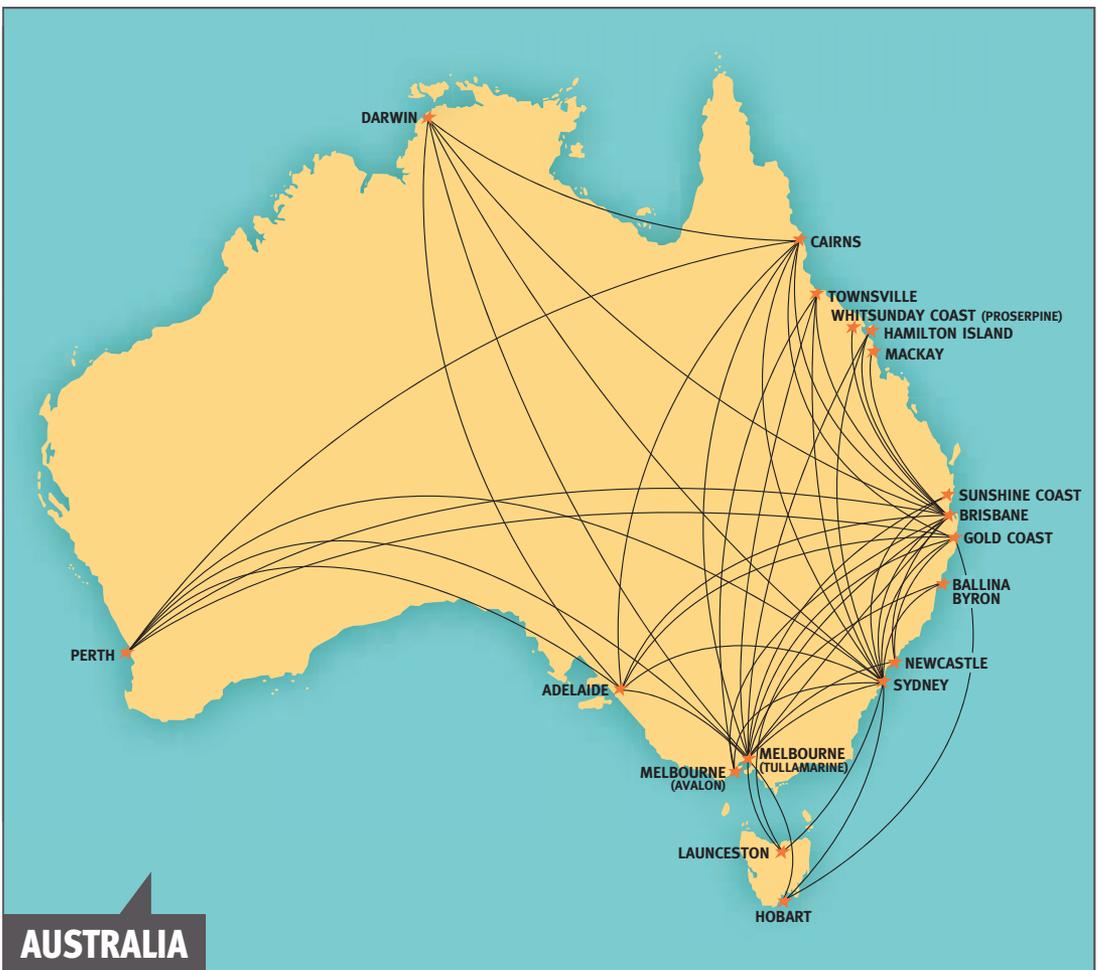
*SUBJECT TO REGULATORY APPROVAL



ASIA PACIFIC



NEW ZEALAND





Dinner on the beach at the InterContinental

FIJI FIJI



Rebecca Thorn
Front office manager,
InterContinental Fiji
Golf Resort and Spa



INSIDER'S TIP: Rent a car and drive around the island... hidden waterfalls, historic war sights and secluded beaches await you.

LOCAL DELICACY: *Kokoda* — a Fijian fish dish (using mahi-mahi or other white fish) marinated in lemon juice and coconut cream.

BEST PLACE TO HANG OUT WITH THE LOCALS: A kava ceremony in a local village.

FAVOURITE SIDE TRIP WITHIN FIJI: Visiting the Mamanuca and Yasawa island groups should be on everyone's agenda. Jet Ski Safaris are a fantastic way to see the islands.

MOST ROMANTIC SPOTS: Lunch on Natadola Beach overlooking the surrounding reef, followed by a private dinner for two in a cabana under the stars.

I LOVE FIJI BECAUSE: Of the weather, the fantastic diving and the beautiful people.

FROM THE AIRPORT

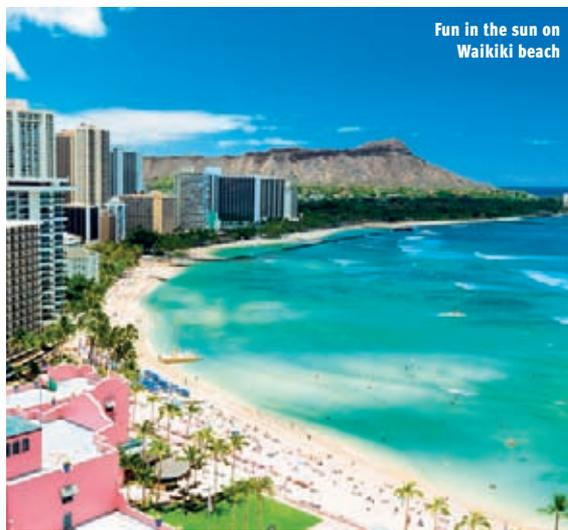
Nadi Town 8km from Nadi International Airport

Travel time Nadi Town is 10–15 mins by car

Taxi FJ\$7–\$10 (AU\$3.70–\$5.30)

ON THE GO

- Car hire** Available at the airport; drive on the left side of the road as in Australia.
- Taxi** Plentiful, but make sure meters are switched on.
- Motorcycle** Rent bright yellow bikes from Westside Motorcycles.
- Light plane** Getting to Suva from Nadi could cost you FJ\$86–\$103 (AU\$45.90–\$55).



Fun in the sun on Waikiki beach

HONOLULU HAWAII



Kainoa Daines
Executive director,
King Kamehameha
Celebration



MUST-EAT: Liliha Bakery's coco puffs. These delicious, bite-size morsels topped with homemade chantilly frosting and filled with cocoa cream will soothe any sweet tooth.

BEST PLACE TO HANG OUT WITH THE LOCALS:

Imua Lounge, off Ke'eaumoku Street across from Wal-Mart. It has great food, amazing entertainment, affordable drinks and great karaoke.

FOR HISTORY: Queen Emma Summer Palace in verdant Nu'uaniu. Once the summer home of King Kamehameha IV and his wife, Emma, this beautiful cottage is full to the brim with royal artifacts and knowledgeable docents. Run by the beautiful Daughters of Hawai'i, this former royal residence will take you back to a time almost forgotten.

I LOVE HONOLULU BECAUSE: Of its rich history, beautiful people and great weather.

FROM THE AIRPORT

CBD 14km from Honolulu International Airport

Travel time CBD is around 15 mins by car

Taxi Approx US\$40 (AU\$37.80)

Airport shuttle US\$15 return (AU\$14.20) and taking around 20 mins

Bus Every 30 mins at US\$2.50 adults (AU\$2.35) for bus numbers 19 and 20

ON THE GO

Bus There are hotel shuttles, public buses and quaint open-air trolley buses — Oahu has an excellent bus network. For a flat fee of US\$2.50 (AU\$2.35) you can go everywhere.



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The flower hat dance



Festivities for the birthday of Emperor Meiji, on 3 November

OSAKA JAPAN



Masami Hirata
Product executive



FROM THE AIRPORT

CBD 38km from Kansai International Airport

Travel time 50 mins by car

Taxi Approx ¥16,000 (AU\$188.35)

Limousine bus Every 45 mins at ¥880 (AU\$10.35), takes 50 mins

Nankai Express Train Every 30 mins from ¥1,390 (AU\$16.35), takes 30 mins

ON THE GO

- The subway** It's easy to use, efficient and clean.
- Bicycle** Many of the hotels offer their guests the option of hiring a bicycle to get around the city.

SURVIVAL TIP FOR TOURISTS: Taxis are pricey so stick to the subway, which is easy to use with numbered stations and English announcements. The Osaka Unlimited Pass is the best value for travellers, offering unlimited use of trains and buses, free admission to 26 attractions, and discounts for restaurants.

