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THERE'S ALWAYS SOMETHING HAPPENING AT THE HARD ROCK.

Bali, Jalan Pantai Kuta Beach, +62 361 761 369, hardrockhotels.net/bali
Pattaya, Pattaya Beach Resort, +66 38 423 755-9, hardrockhotels.net/pattaya
Penang, Batu Ferringhi Beach, +60 4 881 7111, hardrockhotels.net/penang

SEE THE SHOW

Bali, Pattaya, Penang
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NICK SCOTT

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111 have a bite
Welcome to Jetstar Magazine. The arrival of spring means it’s time to shake off the winter shackles and renew yourself. What better way to do that than by accessing Jetstar’s every day low fares for a great holiday in Asia.

Commencing from 24 November, our services to Beijing* will be a real hit for holidaymakers. Highlights include the Great Wall of China, the UNESCO World Heritage-listed Summer Palace and the Thirteen Tombs of the Ming Dynasty.

This month, we commence flying to another great holiday destination — Ningbo* on China’s eastern seaboard — and from December, we’ll operate services four times per week to Vietnam’s capital, Hanoi*.

Using Singapore as a gateway, Jetstar customers can tap into many other exciting Asian destinations, including Taipei, Hong Kong, Kuala Lumpur, Ho Chi Minh City and Jakarta. We recently announced increased flying to all of these destinations as part of Jetstar’s continuing growth.

To support this growth, we’re ramping up the delivery of new aircraft. Before the end of this year, we’ll add five more 180-seat Airbus A320s and two more 310-seat Airbus A330s to our fleet in Singapore.

By the end of 2011, the Jetstar Group will comprise 86 aircraft, operating up to 3,000 flights each week to more than 60 destinations in 17 countries.

Jetstar’s growth means more choice for our customers with access to an ever-increasing number of great tourist spots. So, if you’re looking for travel inspiration, make Jetstar.com the first stop on your next great adventure.

*Flights subject to regulatory approval

Bruce Buchanan
Group CEO, Jetstar Airways
Welcome aboard, Optus.

Qantas Frequent Flyers can now earn points with Optus, on a range of Personal and Small to Medium Business services. With Optus on board, and over 400 other program partners, there are now more ways than ever to reach your rewards.

For details, visit qantas.com/optus

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PORTISHEAD
THE NATIONAL
THE FLAMING LIPS • BRIGHT EYES
HYPNOTIC BRASS ENSEMBLE • HOLY F***
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THE WALKMEN • DAPPLED CITIES • PVT
THIS TOWN NEEDS GUNS • THE HOLIDAYS • PHOSPHORESCENT
FOXY SHAZAM • KORMAC’S BIG BAND
& MORE TO BE ANNOUNCED

PLUS: A MESMERISING WORLD OF WONDERS & DELIGHTS
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THE SECRET GARDEN • LE BOUDOIR • BOOTLEG ALLEY
GOURMET FOOD AND DRINK STALLS • HOLISTIC MARKETS

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SEPTEMBER
SPRING INTO ACTION

FLOATING FANTASY
Brisbane comes alive this month as artists converge to present a fusion of high art and pop culture across the city at the Brisbane Festival. Chae Lindeman, acrobat and physical theatre performer, talks about her show, The Bubble Effect.

WHAT'S THE INSPIRATION BEHIND THE BUBBLE EFFECT?
I’ve been inspired by the innovation of European artists and producers in melding circus aerials with exciting and unique installations — an arena almost completely unexplored before in Australia.

WHAT ARE THE DIFFERENT ELEMENTS THAT MAKE UP THIS STUNNING SPECTACLE?
The bubble is a giant 6m transparent PVC ball with an aerialist suspended inside, held up purely by air pressure. The bubble is most stunning at night when lights and/or projections bounce off its surface making it an enchanting spectacle.

WHAT ARE THE CHALLENGES AND RISKS INVOLVED IN THIS ACT?
This is such a new and unusual concept that I have spent a lot of time researching and consulting with riggers, engineers and inflatable designers. I’m told the bubble holds enough oxygen for 30 minutes but I’m going to stick to a 10- to 15-minute show for now!

WHAT KIND OF ACROBATIC MOVES WILL YOU BE DOING IN THE BUBBLE?
The show inside the bubble will be based on lyra, which is essentially a steel hoop suspended from the ceiling of the bubble.

WHAT'S THE MESSAGE BEHIND THIS SHOWCASE?
Conceptually, the performance will feature an aerialist as an alien/cyborg/bird creature who has been entombed and experimented upon, and now cannot fly true nor escape either her literal or self-imposed “bubble”. It comments on the irony of “caging” what we find extraordinary, thus destroying the beauty we valued in the first place.

The Brisbane Festival is on 3–24 September at various locations across the city. Details at brisbanefestival.com.au

WORDS: ZUHARA YUSOFF
FLYING HIGH RIDERS

We caught up with Australia’s world champ’ freestyle motocross rider, Robbie Maddison who will be pulling out all the stops at the upcoming Red Bull X-Fighters finale.

HOW DOES IT FEEL TO BE BACK ON HOMEGROUND FOR THE FINAL SHOWDOWN?
It’s a really exciting time as I’ve been part of Red Bull X-Fighters for six years now and it’s never come to Australia before. All the riders give 100% so the level of riding is going to blow the audience away!

DO YOU FEEL ADDED PRESSURE TO WIN HERE FOR THE AUSSIES?
Definitely, because I want the win on my home turf. I know I’m capable of taking out the title so I’ll be focused on doing my best to get the win.

WHAT TRICKS HAVE YOU GOT UP YOUR SLEEVE?
I’ve been working on perfecting the body varial which won me the Red Bull X-Fighters event in Spain last year. I want to get the beast off my back and take my riding to the next level. In the process I’ve crashed and sustained multiple injuries so I’m making sure I’m fighting fit to give it my all for the finale in Sydney.

The Red Bull X-Fighters will be held on Cockatoo Island, Sydney Harbour. Tickets at ticketek.com.

CLASSIC TARGA ADELAIDE
14–17 SEP, ADELAIDE
More than 200 classic cars will roar through the Barossa, Adelaide Hills and Fleurieu Peninsula before an up-close display on Gouger Street at this new annual rally. classic targaaelaide.com.au

PRIMAVERA 2011:
YOUNG AUSTRALIAN ARTISTS
8 SEP–13 NOV, SYDNEY
Young Australian artists present a diverse range of works from drawing, sculpture and photography to installation and video in and around The Rocks. Look out for participatory and performance-based works. Museum of Contemporary Art, tel: +61 (2) 9245 2400.

STAR VOYAGER: EXPLORING SPACE ON SCREEN
22 SEP–29 JAN, MELBOURNE
The exhibition features rare feature film and documentary footage, video artworks, animations, and costumes. Australian Centre for the Moving Image. Tel: +61 (3) 8663 2200.

Hiromi Tango’s Insanity Magnet
KIDS’ FUN

The Sydney Children’s Festival is back and promises to keep young ones engaged. The festival’s creative director, Tory Loudon, tells us what to expect.