BEST IDEA FOR A FAMILY OUTING: The Kaiyukan Aquarium in the Tempozan Harbour Village is one of the largest in the world and is great for a fascinating day out with the kids. Don't miss the Giant Ferris Wheel.

FOR HISTORY: Go off the beaten track to the Dagashiya San Museum, which showcases sweets and toys from the 1940s and 1950s. There's a gift shop to buy candy and toys.

I LOVE OSAKA BECAUSE: Of the wonderful food and cheerful locals who will make you feel right at home.

TOKYO JAPAN



Yuichiro Matsumoto
Sales & Marketing,
Shiba Park Hotel &
Park Hotel



FROM THE AIRPORT

CBD 66km from Narita Airport

Travel time 60–90 mins by car

Taxi Approx ¥20,000 (AU\$235.15)

Limousine bus ¥3,000 (AU\$35.30), takes 60–90 mins

JR Narita Express Every 30–60 mins at ¥3,000 (AU\$35.30); takes 60 mins

ON THE GO

- The subway** Easy to use, efficient and clean.
- Shinkansen** The bullet train is super-fast, clean and efficient. It can take anything from minutes to hours to get to another prefecture.

GREAT PLACE FOR DINNER: Warayakiya serves traditional Tosa (western part of Japan) cuisine. They use straw to broil meat and fish. You'll be amazed to see the fierce fire from the straw at the grill.

BEST NIGHT OUT: Roppongi is very famous as Tokyo's night spot. There are so many bars, restaurants and entertainment places that I often miss the last subway to go home.

MUST-EAT: Kura Sushi is famous for its ordering system as well as its variety. Operating their automated touch panel, you can order your favourite sushi or dessert. You can put your empty plate into the slot at your table, so that you don't pile up plates you've finished with. After you've thrown five plates into this slot, a lottery game will be played on the touch panel screen, and a little prize will come out from the machine when you win.

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Tim Alpe
Jucy Rentals, CEO

SURVIVAL TIP FOR TOURISTS: Use the public transport options to get around Auckland for next to nothing.

UNUSUAL FACT: The New Zealand population is made up of 4 million people and 60 million sheep. That's a lot of pets!

MUST-EAT: Lamb. There is a reason there are 60 million sheep in New Zealand.

LOCAL RECREATIONAL ACTIVITY TO WATCH: Catch a game of cricket. For those who don't know how to play — you'll end up spending a day totally confused and will come away more confused. Perfect!

MOST ROMANTIC SPOT: Head out for a sunset walk anywhere around the waterfront to experience the beauty of Auckland.

I LOVE AUCKLAND BECAUSE: It's an amazing multicultural city with all the benefits of a large city and the class of a small one.



FROM THE AIRPORT

CBD 20km from Auckland International Airport

Travel time CBD is around 45 mins by car

Taxi From NZ\$60 (AU\$46.35)

Shuttle bus NZ\$30 (AU\$23.20), taking 45–60 mins

ON THE GO

- Jafa cabs** This is a bicycle with bench seats for two. Free in the Auckland CBD.
- Ferry Interislander** The ferry between Wellington (North) and Picton (South).
- The city circuit bus** Two bus circuits that will take you safely and easily to the city's attractions.



Christchurch is open for business

CHRISTCHURCH NEW ZEALAND



Alex Herbert
Ski maker,
Kingswood Skis

LOCAL DELICACY: Whitebait and pua (abalone) are abundant and too good for words.

LOCAL RECREATIONAL ACTIVITY TO WATCH: Sitting up on the headland and watching the surfing at Taylor's Mistake.

MOST ROMANTIC SPOT: A drive out to Godley Head in the evening to watch the sun set over the Alps and the lights of Christchurch.

MOST UNUSUAL THING TO DO: Experience the gap filler project, where the recent earthquake's demolished building sites become outdoor music venues, movie theatres and bowling alleys. More info can be found at gapfiller.org.nz

I LOVE CHRISTCHURCH BECAUSE: It's an international city that's understated and cool, with interesting people doing great things in amazing places. Plus, mineral water flows out of the taps!



FROM THE AIRPORT

CBD 11km from Christchurch International Airport

Travel time CBD is around 20 mins by car

Taxi Approx NZ\$45-65 (AU\$34.80-50.25)

Shuttle bus NZ\$24 (AU\$18.55), taking 15–20 mins

ON THE GO

- The shuttle** Free seven-day central bus.
- The Orbiter Bus** runs every 15 minutes to six suburban shopping malls.
- The city circuit buses** cover major attractions.

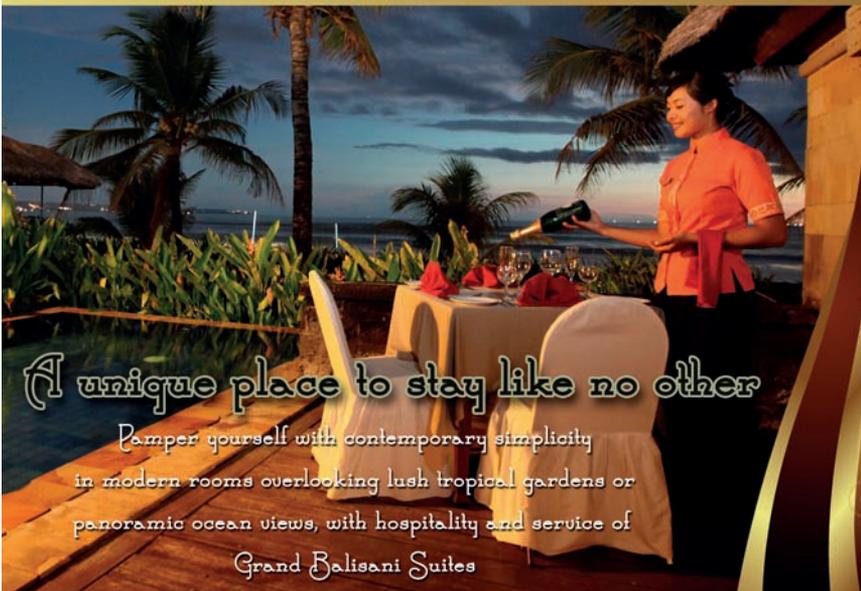


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The Queenstown skyline at dusk

QUEENSTOWN NEW ZEALAND



Craig Douglas
General manager — sales and marketing, NZSki

SURVIVAL TIP FOR TOURISTS: You don't need a car if you're only going to be in Queenstown for a short time. Everything is close by and most attractions provide transport if required.

MUST-EAT: Fergburger on Shotover Street — it's world-famous for a good reason.

LOCAL DELICACY: Central Otago pinot noir is also now world-famous. You can get a really good bottle of local wine for a local price.

MUST-BUY (MONEY NO OBJECT!): A helicopter trip to Milford Sound. Only 20 minutes away, Milford Sound is a whole new landscape of mountains plunging into the sea — it's a New Zealand icon.

I LOVE QUEENSTOWN BECAUSE: It is heart-achingly beautiful, has great restaurants, bars and activities, and everyone is full of energy.



FROM THE AIRPORT

CBD 7.5km from Queenstown International Airport

Travel time CBD is around 15 mins by car

Taxi Approx NZ\$30 (AU\$23.20)

Shuttle bus From NZ\$10 (AU\$7.70), taking about 20 mins

ON THE GO

- The city circuit bus** There are three routes covering major downtown attractions.
- Taxi** Book online, over the phone or hail one from the roadside.
- Walking** The town is compact, and most places can be easily accessible on foot if your accommodation is nearby.



An Aliwan festival performer

MANILA PHILIPPINES



Kriztel Lorbes,
Brand manager

FAVOURITE SIDE TRIP WITHIN THE PHILIPPINES:

Visit Bohol in the Visayas region of the Philippines. Be mesmerised by the marine life around Balicasag Island. It's conveniently located in the central Philippines.

FOR HISTORY: Take a walk around Intramuros in Manila for a strong dose of culture. Sign on for one of the guided tours by Carlos Celdran to give you a glimpse of Manila's history.

SURVIVAL TIPS FOR TOURISTS: Make sure that you have enough loose change to give the exact fare to cab drivers. Keep an eye on your essentials.

I LOVE MANILA BECAUSE: It's not everywhere in the world that you get to meet people with high spirits and crazy energy amid the chaos of everyday life. Filipinos definitely know how to party and maintain that level of optimism whatever the situation may be.