WHAT’S ON AT THIS YEAR’S FESTIVAL?

We have a number of new media-based workshops on how to make a film, TV or stop animation. Different workshops provide access to skills like zine-making, storytelling, illustration and anime to explore creativity.

There’s also a free film program that showcases films either made by children or for children — celebrating children’s wild and whimsical imaginations.

Finally, there are also some great theatre productions.

HOW ACCESSIBLE IS IT?

We’re using five wonderful venues across Sydney and tickets for all of the workshops and performances start from an affordable AU$15.

The Sydney Children’s Festival is on 26 Sep–8 Oct at various locations. Free and ticketed events. Details at sydneychildrensfestival.com

TESSELAAR TULIP FESTIVAL

15 SEP–12 OCT, MELBOURNE

Feast your eyes on more than half a million tulips of a hundred varieties on display, less than an hour from Melbourne. Expect live entertainment, market stalls and a sculpture competition as well.

357 Monbulk Rd, Silvan.

MELBOURNE FRINGE FESTIVAL

21 SEP–9 OCT, MELBOURNE

Wacky and wildly popular, it’s back with even more to offer. Look out for the long-running Fringe Furniture exhibition and new works presented by over 4,000 artists across Victoria.

melbournefringe.com.au

DON’T MISS

THE WIZARD OF OZ

10–18 Sep, Auckland

Follow Dorothy and Toto as they venture off to see the Wizard in this timeless classic about friends and family.

The illustrious cast includes NZ’s darling of theatre, Olivia Tennet. THE EDGE, tel: +64 (9) 357 3355.

DISNEY LIVE! MICKEY’S MUSIC FESTIVAL

SINGAPORE

Mickey and friends perform in a music mash-up featuring the greatest hits from blockbuster movies such as Aladdin, The Little Mermaid, Toy Story, all remixed to rock, pop, reggae, hip hop, country and jazz.

Marina Bay Sands, tel: +65 6688 8826.
PERTH FASHION FESTIVAL
21–27 SEP, PERTH
Be among the first to spot the latest trends on the catwalk as fashion fever sweeps Perth. Fashion exhibitions, 10 runway shows and upcoming designers await the fashionista. Details at perthfashionfestival.com.au.

TORAY PPO TENNIS
23 SEP–1 OCT, TOKYO
Women’s tennis takes centre stage as top players from the 2011 WTA Tour compete in this premier tournament. Starring Kim Clijsters and Australia’s Samantha Stosur. Ariake Colosseum, Ariake Tennis Forest Park. Tel: +81 (5) 7006 9995.

PETER AND THE WOLF
4–6 OCT, MELBOURNE
This all-time children’s classic comes alive on the big screen with Prokofiev’s magical music played live by the Melbourne Symphony Orchestra at ACMI Cinemas, Federation Square.

FLOURISH MARGARET RIVER
7–9 OCT, WESTERN AUSTRALIA
Enjoy an enriching weekend down south from Perth with the family, engaged in music, practical workshops, nature tours and cooking classes.

QUEEN — IT’S A KINDA MAGIC
NATIONWIDE
Queen fans can reminisce with the music and magic of Freddie Mercury and Queen in this internationally acclaimed theatrical production which has rocked stages worldwide. Details on itsakindamagic.com.

TEMPO DANCE FESTIVAL
30 SEP–8 OCT, Auckland
Watch stunning performances by some of NZ’s most acclaimed dancers performing a diverse range from ballet to burlesque, hip hop to contemporary. Q Theatre, tel: +61 (9) 3099 771.

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BOOK NOW
UBUD WRITERS & READERS FESTIVAL
5–9 OCT, BALI
Featuring a mixture of free and ticketed events, over 80 visiting and local writers will engage in an exchange of ideas.
Don’t miss Aussie legend, Casey Stoner, battle it out with Lorenzo, Rossi and Simoncelli for victory at Phillip Island, the home of Australian motorcycle racing. Catch all the action from the comfort of undercover seats available for the first time in the Gardner Grandstand from just $385* for 3 days. Located right on the main straight, so you’re close to all the action both on and off the track. Hurry and book today. Go to motogp.com.au for other Grandstand and General Admission prices.

*Delivery and credit card fees may apply. Conditions apply. Call 1800 100 030 or see www.motogp.com.au for full details.
YOUR DEBUT ALBUM PASSIVE ME, AGGRESSIVE YOU IS CRITICALLY ACCLAIMED, YOUR SONGS ARE CHART TOPPERS AND YOU WERE NOMINATED TOP 15 ON BBC SOUND OF 2011 — HOW DO YOU EXPLAIN THIS RAPID SUCCESS?

When TNAF landed internationally, it all happened at a very fast pace for us. With tracks such as “Young Blood” spreading virally on the internet, along with a very heavy tour schedule across the UK, Europe and the US, it exposed our music to a huge number of people and left us so happy knowing the giant audience we’ve reached.

YOUR MUSIC HAS BEEN COMPARED TO THAT OF MGMT AND PASSION PIT — DO THESE BANDS HAVE A REAL INFLUENCE ON YOU? I think when tracks such as “Young Blood” are listened to in context with the rest of the album, these comparisons fade a lot. We don’t take a lot of influence from those bands, but it’s a big compliment being compared to artists we admire and respect.

HOW HAS YOUR MUSIC EVOLVED SINCE THE BAND FIRST STARTED? When starting out, we were only a four-piece band, and that was what the tracks and lo-fi raw production represented. Since the creation of Passive Me, Aggressive You and us becoming a five-piece in 2009, it opened the door to us evolving our sound. The production became bigger, more layers were introduced into tracks, and Thom and Alisa’s duet-style vocals became quite a strong feature.

WHAT WAS THE CREATIVE PROCESS LIKE FOR THE ALBUM? It was a solid year of writing songs for the album, but only about two weeks actually spent in the studio finishing the album. Because of the way our tracks form together, so much is done “bedroom-studio” style and tracks often near completion before we even enter a studio. Although it’s different for every track, demos usually first appear from Thom or Alisa; Thom and I will then spend a while producing the track, giving it a particular aesthetic. After that, we go through the track as a band, until it naturally reaches a point where it’s ready for a final recording.
Taste of Melbourne is back at Melbourne’s historic Royal Exhibition Building this month (15–18 September), bringing together the city’s finest restaurants with a delicious line-up of food and drink producers for an unforgettable foodie experience.

Buy a book of tokens and wander among the stalls creating your ultimate degustation menu from some of Melbourne’s finest chefs including Cheong Liew (Botanical), Martin Boetz (Longrain), George Calombaris and Shane Delia (St Katherine’s), Nick Creswick (Libertine & Le Traiteur) and Joseph Vargetto (Mezzo & Mister Bianco). Take part in wine tastings and tutorials, watch one of the many cooking demonstrations or enjoy a glass of wine and chat to producers.

The country comes to the city with Yarra Valley’s mini farmers’ market selling produce from Little Creek Cattle Company, Crumbs Gourmet Biscuits, Warratina Lavender Farm, Fudge By Rich, Rayners Stonefruit and Yarra Glen Smokehouse. Take a journey through the aromatic world of coffee tasting with Nespresso’s free interactive sessions teaching you how to engage all your senses in the appreciation of this favourite drink. Join Jindi Cheese and their flamboyant French cheesemaker, Franck Beaurain, for an appetising introduction to cheese appreciation and wine matching, featuring their new range of award-winning Old Telegraph Road cheeses and more. Tickets available at tasteofmelbourne.com.au.

**THE TROPICS**

Hawaii’s inaugural Food and Wine Festival kicks off 29 September–1 October in Honolulu, featuring local food personalities and producers, and local and international chefs including Australia’s Tetsuya Wakuda.

---

DON’T MISS THIS

Sensology’s "The Art of Cocktail Making", at Taste of Melbourne, is a step-by-step guide to whipping up and serving in style some of the world’s most iconic cocktails, including the Mojito, Cosmopolitan, Piña Colada, Breakfast Martini and Daiquiri.
Chaired by two of Hawaii’s most-awarded chefs, Roy Yamaguchi and Alan Wong, the event showcases the islands’ best produce. The festival marks the 20th anniversary of the Hawaii Regional Cuisine movement, which encourages chefs to utilise local produce and partner with the islands’ farmers to raise speciality foods like hamakua tomatoes, nalo greens, sea asparagus, kahuku corn, cacao, gobo, breadfruit, hearts of palm, grass-fed beef and kona abalone. The festival includes tastings, dinners and cooking demonstrations. Tickets available at hawaiifoodandwinefestival.com.

**HUNGER PANGS**

The Crave Sydney International Food Festival, brings some of the world’s leading chefs to Sydney in October for a month-long, South American-inspired feast. It kicks off with the World Chef Showcase (1–2 October) featuring international chefs such as Alex Atala (D.O.M., Brazil), Gastón Acurio (Astrid & Gastón, Peru), Daniel Patterson (Coi, USA) and David Chang (Momofuku, USA), alongside local talent including Ben Shewry (Attica), Mark Best (Marque), Neill Perry (Rockpool), Dan Hong (Lotus/Ms G’s), and Matt Moran (Aria).

Throughout the month there’s the ever-popular night noodle markets, Barbecue Madness and Let’s Do Lunch, plus community festivals, food tours and cooking classes. View the program on cravesydney.com; tickets from ticketmaster.com.au.

**CLOCKWISE FROM MAIN:**

*Stokehouse Restaurant & Bar joins Taste of Melbourne; blackened ahi’ by Roy Yamaguchi; learn to concoct iconic cocktails at Taste of Melbourne*

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AuPairHouse
(07) 5520 4442
aupairhouse.com.au
Forget tired old roasts and limp salads, the battle of the buffets has seen some of Australia’s grandest hotels introduce a world of live cooking stations and interactive dining options.

**SINGING THE PRAISES**
Café Opera at InterContinental Sydney offered one of Sydney’s finest buffets back in the ’80s. Thanks to a recent Thomas Bucich redesign creating a great sense of theatre with live cooking stations, chef demonstrations, a wine tasting table and European pâtisserie-style dessert display, it’s bringing “buffet” into the now.

Executive head chef Tamas Pamer and Executive sous chef Julien Pouteau, both with Michelin-starred experience, have compiled a new French market-inspired menu for both à la carte and buffet, while the redesign features a series of different dining spaces, including an alfresco court within the hotel’s beautiful 19th-century sandstone arcades.

This month, there are special cupcake decorating and cookie-making sessions every Sunday from 12.30–2.30pm to keep the kids entertained while parents relax. 117 Macquarie St, Sydney, tel: +61 (2) 9240 1396.

**THE GRAND DAME**
Melba Restaurant at The Langham, Melbourne, is appropriately named after famous Melburnian Dame Nellie Melba, as it’s as much about entertainment as it is about good food. A series of open, interactive kitchens and cooking stations are all part of the Melba experience.
stations where guests and chefs come together has created wonderful entertainment.

Chefs cook skewered meats in shiny copper tandoors in the spice kitchen which offers the likes of chicken tikka, freshly-made naan bread, eggplant masala and lamb rogan josh, while the fiery woks of the turbo wok station toss together Singapore fried noodles, pad Thai, chicken and mushroom san choy bau, and prawns with mushrooms and soy sauce. Pasta and risotto are prepared to order, the sushi and steamer basket station offers rolls including salmon and avocado and cucumber and mushroom, as well as prawn dumplings, coriander dumplings and mini barbecue pork buns, while the Asian pancake station features delicious five-spice roasted duck.

Save room to dip strawberries, profiteroles and marshmallows in the chocolate fountain!

A RAY OF LIGHT
The Atrium Restaurant at Perth’s Burswood Entertainment Complex underwent a AU$10 million refurbishment last year, reopening with five live cooking stations whipping up European and Asian delights. As well as being able to watch the masters of woks and flamêâ€šs, guests can choose from a carving station featuring several different spit-roasted meats, a “cook to order” pasta bar and a dessert station guaranteed to please everyone and create a fun atmosphere.

Great Eastern Hwy, Burswood, tel: +61 (8) 9362 7551.
Award season is in full swing with gongs going to Australia’s finest producers, bartenders, chefs, restaurants and more. We hail some recent winners.

**TOP DROP**

Australia’s Cobram Estate Extra Virgin Olive Oil won “Best of Show International” in two out of three categories at the 2011 Los Angeles International Extra Virgin Olive Oil Competition — something no other oil has done in the show’s 12-year history. Brisbane-born CEO, Rob McGavin said he was particularly delighted “given we were competing against over 600 other oils from 20 countries, including Italy and Spain, the traditional homes of olive oil”. Their 2011 Reserve Picual was awarded Best of Show in the medium-intensity category, while the Reserve Hojiblanca won the delicate-intensity category. All five entries, including Cobram’s Light & Delicate, Premiere and Koroneiki, won gold medals.

**SWIMMINGLY**

Sydney Fish Market’s Seafood Excellence Awards were announced in July with Flying Fish in Pyrmont named Best Seafood Restaurant and apprentice Sam Smith from Pilu at Freshwater taking out the “Inspired by Seafood” award for best young chef for his dish of aromatic cured king salmon with apple & vanilla.
The delicious 2011 Produce Awards brought together some of the country’s most respected chefs — Alla Wolf-Tasker, Matt Moran, Maggie Beer, Philip Johnson and Cheong Liew — in Sydney recently to judge the best Australian offerings from earth, dairy, paddock and sea.