FROM THE AIRPORT

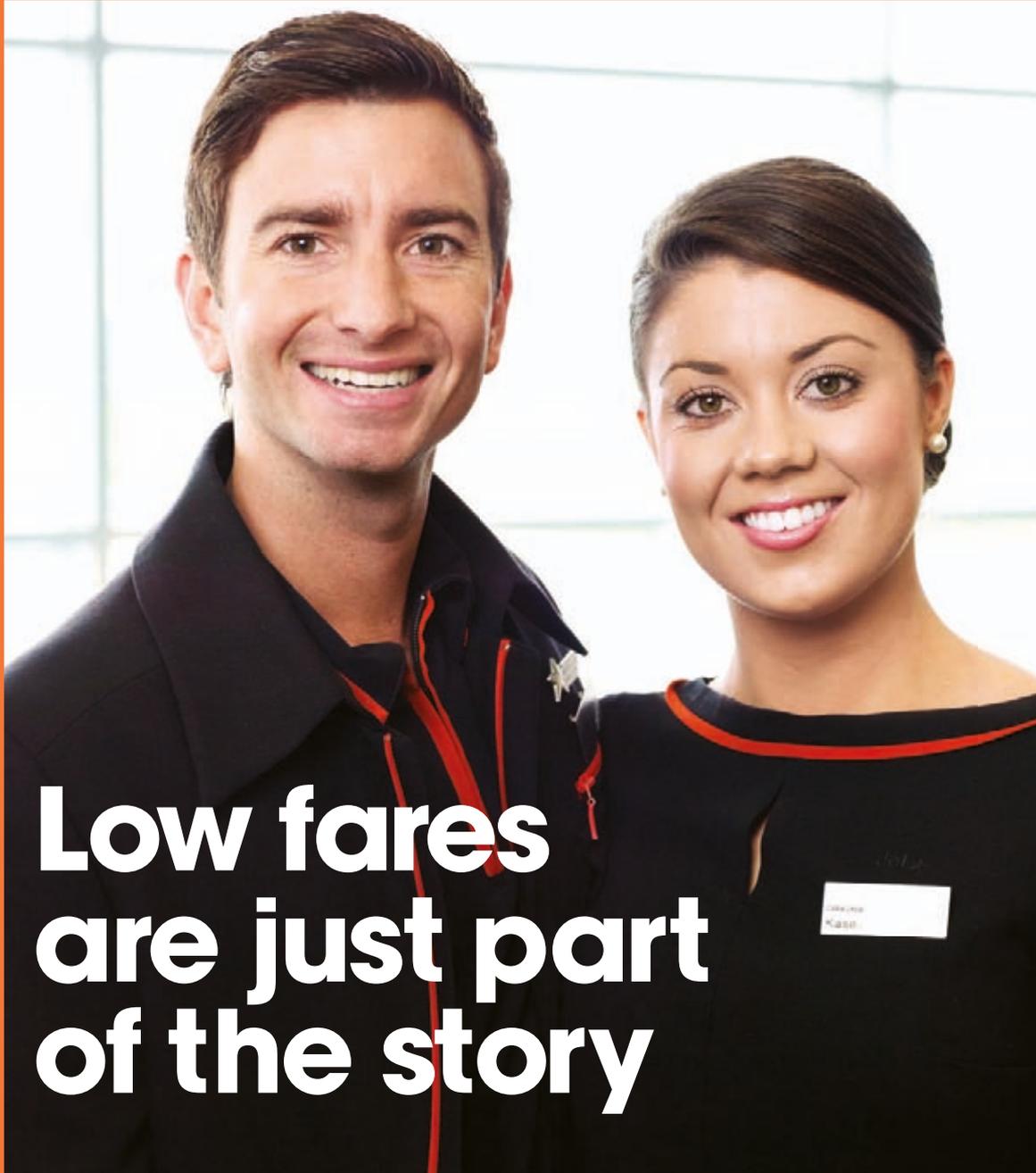
CBD 7km from Ninoy Aquino International Airport

Travel time CBD is around 30 mins by car

Taxi Approx PHP150-200 (AU\$3.30-4.40). Pre-booked taxis are available inside the airport terminal and save you the hassle of haggling

ON THE GO

- Taxi** You can usually flag one down at most malls. Be sure to always insist on using the meter. If the driver refuses, just say no politely and get out from the cab.
- Jeepney** These lorries ply most major city roads, and can take you anywhere along their route.



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Catch a surf break at Wave House Sentosa

SINGAPORE SINGAPORE



Lisa Tan
Sr executive, group communications, Sentosa Leisure Group



MUST-EATS: Bittersweet durians at Dempsey car park, butter crab from Seafood Paradise, chicken rice from Five Star Hainanese Chicken Rice, *char kway teow* (noodles with cockles) from Beach Road Market and satay from Glutton's Bay.

LOCAL RECREATIONAL ACTIVITY TO WATCH: It's got to be surfing at Wave House Sentosa. There's a 3m-high, man-made barrel wave, surfer hunks and beach babes — what's not to like?

BEST PLACE TO HANG OUT WITH THE LOCALS: Around a buffet table. We're a nation of foodies and certainly not shy about enjoying our food.

MOST ROMANTIC SPOTS: It's a toss-up between the Sentosa Boardwalk — which accesses Sentosa — where you can watch the sunset together; or Privé restaurant at Keppel Bay Marina with a view of the moored yachts.

FROM THE AIRPORT

CBD 20km
Travel time 20–30 mins by car

Taxi Approx S\$18–38 (AU\$13.80–29.20) with a surcharge of S\$3–\$5 (AU\$2.30–\$3.80)

Airport shuttle Most hotels are S\$9 (AU\$6.90) one way

MRT train Every 10–15 mins from Terminal 2 and 3 from 5.30am–11.18pm, takes 27 mins to reach the city for S\$1.70 (AU\$1.30)

ON THE GO

1. **The Hippo** An open-top double-decker bus that allows you to hop on and off; S\$23 (AU\$17.70) for an all-day pass.



Street vendors with fresh produce

HO CHI MINH CITY VIETNAM



Theresa Tran
President/founder, Tease Marketing



SURVIVAL TIP FOR TOURISTS: Don't even bother looking both ways before you cross the street. Just take a deep breath and walk. As long as you don't make any sudden movements, you'll make it to the other side safe and sound.

MUST-EAT: Sit down at any of the tiny food stands at Ben Thanh Market and have a cheap and cheerful meal with personal service and incredibly fresh food.

FAVOURITE SIDE TRIPS WITHIN VIETNAM: Mui Ne Beach, a popular resort destination 200km from HCMC; Nha Trang is a beach town with more of a city atmosphere; and Hoi An is a UNESCO World Heritage Site.

I LOVE HO CHI MINH CITY BECAUSE: It's my birthplace. I love going back to visit my sister and her family, and most importantly it's a place that brings my family so much joy.

FROM THE AIRPORT

CBD 7km from Tan Son Nhat International Airport

Travel time CBD is around 20 mins by car
Taxi A taxi voucher from Visitor Information for US\$12 (AU\$11.40)

Shuttle bus Most hotels offer complimentary pick-up

ON THE GO

1. **Taxi** Ask the drivers to turn the meters on; there are taxi-motorbikes as well.
2. **Walking** This is the best way to dash up alleys and down one-way streets, but we only recommend this for District One.



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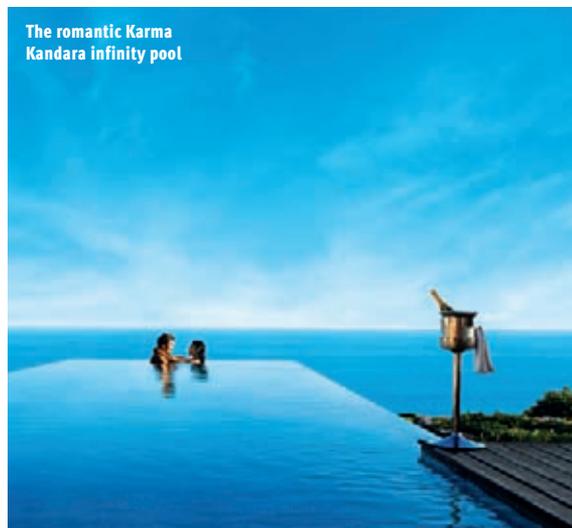
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BALI INDONESIA



Michael Luible
Managing director,
Karma Resorts, Bali

BEST PLACE TO PARTY WITH THE GANG: Saturday or Sunday afternoons at Nammos Beach Club at Karma Kandara, Ungasan. It has the best beach, great music and vibe, and with a couple of bottles of chilled rosé, you can't beat the feeling.