AND THE WINNERS ARE:

From the Paddock: Mondo White Rocks veal (WA)

From the Dairy: Gundowring Finest Ice Cream (Vic)

From the Sea: Petit Bouchot mussels, whose producer, Kinkawooka Shellfish Co (SA), also won Producer of the Year

From the Earth: Shima Wasabi fresh wasabi stem & leaves (Tas)

Artisan Award: Pacdon Park haggis (NSW)

Best New Product: Snowy River Station samphire (Vic)

Outstanding Use of Regional Produce by a Chef: David Moyle, The Stackings (Tas)

Heritage Award: Fiona Chambers, Fernleigh Farms (Vic)

Regional Award: Huon Valley (Tas)

Outstanding Provedores: Ian & Liz Hemphill, Herbie’s Spices (NSW)

Outstanding Farmer’s Market: Eveleigh Farmers’ Market (NSW)

Hall of Fame: Holy Goat Cheese La Luna (Vic), Blackmore Wagyu Beef (Vic) and Spanner Crabs Noosa raw crab meat (Qld)

Maggie Beer award for outstanding contribution to Australian food: Chef Neil Perry.

A GLASS ACT

Tim Philips of Ivy Level 6 in Sydney has just returned from New Delhi, India, where he was placed sixth out of 32 bartenders from around the world in the “World Class” cocktail competition. To get there, he had to take on 10 of Australia’s most talented bartenders at the national competition in June.

Philips described the competition as “an amazing opportunity to showcase the skills of some of the country’s best bartenders” and said he felt privileged to have represented Australia.

PARTY STARTER

Tim Philips suggests a “Sandy Collins” cocktail to kick off a spring party. Combine in a shaker 60ml Glenkinchie single malt whisky, 30ml lemon juice, 25ml sugar syrup (simmer equal parts sugar and water until sugar dissolves) and the peel of 1 small lemon. Shake and serve in a long narrow glass, top with soda water and garnish with a lemon wedge.

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Tim Philips of Ivy Level 6 in Sydney has just returned from New Delhi, India, where he was placed sixth out of 32 bartenders from around the world in the “World Class” cocktail competition. To get there, he had to take on 10 of Australia’s most talented bartenders at the national competition in June. Philips described the competition as “an amazing opportunity to showcase the skills of some of the country’s best bartenders” and said he felt privileged to have represented Australia.
8.30am Turn left out of the über-cool Urban Hotel (35–37 Fitzroy St, tel: +61 (3) 8530 8888) onto Acland Street then left onto Carlisle St to St Kilda’s best bohemian café, The Galleon (9 Carlisle St, tel: +61 (3) 9534 8934). Eat with the arty types and sip their legendary Latte Soy Dandelion (LSD).

9.30am Now you’re fuelled up, check out St Kilda’s eclectic fashion at Dot & Herbey (229 Barkly St, tel: +61 (3) 9593 6309), Scarff (206 Barkly St, tel: +61 (3) 9593 9707) and Eliana Designs (29 Blessington St, tel: +61 (3) 9534 1458), or try pre-loved vintage clothing at Frocks’n’Slacks (188e Barkly St, tel: +61 (3) 9537 2337). Don’t miss second-hand record store Pure Pop Records (221 Barkly St, tel: +61 (3) 9525 5555).

11.30pm Wander along St Kilda’s refurbished beach boardwalk, stroll the historic pier and look for penguins or chat with local fishermen trying their luck.

12.30pm Enjoy a long lunch overlooking Port Phillip Bay at The Stonehouse (30 Jacka Blvd, tel: +61 (3) 9525 5555).

2pm Burn off your lunch with some activity. If it’s windy, these protected waters are perfect for kite surfing with Kite Republic (4/10–18 Jacka Blvd, tel: +61 (3) 9537 0644). If it’s calm, try stand-up paddle boarding with Stand-Up Paddle Boarding St Kilda (4/10–18 Jacka Blvd, tel: +61 (3) 9537 0644).

4.30pm Head up St Kilda’s other famous walkway — Fitzroy Street — to recharge with a coffee and some chocolate at Cacao Fine Chocolates & Patisserie (52 Fitzroy St, tel: +61 (3) 8598 9555); there’s 45 flavoured fillings to choose from.

5pm Enjoy glorious Bay views at one of Melbourne’s most iconic watering holes, the Espy (11 The Esplanade, tel: +61 (3) 9534 0211), which is the launching platform for some of the country’s best bands.

6.30pm Go for a stroll at St Kilda’s Botanical Gardens. At 6.5ha, this 152-year-old local treasure is home to ornamental ponds, glasshouses and hundreds of species of plants and trees.

7pm Head back down to Barkly Street for one of Melbourne’s best seafood feasts at Claypots (213 Barkly St, tel: +61 (3) 9534 1282). You can’t book and it’s always busy so enjoy a pre-dinner drink while someone taps the ivories at Claypots’ front bar.

9pm Wrap up your night with an after-dinner cocktail or coffee and dessert at Big Mouth (168 Acland St, tel: +61 (3) 9534 4611) — you’ll love this 1930s-era bar and restaurant.
Reinvigorate your mind, body & spirit in the hinterland of Byron Bay on the North Coast of NSW. Mention Jetstar Magazine and Gaia will replenish you with a $200 Spa Voucher when you book 3 nights or more before 31st October 2011.

Design director and licensed builder Di Henshall runs a successful interior design firm in Noosa. We ask her how she does business in the 21st century.

You've worked on interior design projects across the world, why set up business in Noosa?

Our team had just been to lunch by the river and walking back to the studio one of our newer team members, who hails from a different state, asked why the whole world doesn't live in Noosa, because it's so beautiful. I set up business here because it's a great place to bring up children, it has a uniquely cosmopolitan atmosphere, and in two hours I'm in Melbourne.

What led you to set up your own business?

I qualified as an interior designer in England and emigrated to Australia, where I took up a post with a group of architects in Melbourne. My husband, whom I met on the plane coming over from England, decided that we should live in Noosa. I took a huge leap of faith (and most of our mortgage) and started the business in 1988.

How do you manage to remain hands on when you have clients across the country?

I have a brilliant team. Each of us specialises in a particular sector of the company and we work together as an integrated machine. We bounce ideas off each other and our support team backs us up brilliantly. This leaves me free to work closely with our clients.
MY BEST TIP

Travelling lifts your spirit and engages your thinking in ways that you might not consider in your everyday life. With travel comes education about the cultures and customs of different people, which in turn makes one understand and appreciate different points of view.

WHAT IS YOUR WORK PHILOSOPHY?

I believe passion is the first thing anyone needs to be good in their profession — and a genuine love of people is essential. We strive to deliver more than what the client expects, and be honest, trustworthy and reliable.

WHICH CITIES INSPIRE YOU?

Melbourne is a stand-out. The people, architecture, culture, shopping, food and scenery are all energising and truly one of a kind. Bali is one of the most beautiful places on earth with some pure genius displayed in their interior design, garden design and architecture. But for awe-inspiring, Japan is the ultimate. Japanese architecture and interior design, both traditional and modern, are truly wondrous.

AUSSIES ARE MAD RENOVATORS, WHAT IS YOUR ADVICE TO THEM?

The more time you spend planning, the less time and money you’ll waste. Cutting out pictures to create a mood board gives everyone a chance to have a say before it’s too late. If you want to inject wild colours, use them in cushions, paintwork, splashbacks, rugs — things that can be easily changed.

JAPANESE TOILET SEAT

One of the first things a traveller to Japan will encounter is the bidet toilet seat. A standard in most homes and hotels, with just the push of a button the bidet will wash you clean with warm water and then dry you thoroughly with a gentle stream of warm air. Now you can have it in your home by replacing your toilet seat. It’s simple! Just take off your old seat and replace it with a bidet toilet seat from us. With no plumber required, it installs in minutes!

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The Express Beauty Bar is now open at Sydney International Airport. In under 30 minutes, treat yourself to eyelash extensions, blow dry, make up, manicures and pedicures, facials, massage or eyebrow threading; for men and women.

WORLD SPA
Sydney’s spa aficionados recently welcomed the arrival of Pañpuri, a six-star organic spa from Thailand. Pañpuri Organic Spa is known for its luxurious skincare and aromatherapy products, as well as its indulgent spa and aromatherapy treatments. We met with spa director Khun Ardisorn.

WHAT SETS PAÑPURI APART FROM ITS AUSSIE COMPETITORS?
Asia is wealthy in health and beauty practices. We watched as our grandparents treated themselves with Eastern herbs, flower oils, crushed roots and other age-old natural healing methods. With Pañpuri’s intimate knowledge of luxury organic products as well as its experience in Asia’s spa philosophies — from Thailand, India, Indonesia and the Philippines — we offer the best of the Orient.

TELL US ABOUT YOUR PRODUCTS AND THERAPISTS.
Our products focus on exotic Eastern botanicals. There are no added perfumes/fragrances and only 100% pure essential oils are used to create one-of-a-kind natural scents. Our products are parabens-, SLS- and mineral oil-free. Pañpuri is the first and only Thai brand to use genuine Certified Organic ingredients in its formulations. Our therapists offer six-star quality service.

Sydney beautician Amy Erbacher (left) is an ace at faking it

BUFF AND POLISH
From the brilliant German range Dr. Spiller, comes an emulsion Body Scrub (RRP AU$136) which removes dead skin and excess sebum. It’s the prefect prep for their lightweight macadamia Body Oil Spray (RRP AU$111). Tel: 1300 301 007.

THE GOLD STAR BAR
The world’s first certified organic range is Australian owned and made. Miessence’s Exfoliating Cleansing Bar (RRP AU$9.20) purifies, cleanses and exfoliates — how handy! Tel: +61 (7) 5539 2011.

FROM THE VEGE PATCH
Add a spring flush to lips and cheeks with Ere Perez’s Natural Beetroot Cheek & Lip Tint (RRP AU$29.95) and Natural Carrot Cheek & Lip Balm (RRP AU$27.95), in four fresh tints.

CRYSTAL POWER
From new unisex range LaGaia comes a fragrance-free, crème amethyst facial masque (RRP AU$98) which combines the healing and regenerative powers of crystals with plant and seed oils — perfect for dehydrated skin. Tel: +61 (3) 9499 8784.

GO WITH A GLOW
Beautician to the stars Amy Erbacher offers spray tans in five tones using natural ingredients that don’t smell. Full body tan AU$45; Top to Toe Body Glow with dry body brushing, AU$65. Tel: +61 (0)423 222 422.

DON’T MISS
The Express Beauty Bar is now open at Sydney International Airport. In under 30 minutes, treat yourself to eyelash extensions, blow dry, make up, manicures and pedicures, facials, massage or eyebrow threading; for men and women.
As one of Jetstar Gold Coast Titans’ fastest players, winger David Mead is also one of the fittest. Since bursting on to the rugby league scene as a 19-year-old for his native Papua New Guinea at the 2008 World Cup, Mead has become a strike weapon for the Titans. We asked him how he stays fit and healthy in such a tough sport.

YOU’RE STUDYING PERSONAL TRAINING. IS THAT A CAREER PATH FOR LIFE AFTER FOOTBALL?
I’m doing it more to help me with my football. When I first started my professional career I didn’t really know what to eat, but since I’ve got my diet right I’ve been able to cope with the pre-season training a lot better.

ANY DIET TIPS YOU’VE PICKED UP?
What hurts most is eating carbs when you’re not exercising. If you get lots of good fats and protein in, you’re fine. If I’m going to sneak a chocolate bar in, I’ll do it after a work-out when my metabolism is still high.

YOU GUYS TRAVEL BY AIR A LOT, HOW DO YOU STAY FRESH DURING AND AFTER A FLIGHT?
On longer flights, I’ll get up a few times to have a walk around and have a bit of a stretch to stop my hips and lower back stiffening up. I get a good breakfast in before we go to the airport and I’ll also drink plenty of water to stay hydrated.

HOW DO YOU STAY SHARP WHEN YOU’RE HANGING AROUND HOTELS WAITING FOR A MATCH?
The day before a game we often have a training session in the afternoon, and then go back to the hotel, stretch up a bit in the room and after dinner we get a massage and watch a movie, to stay relaxed.

AWAY FROM FOOTBALL, HOW DO YOU KEEP FIT?
I love playing touch football with my mates or just mucking around in the swimming pool. Just fun stuff.

COOLANGATTA GOLD
GOLD COAST, 25 SEPTEMBER
Some of the fittest athletes on the planet will battle it out for the pinnacle of Australian surf life-saving, the Coolangatta Gold. The gruelling endurance race is one of the sport’s most iconic events and features more than AUS$60,000 in prize money. The main event’s 46km circuit stretches from Kurrawa to Coolangatta and back, and features a ski paddle, swim, board paddle and three run legs. Female competitors slug it out over a shorter 30km track. Spectators can view the action at any beach on the southern half of the Gold Coast, but for the best vantage point, head to Broadbeach’s Kurrawa Beach. See sls.com.au/coolangattagold
The outdoors is your gym. Whether you’re training for competition or fun, you need a watch you can rely on. With Suunto Quest, you can personalize and download your training programs. Monitor your HR, speed, distance, running cadence and laps in real time. And even share, plan, and analyze your results at Movescount.com. All crafted in a distinctly rugged design you can wear every day. Ensuring your life in the outdoors is always on track.

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As one of our favourite family dramas returns to our small screen, we chat with the show’s favourite son, actor Hugh Sheridan

WORDS KATHY BUCHANAN

Hugh Sheridan is a family guy at heart (he lives with his older sister and is one of seven kids), but this handsome former Adelaide boy and charming actor/singer, Logie winner and NIDA graduate, clearly has a diamond-studded future.

“Yes, I do have a six-pack... But what kind of a question is that?” splutters Hugh Sheridan, 26, laughing good-naturedly at my ice-breaker.

It’s a gorgeous, sunny Tuesday afternoon in central Sydney and Sheridan is wearing jeans, classic R.M. Williams boots, a white T-shirt, a hoodie and a Domingo suit jacket.

“I’ve got my own style,” he says, blue eyes twinkling cheekily. “It varies so much depending on where I’m going. Today I’m wearing street wear but I love getting dressed up and putting on a cool suit. One of my current projects is being an ambassador with Myer and a young guys label called Domingo.”