BEST BUY FOR UNDER \$50: A couple of ice-cold Bintang at sunset on a beach.

MUST-BUY (MONEY NO OBJECT!): A spectacular cliff-front villa with infinity pool on the Bukit.

MUST-BUY GIFT: Paintings from the art galleries in Ubud — you'll find a wide choice from affordable to serious collectors' stuff.

INSIDER'S TIPS: Delightful Diana Von Cranach's Puri Ganesha Villas in Pemuteran, in remote north-west Bali. Visit the national park and the off-shore island Menjangan for some of the best diving.



BALI

FROM THE AIRPORT

CBD 15km from Denpasar's Ngurah Rai Airport

Travel time Kuta Beach is around 10 mins by car

Taxi About IDR50,000 (AU\$5.50)

Shuttle bus Most hotels offer complimentary pick-up

DAMRI Bus IDR10,000-20,000 (AU\$1.10-2.20) to any city bus station

ON THE GO

- Taxi** Get your hotel to order one for you and arrange for a return trip.
- Hired car** The only way to go into the villages. Hiring a driver only costs a little more.



Jakarta
at sundown

JAKARTA INDONESIA



Sherlia Salim
Graphic designer,
goodesign &
goodmoments

MUST-EATS: *Bebek goreng kaleyo*, fried duck with extra hot and yummy chilli paste from Cempaka Putih, Jakarta Pusat.

LOCAL DELICACIES: Local iced desserts *es teler* (mixed fruit drink containing fresh coconut, avocado, jackfruits, milk and syrup) and *es alupkat* (a hint of coffee or chocolate milk over the richness of avocado) — both make a great after-meal sweet. You can find them at any Restoran Padang or any Indonesian restaurant.

FOR HISTORY: Sunda Kelapa, the Old Dutch port. It's awash with magnificent Makassar schooners (*pinisi*) and anyone who spends an early morning here will not forget the experience.

BEST PLACE TO HANG OUT WITH THE LOCALS: Tick Tock at Grand Indonesia (East Mall). You'll find an array of cool clocks, Japanese wooden glasses and lots of unique gifts.



JAKARTA

FROM THE AIRPORT

CBD 20km from Soekarno-Hatta International Airport

Travel time Allow at least 40 mins by car (depending on traffic)

Taxi IDR120,000 (AU\$13.25) to the CBD, including charges

DAMRI Bus IDR10,000-20,000 (AU\$1.10-2.20) to a city bus station

ON THE GO

- Taxi** The most reliable taxi company is Blue Bird. Call +62 (21) 7917 1234 and book one in advance. Ignore informal taxi "agents".
- Hired car** If driving around the busy city is daunting, ask for a driver with your car.



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Dental Implant: A\$1200 (inclusive of crown)
- **Quick Results:** Porcelain crown/bridgework will be completed in one day. For 14 or 28 units and if you need upper and lower teeth bridgework at the same time, it will be completed in one week.
- **Hassle-Free Treatment:** All treatments are performed in one place. We do not refer you to other specialists because we are the specialists!
- **Cosmetic Dentistry:** Laser bleaching, veneer for discolored teeth, soft tissue grafting, gum plastic surgery for gummy smile and bone grafting are all available, while restoring/rehabilitation your mouth with 14-26 porcelain crown we always will raise your biting which will result in better appearance like having face lifting (look younger).
- **Walk in customers are welcomed.**

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“When I grow up, I want to be a famous dentist like my grandpa.”



Dine on the riverside terrace of Mandarin Oriental

BANGKOK THAILAND



Camilla Russell
PR manager,
Mandarin Oriental,
Bangkok

MUST-BUY (MONEY NO OBJECT!): Any piece of jewellery or accessory from Lotus Arts de Vivre.

MUST-BUY GIFT: Thai silk from Jim Thompson.

INSIDER'S TIP: A light scarf or shawl is perfect to carry in your bag as public buildings have very cold airconditioning.

SURVIVAL TIP FOR TOURISTS: Always have a sense of humour and a smile on hand.

UNUSUAL FACT: In many hotels, it's forbidden to bring durians inside the property, because the famous scent of this fruit can make anyone become teary eyed and want to run as far away as possible. However, if the fruit is kept in the freezer then the scent wanes a bit, and makes for a lovely snack.

MUST-EAT: Mango with sticky rice is an international favourite dessert.



FROM THE AIRPORT

CBD 30km from Suvarnabhumi International Airport

Travel time Around 40 mins by car

Taxi Approx THB300 (AU\$9.30)

Airport Express THB150 (AU\$4.60); takes around 60 mins

ON THE GO

1. **BTS Skytrain and MRT** These two train systems travel over and underground to get you to all the major points in Bangkok.

2. **Tuk-tuk** This method of transport offers an exhilarating ride around the streets, but is best for short distances only.



Private infinity poolside dining at Paresa Resort

PHUKET THAILAND



Scot Toon
General manager,
Paresa Resort & Spa

MUST-EATS: Crab curry at Nai Dam — lots of fresh crabmeat and no fiddly shells to deal with. Or the goat's cheese with truffle honey salad at Siam Supper Club Restaurant in Cherng Talay.

BEST PLACE TO HANG OUT WITH THE LOCALS: Laem Singh Beach on the west coast.

BEST IDEA FOR A FAMILY OUTING IN PHUKET: Splash Jungle Water Park is perfect for all the family with excellent pools and slides for kids, a swim up bar in the pool for the adults.

MOST ROMANTIC SPOT: Watch the sun go down from the balcony of Paresa Resort, with a cocktail of course. Then dine by the infinity pool on your own private island surrounded by stars, looking at the lovely sea.

I LOVE PHUKET BECAUSE: The people are very friendly and the island has so many great beaches, restaurants and things to do.



FROM THE AIRPORT

Patong Beach 32km from Phuket International Airport

Travel time Patong Beach is around 45 mins by car

Taxi Approx THB400 (AU\$12.40)

Shuttle bus Every 30 mins at THB70 (AU\$2.15); takes about 60 mins

ON THE GO

1. **Motorbike** A cheap and convenient way to explore all the tiny lanes around the beach — but drive with care!

2. **Tuk-tuk** This method of transport offers an exhilarating ride, but is best meant for travelling short distances only.

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Your Insider's Guide

Australians share their favourite domestic destinations

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MELBOURNE

Cristina Masci
 Founder/creator, Absolutely
 Gorgeous organic skincare

BEST BREAKFAST: Atomica — on Brunswick Street, one of my favourite shopping strips in the heart of Fitzroy — is a discreet retro-styled café with the most amazing breakfasts.

GREAT PLACE FOR DINNER: I love Movida, a Spanish tapas restaurant on Hosier Lane, off Flinders Street. Fantastic, authentic tapas food with a wonderful buzz and atmosphere — even the graffiti-filled laneway reminds me of Barcelona!

BEST BUY FOR UNDER AU\$50: Bistrins Emporium on Gertrude Street, Fitzroy — I always find a bargain in this quirky little gift and fashion boutique.

MUST-BUY GIFT: My Absolutely Gorgeous soy travel candles in vanilla bean and Sicilian orange, available online and in speciality gift stores.

MUST-EATS: Tazio on Flinders Lane. The best pizzas outside Italy! Another hip place in a buzzing laneway.

LOCAL DELICACY: A must-visit for family and friends is Brunetti's in Carlton. They have exquisite Italian pastries and cakes; the Italian donut — *ciambelle* — is my favourite.



FOR HISTORY: Go to the Windsor Hotel on Spring Street for a high tea on three-tier silver stands — it's the most divine day out with the girls or a special someone. Apparently, they have been serving traditional afternoon tea there since 1883.



Cocktails on Fort Dennison in Sydney RIGHT: Go crabbing in Cairns



CAIRNS

Avril Quail

Artistic director, Cairns Indigenous Arts Fair

BEST BREAKFAST: Perrotta's at the Cairns Regional Gallery has the best coffee and offers 10% off to gallery members.

GREAT PLACE FOR DINNER: A barbeque on the Cairns Esplanade. Barbeque facilities are free and the ambiance of a tropical evening outdoors is hard to beat.

MUST-BUY (MONEY NO OBJECT!): A wonderful work of art from Cairns Indigenous Art Fair (18–21 August), it's the nation's premier showcase of Queensland Aboriginal and Torres Strait Islander artwork, dance and song.

INSIDER'S TIP: Cairns is the most beautiful tropical city in the nation surrounded by a World Heritage rainforest. Don't miss a tour of the best tropical collection of plants in the world at Cairns Botanical Garden, where the orchid house, the fernery and the Aboriginal plant-use garden are my favourites.



SYDNEY

Eugene Tan

Founder/Photographer, Aquabumps Gallery Bondi Beach

BEST BREAKFAST: Bills Darlinghurst is the best breakfast in Sydney, hands down. Their scrambled eggs are to die for. I prefer Bills Darlinghurst over Bills Woollahra. I don't know why exactly — it just tastes better!

GREAT PLACE FOR DINNER: Longrain in Surry Hills — it's been such a successful restaurant for so long now because it's consistently amazing.

BEST NIGHT OUT: Start off with a drink at Icebergs Bondi — that's posh 'Bergs upstairs, not downstairs as there are two. Then walk up along the beach to North Bondi Italian for dinner and drinks (I love the veal scallopine). If you're feeling twitchy and want to kick on, hit Ching-A-Lings on Oxford Street (Darlinghurst end, unlabelled door).

I LOVE SYDNEY BECAUSE: It's surrounded by water, the beaches are amazing and have consistent waves for surfing. Also, I love the vicinity of the city to the beaches — Bondi is only 8km from Sydney's centre.

Pack it all in.

CITY of PERTH

City of Perth Winter Arts Season

Until Wed 31 Aug, various city locations

Perth's Winter Arts Season is now on to warm your hearts with a program of theatre, visual arts, music, film and dance during the colder months. www.perthwinterarts.com.au

Magnificent People Film Season

Every Sunday, 3 Jul – 28 Aug, Northbridge Piazza, various

A selection of films screened at the Piazza's 8-metre outdoor screen that celebrates the beauty of the human being and the joy of the human spirit. It includes Man on A Wire, Shine, Butch Cassidy, Thelma & Louise and more. www.showmepertth.com.au

The Cell

9-21 Jul, Perth Institute of Contemporary Arts, 11am-6pm

This hypnotic, immersive and large scale art installation is a 12.5 by 6 metre inflatable structure, decorated inside and out with Wiradjuriop designs. Viewers wear a patterned costume before crawling into its cushioned interior. www.pica.org.au

City Playground Pass

10-24 Jul, various city locations

Experience great discounts and special offers only available in the city during the July School Holidays. Get your pass from the City of Perth i-City Kiosk, the marquee in Forrest Place or at participating venues. www.showmepertth.com.au

Topsy Turvy Tales in the Forest of Dreams

11-23 Jul, Forrest Place, 10am-2.30pm, free

Taking place inside a majestic speigel tent in Forrest Place, the Forest of Dreams will take children on an adventure through fairytales with singing, circus acts, dancing and story telling. www.showmepertth.com.au

Neon Lights

23-30 Jul, Heath Ledger Theatre, State Theatre Centre of WA

Join West Australian Ballet for an exhilarating program of contemporary ballet at the stunning new State Theatre Centre. www.waballet.com.au

Visit www.showmepertth.com.au or contact (08) 9461 3368 for more information.

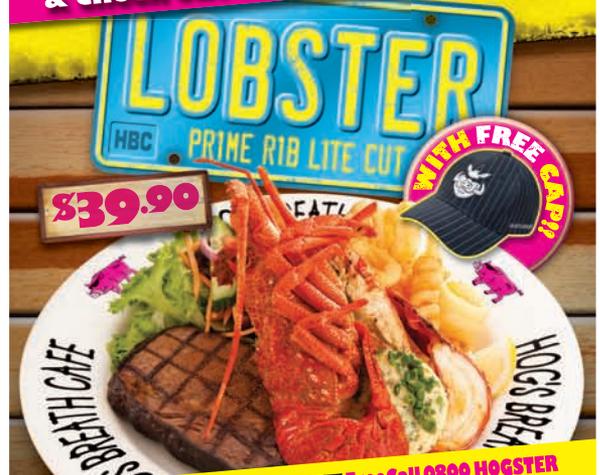


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Arriving At Our Destinations

Let us give you a head-start

ADELAIDE

CBD 6km
Travel time CBD is around 15 mins by car
Taxi Approx AU\$18
Skylink Bus Every 30 mins–1hr: AU\$8.50 adult, \$3.50 child. Takes around 35 mins
Airport parking AU\$4–\$90 (30 mins–72 hrs)

AVALON

Geelong CBD 20km
Melbourne CBD 55km
Travel time 15 mins (Geelong); 40 mins (Melbourne) by car
Taxi Approx AU\$45 Geelong; approx AU\$80 Melbourne
Avalon Airport Shuttle Meets all flights. From AU\$17 adult, \$14 child (Geelong); AU\$20 adult, \$10 child (Melbourne)
Airport parking From AU\$3 for the first 20 mins; weekly rate AU\$53

BALLINA-BYRON

CBD Byron Bay is 23km; Ballina is 5km
Travel time Byron Bay is 20 mins by car; Ballina is 7 mins by car
Taxi Approx AU\$10–\$15 to Ballina; approx \$65 to Byron Bay
Airlink bus Meets most flights: AU\$20 adult (\$35 return); \$12 children under 13 years (one-way). Takes around 35 mins
Airport parking AU\$2–\$12 (1 hr–24 hrs)

BRISBANE

CBD 16km
Travel time CBD is around 25 mins by car
Taxi Approx AU\$33
Bus Every 15–30 mins: AU\$14 adult; \$8 child; under 4 years free. Takes about 30 mins
AirTrain Every 20 mins to CBD: one-way adult fare AU\$14.50; return \$27. Takes about 22 mins
Airport parking AU\$5–\$30 (30 mins–24 hrs)

CAIRNS

CBD 8km
Travel time CBD takes 10 mins by car
Taxi Approx AU\$15
Australia Coach Shuttle Every hour: AU\$10 adult; \$15 couple; AU\$5 child. Takes around 20 mins

Airport parking AU\$3–\$16 (2–24 hrs)

DARWIN

CBD 13km
Travel time CBD is 15 mins by car
Taxi Approx AU\$27
Darwin Airport Shuttle Meets all flights: AU\$10 (adult). Takes around 20 mins
Airport parking AU\$3–\$12 (up to 24 hrs)

GOLD COAST

Surfers Paradise 20km
Travel time Surfers Paradise is around 30 mins by car
Taxi Approx AU\$40
Con-X-ion Shuttle bus Booking required: +61 (7) 5556 9888: AU\$22 adult; \$13 child (4–13 years); children under 4 years travel free. Takes around 45 mins
Airport parking AU\$3–\$36 (30 mins–24 hrs)

Gold Coast Airport Lounge

For a small entrance fee, check in for movies, comfy lounges, newspapers, snacks and drinks.

HAMILTON ISLAND

Travel time From the airport to your accommodation takes only a few minutes
Shuttle bus Complimentary for hotel guests

HOBART

CBD 17km
Travel time CBD is around 20 mins by car
Taxi Approx AU\$36–\$42
Airporter shuttle bus Meets all flights: AU\$15 adult; \$8 children aged 4–15; children under 4 travel free. Journey takes around 30 mins
Airport parking AU\$2–\$13 (24 hrs)

LAUNCESTON

CBD 16km
Travel time CBD is around 10 mins by car
Taxi Approx AU\$30
Airporter Shuttle bus Meets all flights: AU\$14 adult; \$5 child; children under 4 free. Takes around 15 mins
Airport parking AU\$2–\$15 (25 mins–24 hrs)

MACKAY

CBD 6km
Travel time CBD 15 mins by car
Taxi Approx AU\$18
To Airlie Beach Take a taxi to the bus terminal in Wellington Street and then a bus service by Greyhound or Premier; approx AU\$22 one-way adult fare
Airport parking AU\$2–\$20 (24 hrs)

MELBOURNE

CBD 23km
Travel time 35 mins by car
Taxi Approx AU\$55
SkyBus Every 10 mins: AU\$16 adult; \$6 child (4–14 years). Takes 20 mins
Airport parking Short-term from AU\$3; long-term from AU\$29

NEWCASTLE

CBD 20km
Travel time CBD is around 25 mins by car
Taxi Approx AU\$60
Shuttle Bus Door-to-door service (from AU\$35) through Newcastle Information Services at +61 (2) 4928 9822. Port Stephens Coaches (public bus) every hour: AU\$6.50 adult; \$3.50 concession. Takes 35 mins
Airport parking AU\$2–\$25 (1 hr–24 hrs)