The Packed to the Rafters star may know how to dress to impress, but he’s also got a heart of gold. A triple Logie winner for his TV work on Rafters, he’s also a proud ambassador for World Vision.

“I love charities that work with children. Last year, I gave World Vision the title song of my first album Speak Love and we did a clip together for the child sponsorship program. Later this year, I plan to do some work with World Vision in remote parts of the Northern Territory with children in indigenous communities.”

He’s also eco-friendly and gets about town on the same bicycle he’s had since college.

To relax, Sheridan hangs out beachside. “In Sydney, you can...”
STAR STRUCK //

Hugh Sheridan plays the loveable rogue Ben Rafter in *Packed to the Rafters*. 
always get there easily, grab your mates and chill out, go for a swim then have a few beers.” At school, he played AFL football and did athletics in between acting studies. He clearly still likes keeping fit.

“I love going to Centennial Park for a jog, listening to and playing music, and getting out in the sun on my bike. I exercise every day... I find if I don’t, I can’t sleep.”

Clearly, winning awards and having legions of fans from his role as loveable rogue Ben Rafter hasn’t shaken his down-to-earth roots (he still barracks for the Port Adelaide AFL Club).

“I feel very blessed to have grown up in Adelaide. There’s a huge sense of community. We had a great big backyard and lots of room to run around.

“I grew up in a very musical household. My dad is a singer so it was an artistic upbringing. I was always doing shows and performing. I’ve wanted to be an actor since I was a little kid so my parents put me into acting classes when I was five. Growing up, I had five older siblings who all loved performing, telling stories and singing, too.

“I guess my relationship with my dad is different to a lot of
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PHOTOS: SEVEN NETWORK
FIJI PHOTO: GETTY IMAGES

HUGH SHERIDAN’S FAVOURITE PLACES TO HOLIDAY

FIJI: I love Fiji. I think it’s awesome and beautiful — a really cool destination to get away to.

HAMILTON ISLAND: I went to Audi Hamilton Race Week on Hamilton Island last September. It’s such an amazing place. We stayed at the luxury hotel qualia. It was so cool I couldn’t believe I was actually in Australia.

HONG KONG: It’s wicked! It’s such an amazing city with so much to offer with the restaurants, the races and the beer.

ADELAIDE: I grew up surfing and boogie boarding at a South Australian beach called Aldinga Beach (45 minutes south of Adelaide). Sometimes if I’m really stressed, I close my eyes and imagine myself there on a hot day and everything’s okay again.
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Darling Harbour, Sydney
I'm looking forward to focusing on my music.

"I'm looking forward to focusing on my music and I'm recording some new stuff. I'm hoping to tour early next year. It's a big part of me and I do find it difficult to shift between the headspace from music to acting. I love them both."

"I'm going to spend some time in LA and scope it out. But don't worry. I've got no intention of leaving Australia in the near future. I'm having way too much fun and I always say if it isn't broken, don't fix it!"

Packed To The Rafters screens on Channel Seven on Tuesdays at 8.30pm.
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It’s a hallowed sporting event that will see 20 of the world’s best teams and more than one million fans come together in New Zealand. Yes, the Rugby World Cup is upon us (9 September — 23 October) and whether you’re backing the Wallabies, championing the All Blacks or simply visiting to soak up the atmosphere, the Land of the Long White Cloud has lots to offer.

Lines are being played on the North Island in Whangarei, Hamilton, Rotorua, New Plymouth, Palmerston North, Napier and Wellington, while Auckland is the hub of the World Cup, hosting two quarter-finals, both semis and the final. Following the earthquakes, Christchurch will no longer entertain, but South Island games will take place in Nelson and North Harbour, with the spotlight on Dunedin.

Rugby aside, fans should take advantage of the adrenaline-packed activities and natural beauty for which New Zealand is famous, because within 100km of each stadium, there’s an awful lot to do. I put myself in a fan’s shoes and allow seven days to explore some of the most exciting activities on the North and South Islands.
Fans should take advantage of the adrenaline-packed activities and natural beauty for which New Zealand is famous.
Where will you take us next?

Machu Picchu  Hanmer Springs  Marum Volcano  Trans-Siberia
Amazon  Queenstown  Vancouver  Milford Track
Sierra Nevada  Kilimanjaro  Mount Fuji  Coast to Coast
Amsterdam  Mount CooK  Wanaka  Heathrow Airport
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Looking at the 35m drop below me, my heart is beating rapidly. “You’ll be fine,” says Angus, my gregarious Kiwi guide from Black Abyss Tour. “Abseiling is the easy part!”

Swallowing the lump in my throat, I let the harness take my weight and allow the rope to slip through my hand. Kicking off the dank limestone walls, I descend slowly into the Waitomo underworld.

“How are you going up there?” bellows Logan, the other guide, his voice echoing off the cave walls. “Fine,” I murmur, as his shadow comes into view. Making it to the bottom, he releases my carabiner, reattaches me to a horizontal zip line and tells me to jump. Leaping into the dark, I slide down into a larger cave, where I’m greeted by hundreds of stalactites and stalagmites — plus glow worms twinkling above me like a starry night sky.

After sipping hot chocolate for warmth, Angus issues us with inner tubes and points his flashlight down to a river below. “Now, we get wet,” he chuckles. Mustering the courage takes a few minutes, but holding the tube firmly beneath me, I leap off the edge and land with a splash.

Scrambling our way along the river and through some tight gaps, we soon enter a cave that has a waterfall thundering into it, which we have to climb up. The water is dumping heavily, so it’s far from easy, but I yank myself up and over, into a narrow, rocky passageway. Crawling round the final corner, an arterial burst of daylight blinds me, signalling the outside world. I have arrived.

**FOOD & WINE**

Look out for cultural events held to coincide with the World Cup. These include the New Zealand Olive Festival (24 September in Hawke’s Bay), the Port Chalmers Seafood Festival (1 October, just outside of Dunedin), and the Marlborough Wine and Cuisine at Brancott Vineyard (6 October, north-east on the South Island).

**FLY JETSTAR TO:** Auckland

**NEAREST RWC STADIUMS:**

- Eden Park (Auckland), Waikato Stadium (Hamilton) and Rotorua International Stadium

**DAY 2**

**SKYDIVING OVER QUEENSTOWN, SOUTH ISLAND**

Our light aircraft banks at an acute angle, revealing the Remarkables mountain range beside us and Lake Wakatipu below. As the plane peaks, so too does my fear. Vertigo is suddenly a very real factor.

After all of that action, you’ll be wanting to relax, and the Onsen Hot Pools (Arthurs Point, Queenstown) offers a rejuvenating respite. There are private spa pools and bubbling hot water to soothe your aching muscles. www.onsen.co.nz
WHERE TO STAY

The Queenstown Park Boutique Hotel has luxurious, stylish rooms and friendly, accommodating staff who take the time to look after your every need. You can book with www.jetstar.com

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“Are you OK?” asks my NZone tandem skydive instructor, as we reach 12,000 feet. “Yeah,” I lie. At 15,000 ft, he slides open the door of the plane. Shifting my feet onto the edge, with the wind blasting me, this is now very real. “Ready?” he yells into my ear. “Sure.” I say nervously. “Right then — three, two, one!” And we jump...