PERTH

CBD 12km (domestic terminal) and 17km (international terminal)
Travel time 30 mins by car
Taxi Approx AU\$26 (domestic) and \$33 (international)
Perth Airport City Shuttle Every 30 mins (domestic) and 45 mins (international): AU\$15 adult (domestic), \$20 (international). Journey takes 15–35 mins
Fremantle Airporter AU\$35 (booking required)
Transperth Bus 37 From domestic terminal to Kings Park via the city AU\$3.20
Airport parking Short-term carpark from AU\$3.70; long-term carpark from AU\$17

SYDNEY

CBD 8km
Travel time CBD around 15 mins by car

Taxi Approx AU\$50
Bus Every 20–30 mins: AU\$14 adult; AU\$7 child. Journey takes around 30 mins
Trains Every 10 mins (weekdays) AU\$15 adult. Takes around 13 mins into the centre of the city
Airport parking AU\$7–\$52 (30 mins–24 hrs)

SUNSHINE COAST

Travel time Noosa is 30 mins, Maroochydore is 10–15 mins by car
Taxi Approx AU\$56 to travel to Noosa; approx AU\$28 to Maroochydore
Henry's Bus Service Meets all flights: AU\$25 adult; \$12 child; children under 4 years free. Journey to Noosa takes around 45 mins
Airport parking AU\$4–\$18 (2–24 hrs). New hourly 622 TransLink bus service connects the airport to the suburbs. Starts 5.54am weekdays, 6.54am weekends. www.translink.com.au

TOWNSVILLE

CBD 5km
Travel time CBD around 10 mins; taxi approx AU\$16
Airport shuttle Booking required +61 (7) 4775 5544 to the Strand and city, Sunferries, the Transit Centre and Coral Princess: AU\$8 (adult); takes 10–15 mins
Airport parking Short-term carpark, AU\$4–\$24 (2 hrs–12 hrs). Long-term carpark, AU\$12–\$72 (1–6 days); thereafter AU\$10 per 24-hour period or part thereof

WHITSUNDAY COAST

CBD 30km from Proserpine Airport
Travel time CBD takes around 35 mins
Taxi Approx AU\$80
Whitsunday Transit AU\$15 adult share-ride (one-way; \$28 return); \$9 child (one-way; \$16 return), children under 4 years travel free. The Whitsunday Transit service meets all flights. For details, call +61 (7) 4946 1800
Airport parking For customers, airport parking is free (24hrs)



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- Additional carry-on baggage searches just prior to boarding.
- Random baggage searches at check-in and boarding.
- Passengers selected at random for pat-down inspections, including the removal and checking of shoes.

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and non-prescription medicines that you need for the flight are also allowed. Proof of need may be required. Please note: The above-mentioned restrictions do not apply to checked-in baggage.

SAFETY FIRST
Seatbelts must be fastened during take-off, landing and when you are seated in case your aircraft encounters turbulence. Luggage must be stowed in the overhead locker or under the seat in front of you. The back of your seat must be upright, and the tray table fastened when the aircraft is taking off and landing. Please remain seated after landing, until you are invited to leave the aircraft. Sleeping on the aircraft floor is not permitted. Please read the safety instruction card in your seat pocket, noting emergency exits and location of life jackets. Please watch the safety demonstration prior to take-off. In an emergency, the crew will give specific instructions on what to do.

SMOKING
Government regulations prohibit smoking on all flights operated by Australian-registered aircraft. There are smoke detectors in all toilets and penalties for regulation breaches.

THE IMPORTANCE OF BLOOD CIRCULATION AND MUSCLE RELAXATION DURING FLIGHTS

If you have concerns about your health and flying, Jetstar recommends you seek medical advice before flying. Compression stockings can assist in preventing swelling of the ankles and feet, and they may improve the blood return to the body from the lower legs. These stockings can be purchased from medical and surgical supply companies, and need to be individually fitted to your leg measurements. During your flight, move your legs and feet for three or four minutes per hour while seated, and move about the cabin occasionally.

DANGEROUS GOODS
Nail polish and nail polish remover must never be used while on board an aircraft. The strong fumes can be carried through the air-conditioning system, and affect other passengers and crew.

LISTEN TO THE FLIGHT ATTENDANTS' SAFETY BRIEFING
Many passengers have seen safety demonstrations on numerous occasions.

Taking the time to watch the safety demonstration every time that you travel will refresh and reinforce important safety information so that in an emergency, the information will be easily recalled.

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The cabin atmosphere is pressurised to about 8,000ft above sea level, so any alcohol you consume will have a greater effect on you than normal. It is against Civil Aviation Regulations to enter an aircraft while in a state of intoxication or to behave in an offensive and disorderly manner while in an aircraft.

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- 手荷物検査ゲート、航空機周辺および空港ターミナルの警備をおこなう人員を増員する場合がございます。

アメリカ合衆国行きの際は、さらに次のような対策をおこなわれています。

- 航空機へのご搭乗直前に、手荷物検査を重ねておこなう場合がございます。
- チェックインおよびご搭乗の際に、無作為抽出による手荷物検査をおこなう場合がございます。
- 無作為抽出による身体検査をお願いしたお客様には、靴を脱いでいただく場合がございます。

お荷物について
機内にお持ち込みになるお荷物の中に入れておくことのできる液体、スプレー缶、ジェルなどの最大量は各100ml以下とされています。これら

の物品は、封のできるビニール袋に入れておくようにしてください。ビニール袋の容量は最大1リットル、お一人様につき一つまでとなります。これらの物品のほか、医薬品、幼児用製品、常備薬など、飛行機にご搭乗中に必要となるものを、お客様の必要に応じて機内に持ち込むことができます。これらの物品をお持ち込みになる場合には、その必要性を証明する書類をご提示いただく場合がありますのでご了承ください。なお、この持ち込み制限は、チェックイン時にお預けになるお荷物には適用されません。

機中でのお時間を安全にお過ごしいたぐために

離陸後およびお席にお座りの間、気流の乱れている間は、シートベルトを着用してください。お荷物は、頭上の格納スペースまたは前の席の下のスペースに置くようにしてください。離陸時には背もたれをまっすぐに戻し、トレーを元の位置に戻してください。着陸後も、降機のご案内を差し上げるまでは、席をお立ちにならないようにしてください。機内の通路に横になることは禁じられています。お席の前のポケットにある安全の手引きをよくお読みいただき、非常口およびライフジャケットの位置をご確認ください。離陸前におこなわれる、安全に関するご案内をご覧ください。緊急時には、乗務員の指示に従ってください。

喫煙について
オーストラリアの航空会社によって所有される航空機内における喫煙は、オーストラリア政府によって禁止されています。すべてのトイレには煙感知器が設置されています。違反された場合には、罰金などが課せられる場合がございます。

フライト中はリラックスし、血流をよくすることが大切です。

飛行中の健康状態について不安をお持ちの場合は、事前に医師にご相談されることをお勧めします。加圧ストッキングなどを着用いただくことで、足のむくみを防ぐとともに、足先から心臓に向かう血液の流れをうながすことができます。加圧ストッキングは、医療器具販売会社などから発売されています。着用時には、ご自身の足のサイズに合ったものをお選びください。フライト中、1時間に3〜4分ほどは着席しながら足を動かすようにしてください。また、通路を歩くことも効果的です。

機内の空気圧
次のアイテムはご使用をご遠慮ください。マニキュアとマニキュア・リムーバーの機内でのご使用はご遠慮願います。強い臭いがエアコンを通して他のお客様や乗務員に影響を与えます。

セーフティー・デモンストレーション
お客様の多くは非常時のデモンストレーションを何度もご覧になっていらっしゃるかと思います。しかし毎回あらためて注意深くご覧になり、安全対策を確認いただくことで、非常時にその情報が役立ちます。

アルコール類の過剰摂取や他の乗客に迷惑をかける行為はご遠慮ください

飛行中の機内は海上8000フィート以上の高さとなり、アルコール類は通常よりかなり強い影響を及ぼします。アルコールの過剰摂取または他のお客様に不快感や迷惑を与える行為は、航空局の規則に違反します。

ジェットスターにおける安全対策のポリシー

ジェットスターでは、機内またはご搭乗前の言動および行動が不適切なおお客様に対して、ご搭乗をお断りすることがあります。弊社では、お客様のこれらの言動、行動を「冗談」として聞き流さず、慎重に対応します。また、これらの言動、行動が法律に照らして不適切なものであった場合、告発をおこなうこともあり得ます。機内でおこなわれた不適切な言動、行動につきましては、法律に照らして賠償などを請求する場合があります。

ジェットスター就航地一覧



シドニーの魚市場にて

ニューサウスウェールズ州 シドニー



ユージーン・タン

創設者/カメラマン

Aquabumps Gallery Bondi Beach

ベスト・ブレックファスト: Bills Darlinghurstはシドニーで最高の朝食が食べられるところ。この店のスクランブル・エッグが死ぬほど好きなんだ。

ディナーにお勧めの場所: サリー・ヒルズのLongrain. 成功したレストランとして、長年にわたって素晴らしいサービスを続けている。

ベスト・ナイトライフ: Icebergs Bondiで飲み始めるといい。とてもポッシュなバーだけど、1階ではなく2階に行ってみて。その後ビーチ沿いのNorth Bondi Italianでディナーとドリンクを(子牛肉のスカロパインが好き)。

お勧めのお買い物(予算に関わりなく!): Deus Ex Machina (キャンパードウン)のドゥーズ・モーターバイク。

お勧めの食べ物: Chinatown Marigoldで飲茶のランチもいい。La Padinaとかサリー・ヒルズのBarrettoでリゾットはどうだろう。ボンダイ・ロードにあるCorner HouseやFlying Squirrel. それからローズベいのPierはとてもフォーマルな店だけど、トップエンドのシーフードが堪能できる。

家族連れにお勧めの場所: ビーチを目指そう! ノースボンダイへ。

ロマンティック・スポット: パーム・ビーチで3.5フィートのセイル・ボートを借りてピットウォーター川を下り、サンセット・ディナーを楽しむ。一晩泊まって滝壺で泳いだりする。とてもいい経験だと思う。



空港から

中心街へ: 10km

中心街への所要時間: 車で約15分

タクシー料金: 約20オーストラリアドル

バス: 20~30分間隔で運行 料金: 大人8、子供4(ともにオーストラリアドル) 所要時間: 約30分

電車: 国内空港と市中心部を結ぶ 4~15分間隔で運行(平日) 料金: 大人15オーストラリアドル 所要時間: 約13分

空港 パーキング: 6~37オーストラリアドル(30分~24時間)

市内・近郊への交通

1. シドニー・エクスプローラー: シドニー各所の観光名所を訪れるのに便利なバス。エアコン完備。

2. シドニーモノレール、メトロ・ライトレール: 市内各所の移動はもちろん、ダーリンハーバーへも行くことができる。鉄道システム。専用的高架軌道で運行されている。



ケアンズの水辺を自転車で行く

クィーンズランド州 ケアンズ



アヴリル・クエイル

アーティストック・ディレクター

Cairns Indigenous Arts Fair

ベスト・ブレックファスト: ケアンズ・エスプラネードやトリニティ・インレットの水辺などでドライブしてみよう。ケアンズ・リージョナル・ギャラリーのPerrotta'sのコーヒーは最高。ギャラリーのメニューなら10%の割引がある。

ディナーにお勧めの場所: ケアンズ・エスプラネードのバーベキュー。バーベキューの設備は無料だし、トロピカルな雰囲気のアウトドアで他にはまねできない場所。

お勧めのお買い物(予算に関わりなく!): ケアンズ・インディジェネス・アートフェアの素晴らしい作品。クィーンズランド・アボリジナルとトレス・ストレイト・アイランダーの美術品、それにダンスや歌も楽しめる。開催期間は8月18~21日。

地元の人のアドバイス: ケアンズは世界遺産の熱帯樹林に囲まれた最も美しいトロピカル・シティ。ケアンズ植物園の熱帯植物鑑賞ツアーはお見逃しなく。オーキッド・ハウスやアボリジニーの人々が植物をどのように生活に生かしている様子を紹介するガーデンが私のお気に入り。

家族連れにお勧め: ジャブカイ・アボリジナル・カルチュラル・パークは家族みんなで楽しめるスポット。

ケアンズが好きな理由: この地域には人類と自然のユニークなブレンドを経験する機会がたくさんある。熱帯樹林とグレートバリアリーフのサンゴ礁は世界中の多くのアーティストたちにインスピレーションを与えている。



シーワールドは家族連れで楽しめる

クィーンズランド州 ゴールド・コースト



アントニー・アベル

チーフ・コンシアージュ
Hilton Surfers Paradise



空港から

中心街へ: 8km
中心街への所要時間: 車で10分
タクシー料金: 約15オーストラリアドル
オーストラリア・コーチ・シャトル: 1時間間隔で運行料金: 大人10、カップル15、子供5(すべてオーストラリアドル) 所要時間: 約20分
空港パーキング: 3~11オーストラリアドル(2~24時間)

移動手段

1.サーフサイド・バス: 主要なショッピングセンター、郊外にも路線を持つ。24時間サービス
2.ゴールド・コースト・ツーリスト・シャトル: フリーダム・バスの有効期限は、3、5、7、10、14日間。主要な観光スポットを結び、バスがあれば乗り降り自由で何度でも利用できる。

市内・近郊への交通

1.サンバス: シティプレイスからケアンズ市内各所へ行くのに便利。北部のビーチエリアへも運行している。
2.ブラック&ホワイトタクシー: シティプレイスのエスプラネードにあるマクドナルドまたはリーフカジノ前の乗り場から利用できる。

ベスト・ブレックファスト: Caffe Republic Mermaid Beach。地元の人に人気のカフェで、コーヒーが素晴らしく美味しいし、食べ物も雰囲気もいいので、ぜひ行ってみて。

ディナーにお勧めの場所: ノビー・ビーチのHellenika。ギリシャ料理のチャームिंगなお店でおしゃれなダイニングを。

ベスト・ナイトライフ: Australian Outback Spectacular はオーストラリアならではのショーとして人気を集める。きっと忘れられないものになるだろう。

50ドル以下のお勧め: ゲット・ウエット・サーフスクールでの2時間に及ぶサーフィンのレッスン。ゴールド・コーストならではの素敵な体験。

地元の人々と一緒に行きたい場所: マーメイド・ビーチ・サーフクラブは地元の人々に人気がある。

地元の人々からのアドバイス: ゴールド・コーストはびっくりするほどたくさんの楽しみがある。ホームメイドの美味しい食べ物は地元ワイナリーのワインなどを堪能してほしい。

ゴールド・コーストが好きになる理由: なんと言っちゃって日の光がさんさんと降り注ぐビーチが素晴らしい。音楽とスポーツ、カルチャー。一年中フェスティバルの中にいるようなもの。

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Food and Drinks Menu

Snacks スナック類

While's Nibbles Assorted Nuts Dry Roasted Almonds, Cashews & Macadamias ホワイルズ ニブルズ ナッツ類各種 (ローストアーモンド、カシューナッツ、マカダミアナッツ)	AU\$ \$3.50
Mainland "On the Go" Tasty Cheese & Crackers メインランド オンザゴー チーズ&クラッカー	\$4.00
Pringles Pringles Sour Cream & Onion or Original プリングルズ-サワー・クリーム&オニオンまたはオリジナル	\$4.00
Authentic Nissin Cup Noodles Hot Chicken Soup filled with yummy noodles オリジナル日清カップヌードル	\$5.00
Miso Soup (Japan flights only) 味噌汁(日本路線のみ)	\$3.00



Meals お食事



Classic Fresh Sandwiches Shaved Leg Ham & Tasty Cheese with Mild Mustard Dressing or Egg, Mayo & Cos Lettuce 作りたてデラックスサンドイッチ ハム&チーズまたは卵・マヨネーズ&レタス	AU\$ \$7.00
Gourmet Chicken Wrap Chicken mixed with basil pesto, mayonnaise & sundried tomatoes with lettuce in a soft tortilla (Served cold) チキン・ラップサンド バジルペスト トあえチキン、マヨネーズ、サンドライドマト、レタスのソフト・トルティーヤ包み (冷製)	\$8.00
Hot Meal - accompanied with a sweet treat - ask your friendly cabin crew for today's choices (not available on all flights)	
Light Meal - feeling peckish before landing? A perfect way to starve off hunger (not available on all flights) 軽食-到着前にお腹がおすきの方には、完璧な解決法です (ご提供できないフライトもありますのでご了承ください国際)	\$12.00
Main Meal - sit back, relax and settle into your flight with a filling meal (available only on flights to/from New Zealand) メインのお食事-ゆっくりおくつろぎになり、たっぷりとお食事をお楽しみください (ニュージーランドとの間の往復フライトのみのご提供となりますのでご了承ください国際)	\$15.00