Hurtling at 200km/h, adrenaline floods my nervous system and my stomach feels left behind. After a few seconds, I get used to the sensation and despite gravity being the benefactor of my impending demise, it feels less like falling and more like flying. After plummeting for 60 seconds, he pulls the cord and releases the parachute. Rapidly decelerating, the harness pulls hard against me, tugging me up. It’s an overwhelming relief, with the experience suddenly becoming very peaceful and the views altogether amazing.

FLY JETSTAR TO:
Queenstown and Dunedin

NEAREST RWC STADIUMS:
Rugby Park Stadium (Invercargill) and Otago Stadium (Dunedin)

TREKKING THE ROUTEBURN TRACK, SOUTH ISLAND

At first light, we pull on our boots and hike into Fiordland National Park. Trekking, or “tramping” as it is known in NZ, is an adventure that will appeal to those looking to explore the country’s natural beauty. Our group is made up of a trio of 20-somethings and half a dozen women in their sixties.

The Routeburn Track, which runs between the Hollyford and Dart Valleys at the base of the Southern Alps, attracts about 13,000 walkers each year. The hike is 40km long and can be done independently, or through one of several reputable hiking companies.

Our group is led by Blake, a well-informed guide from Ultimate Hikes, who points out local birds, wildlife and waterfalls. The scenery is like something from Middle Earth, with sun-dappled forests, alpine basins and impressive mountains. Spearing my walking stick into the ground, I take a deep breath, smile and quicken my pace to keep up with the ladies.

The next day, the wind gets up and it starts raining. Admittedly, it puts a dampener on things, but inclement weather is fairly common in Fiordland, so we grin and bear it. After a few more
Home to one of the top 10 biodiversity hot spots in the world, Australia's South West offers a destination of diversity. It's a place where the wine, food, surfing and good West Aussie lifestyles blend with the solitude of ancient forests and captivating coastline.

Australia's South West is home to over 150 different types of orchid with an amazing 8,000 wildflower species. The peak flowering season is now through to mid-November.

The whales are also on show now! Hundreds of humpback and southern right whales feed, breed and play close to the coast from June to December. Get up close on a whale watching tour or discover a number of great locations to spot them from the coast. It's also a great time to see the friendly bottlenose dolphins.

Spanning six beautiful wine regions including the Margaret River Wine Region, annual vintage results continue to exceed expectations and reinforce its reputation as one of the premium wine producing regions in the world. Enjoy a day sampling wine and a long lunch at a winery restaurant.

There really is something for everyone in Australia's South West. For more information on itinerary planning, accommodation, upcoming events and more, download your free holiday planner from australiassouthwest.com

Whales and dolphins are free roving wild animals and their appearance cannot be guaranteed.
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**FLY JETSTAR TO: Queenstown**
NEAREST RWC STADIUMS:
Rugby Park Stadium (Invercargill) and Otago Stadium (Dunedin)

**DAY 7**

“Hold tight,” shouts Greg, my mountain bike guide, as the track drops into a steep descent. Skidding over loose rocks, I lose control for a moment, which sends panic pulsing through me. Trying to avoid the bigger rocks, I hold a straight line, pinning my eyes where I want the bike to go. After getting used to the responsive bike, I settle into the ride and take in the breathtaking views.

Moke Lake is beautiful, bordered by lush greenery and impressive peaks poking into the clouds. I’m riding with the Fat Tyre adventure company, who use GT Force 3 mountain bikes with full front and rear suspension and disc brakes.

Gathering pace, I click through the piano-shifter gears and stand on the pedals — bunny-hopping off banks and racing through puddles. After a testing off-road section, we stop at Lake Wakatipu for a well-deserved drink of water and a chomp on a muesli bar.

A decent level of fitness and some mountain biking experience are recommended, especially if you’re looking to tackle more technical runs, although Fat Tyre chooses routes depending on your ability. For serious bikers, heli-biking and three-day mountain biking trips are also available.

**FLY JETSTAR TO: Queenstown**
NEAREST RWC STADIUMS:
Rugby Park Stadium (Invercargill) and Otago Stadium (Dunedin)

Riding the Moke Lake region, South Island

**RIDING THE MOKE LAKE REGION, SOUTH ISLAND**

"Hold tight," shouts Greg, my mountain bike guide, as the track drops into a steep descent. Skidding over loose rocks, I lose control for a moment, which sends panic pulsing through me. Trying to avoid the bigger rocks, I hold a straight line, pinning my eyes where I want the bike to go. After getting used to the responsive bike, I settle into the ride and take in the breathtaking views.

Moke Lake is beautiful, bordered by lush greenery and impressive peaks poking into the clouds. I’m riding with the Fat Tyre adventure company, who use GT Force 3 mountain bikes with full front and rear suspension and disc brakes.

Gathering pace, I click through the piano-shifter gears and stand on the pedals — bunny-hopping off banks and racing through puddles. After a testing off-road section, we stop at Lake Wakatipu for a well-deserved drink of water and a chomp on a muesli bar.

A decent level of fitness and some mountain biking experience are recommended, especially if you’re looking to tackle more technical runs, although Fat Tyre chooses routes depending on your ability. For serious bikers, heli-biking and three-day mountain biking trips are also available.

**FLY JETSTAR TO: Queenstown**
NEAREST RWC STADIUMS:
Rugby Park Stadium (Invercargill) and Otago Stadium (Dunedin)

Riding the Moke Lake region, South Island

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Riding the Moke

Lake region, South Island

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It's Friday night in Melbourne and the city is alive with energy and anticipation. Packed trams rattle down the main thoroughfares, people disappear into restaurants and down colourful art-covered laneways, while filtering through the city's magnificent trees, comes the din of laughter and conversation from a roof-top bar somewhere above.

Melbourne, like all great cities, is a constantly evolving mix of the tried and true with the energetic and new, and nowhere is this ever-evolving nature more palatable than its array of bars and restaurants.

Long-time TV and radio personality Dylan Lewis is, like Melbourne, an established, likeable and evolving character. First beamed to our airwaves in the mid-'90s as host of ABC's popular music youth show, Recovery, Lewis — who now hosts afternoon radio on Nova 100 — takes us on a night out on the town, Melbourne style.

First port of call is dinner, and Lewis points knowingly to Mamasita's, a Mexican restaurant on Collins Street. "This place is wonderful, it's modern Mexican and far from your average Taco..."
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Mexican food gets a makeover at Mamasita

BELOW: Hosier Lane heralds Movida’s entrance

“I like places where they serve Coopers long necks”

Bell. Mamasita has a full tequila menu; these are for sipping and savouring and taste terrific. It’s impossible not to eat the food here because it’s amazing,” says Lewis.