Egg and Bacon Muffin - a warm bacon and egg muffin with tasty tomato relish and melted cheese (available on selected flights longer than 60 mins)
エッグ・アンド・ベーコン・マフィン ベーコンと卵、トマトとチーズ入りマフィン(1時間以上のフライトの一部でお求めになれます) (ニュージーランド便でのみお求めになれます) **\$6.50**

Sweets スイーツ

Oven Baked Gourmet Muffin Blueberry オープン焼きグルメマフィン-ブルーベリー	AU\$ \$4.00
Krispy Kreme Original Glazed Doughnut (available on selected Australian Domestic flights and to/from New Zealand) クリスピー・クリーム・ドーナツ(オーストラリア 国内便の一部とニュージーランド便でお求めになれます)	\$3.00
Byron Bay Cookie Bar White Choc Chunk & Macadamia Nut (gluten free) バイロンベイ クッキーバー - ホワイトチョコレートチャック&マカダミアナッツ (グルテンフリー)	\$3.00
M&M's チョコレート	\$3.00
Mars Bar マーズ・バー	\$3.00



Beverages お飲み物



Non Alcoholic ソフトドリンク		AUS
Lemonade レモネード		\$3.00
Pepsi or Pepsi Max ペプシまたはペプシ・マックス		\$3.00
Golden Circle Classic Orange Juice		
ゴールドデン・サークル・クラシック・オレンジ・ジュース		\$3.00
Apple Juice (Japan flights only) アップルジュース(日本路線のみ)		\$3.00
Nu Pure Spring Water ニューピュア・スプリングウォーター		\$3.50
Oolong Tea (Japan flights only) ウーロン茶(日本路線のみ)		\$3.00

Beer ビール		
Heineken ハイネケン		\$7.00
Victoria Bitter ビクトリアビター		\$6.00
Asahi Beer 350ml (Japan flights only) アサヒビール(日本路線のみ)		\$7.00

Wine ワイン		
Firestick Shiraz 赤ワイン		\$7.00
Firestick Semillon Sauvignon Blanc 白ワイン		\$7.00

Spirits スピリッツ		
Smirnoff Vodka Ice Red スミノフ ウォッカ アイ ス レッド		\$8.00
Bundaberg Rum & Cola バンドバーグ ラム&コーラ		\$8.00
Jim Beam Bourbon & Cola ジムビーム バーボン&コーラ		\$8.00

Café コーヒー・紅茶		
Republica Coffee (Fairtrade and Organic - 100% Colombian, Arabica)		
リパブリカ コーヒー (フェアトレード&オーガニック - 100%コロンビア, アラビア産)		\$3.00
Nature's Cuppa Tea (Fairtrade & Organic)		
English Breakfast Tea		\$3.00
ネイチャーズ カップ ティー (フェアトレード&オーガニック)		
イングリッシュ ブレックファースティー		
Green Tea Japanese (Japan flights only)		\$3.00
日本茶(日本便のみ)		
Nestle Hot Chocolate		\$4.00
ネスル・ホット・チョコレート		

Non Alcoholic Beverages		NZ\$
Lemonade		\$3.00
Pepsi or Pepsi Max		\$3.00
Orange Juice		\$3.00
Nu Pure Spring Water		\$3.50

Beer		
Heineken		\$7.00
Victoria Bitter		\$6.00
Amstel Light Beer		\$5.50

Wine		
Firestick Shiraz		\$7.00
Firestick Semillon Sauvignon Blanc		\$7.00

Spirits		
Smirnoff Vodka Ice Red		\$8.00
Bundaberg Rum & Cola		\$8.00
Jim Beam Bourbon & Cola		\$8.00

Café		
Republica Coffee (Fairtrade and Organic - 100% Colombian, Arabica)		\$3.00
Nature's Cuppa Tea (Fairtrade and Organic - English Breakfast Tea)		\$3.00
Nestlé Hot Chocolate		\$4.00

Domestic New Zealand

Snacks	NZ\$
While's Nibbles Assorted Nuts - Dry Roasted Almonds, Cashews & Macadamias	\$3.50
Pringles - Sour Cream & Onion or Original	\$4.00
Authentic Nissin Cup Noodles - (Hot Chicken Soup filled with yummy noodles)	\$5.00

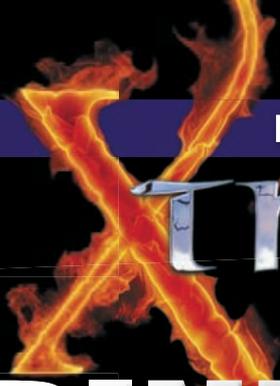
Sweets	
Oven Baked Gourmet Muffin - Blueberry	\$4.00
Cookie Time Chocolate Fix Cookie	\$3.00
M&M's	\$3.00
Mars Bar	\$3.00

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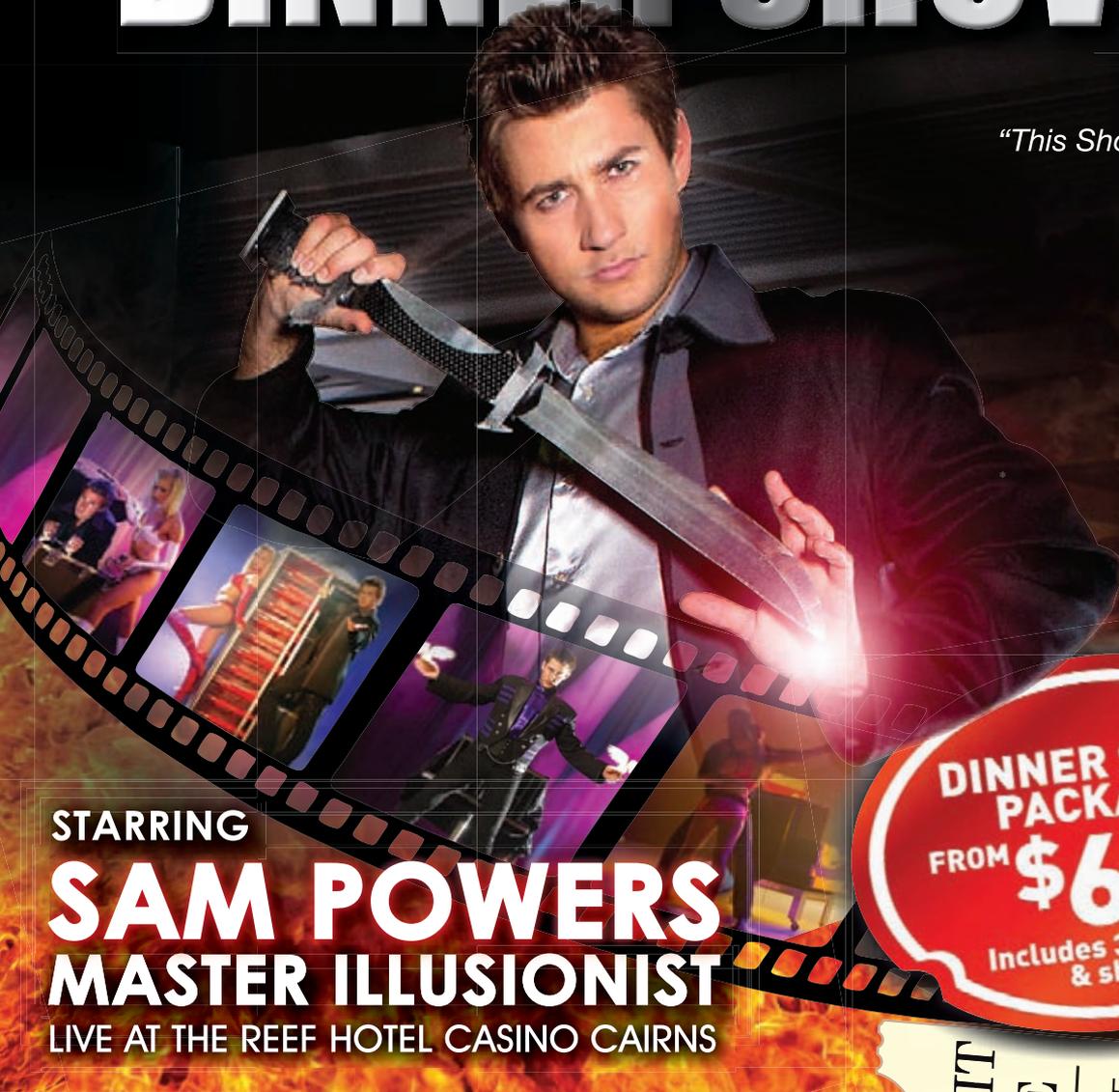
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