So many people agree with Lewis there’s a line down the stairs and out the door — a common occurrence on Fridays — and the guy at the top reckons it’ll be around 9 or 10pm before a table frees up. We leave our phone number with the maître d’ and go exploring for a pre-dinner drink.

While Lewis admits going out has changed for him since the birth of his daughter two years ago — “my wife and I hit cafés in the morning and sometimes if we’re feeling dangerous, we’ll go back in the afternoon for a hot chocolate” he quips — he can still confidently lead the way to Section 8.

Constructed from shipping containers and pine palettes and hidden in a lane off a lane, Section 8, with its aerosol-art-covered brick walls and “no suit” policy, is a meeting place with street vibe.

On the way down Bourke Street we pass two classic Melbourne multi-storey bars, The Carlton, with its decadent rich velvet interior complete with soaring taxidermed giraffe named Gerald, and Madame Brussels, where the staff wear Fred Perry and it’s jugs of Pimm’s all round in opulent, Gatsby-esque garden party style.

Having strolled past a couple of the city’s old favourites — tapas bar Movida, now in its tenth year and so popular they opened another one next door, and the original laneway establishment Misty, in Hosier Lane — Lewis comes clean with what really matters to him when it comes to a good night out.

“I like places that are going to let me and my friends in and it’s not about making sure I’ve got a hipster moustache and am seen wearing a girl’s blouse, what’s important is I can be with my friends and they serve Coopers long necks”, he says. And with that, we head “northside”.

THE CARLTON
193 Bourke St, Melbourne,
tel: +61 (3) 9663 3216

MADAME BRUSSES
Level 3, 59–63 Bourke St, Melbourne,
tel: +61 (3) 9662 2775

MAMASITA
Level 1/11 Collins St, Melbourne,
tel: +61 (3) 9650 3821

MISTY BAR
3–5 Hosier Ln, Melbourne,
tel: +61 (3) 9663 9202

MOVIDA
1 Hosier Ln, Melbourne,
tel: +61 (3) 9663 3038

NORTHCOTE SOCIAL CLUB
301 High St, Northcote,
tel: +61 (3) 9489 3917

SECTION 8
27–29 Tattersalls Ln (off Little Bourke St), Melbourne,
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Just 7km from the CBD and a quintessential inner-city suburb in transition, Northcote is Lewis’ home turf. “A lot of the bars and musicians and artists who used to populate the city, St Kilda or Fitzroy have moved here as those places became too expensive,” explains Lewis.

The 86 tram stops just outside one of his favourite watering holes, The Northcote Social Club. “We moved to this area so we could walk to all the places we like to go out to. This place is such an easy stumble home, has good food, an outdoor deck area under cover, colouring-in kits for your little ones, plus it’s one of Melbourne’s best live music venues.”

We then head to Lewis’ other favourite local haunt, the Wesley Anne. In a cosy corner booth Lewis is joined by his wife Hollie and daughter Rose, a far cry from the days when his Friday night meant jumping around stage on a pogo stick as vocalist for alternative/funk band, The Brown Hornet.

Like the suburb he now calls home, Lewis is comfortably evolving. While he loves the gig at Nova and always wants to do radio, he has been frantically working on starting his own music TV show since the recent axing of Video Hits, of which he was co-host.

“There’s a void on TV for bands to be interviewed, so having made some fantastic contacts over the last 15 years, I’m going to set up my own production company. I want to do it myself this time, but it takes a long time to learn the craft; I feel I’m ready for it now.”

A band strikes up in the room next door and Lewis, ever interested in checking out new music, pokes his head in to listen. Outside, the city’s skyscrapers twinkle against the gathering dusk, and the 86 continues to deliver revellers into Northcote’s flourishing night scene.

Dylan Lewis is a regular at his local, the Wesley Anne.

バー・ホッピング

メルボルンの最新バー事情について、地元でラジオやテレビのパーソナリティとして活躍するジェットスター・リースと対談した

他の大都市と同様に、メルボルンの街は常に変化を続ける。街を彩るレストランやバーの数々に、そのダイナミズムを感じる。

まずは、ディナーから。ディナーのチョイスは、マシンガ、コリンズ・ストリートにあるメキシコ料理の店だ。店に訪れる客達から、 Accidentの外まで、行列ができていた。金曜日の夜にはおなじみの光景だ。ウェインターに携帯番号を渡し、食事の後に飲み物をとるよう。

彼は自信ぶつぶつに私たちをセクション8へと案内した。貨物用のコンテナを積んだパレットで作られたこの店は、路地の奥にある。街のストリートの賑やかさをそのまま取り込んだような、気軽な場所だ。

サークル・ストリート終点には、メルボルンが誇るクラシックなバーが二つある。その一つが、カーティーン。内装にはカデンサンのaporanジュースが使われている。もう一つは、マダム・ブロッサム。濃厚なカクテルが漫然と盛る賑やかなセクションがこの店の特徴だ。

昔からの駅のそばのお店で紹介しよう。バー・ミックスのミックスは今年で開店15周年。人気は高く、すぐ近くに二階店があるほど。路地にある店として有名なホーキ・レーンのエスティ。またノースコートは、ディナの行事つけだ。多くのバーとミュージシャン、アーティスト達が、中心的で活発な雰囲気を誇る。

86路線が走る大通りのパーキングハウスの前に、様々な店が立ち並ぶ。ユニークなカフェ、バー、そしてカジュアルな雰囲気がうたるガラス張りの店舗、ブライジ・パブなど、ディナのお気に入りは、ザ・ノースコート・ソーシャルクラブ。楽しい料理はもちろん、最高レベルのライブも楽しめる。

ディナの後にカクテルをひとつ。ザ・ウェイズ・イン・アンのゆったりとした雰囲気で、彼の妻ホーリーと娘のローズと会合。これが、今夜の金曜日の夜の過ごし方。

となりの店はラーメンを扱っている。高層ビルの先端に向かって、夜をゆっくりと過ごしている。ノースコートの夜の歩き方は、まだ始まったばかり。
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Formula One fans, mark your calendar for some adrenaline-pumping action right in the heart of town this month.

Words: Aileen Lai

The thrilling turns and heart-stopping screeches, the smell of burning rubber that tickles the nostrils, rousing cheers from the euphoric crowd, and the excitement of witnessing some of the world's best racers — Formula One has garnered a faithful following all over the world for all these reasons.

Pushing into high gear from 23 to 25 September, the Formula 1 Singtel Singapore Grand Prix is set to wow the crowds along the Marina Bay street circuit with fast and furious racing against the backdrop of the city's landmarks, and a whole slew of live entertainment.

The best part? Since most of the F1 action happens after dusk with this night race, you have time to explore the city during the day.
VISIT: SINGAPORE FLYER
FUN FACTOR: Head to the top of Singapore inside a capsule of this truly amazing 165m-tall observation wheel. Soak in the city's dramatic skyline and get a decent aerial view of the F1 racetrack (and maybe even the race itself). And why not, since it's right next to the pit building? There are interesting shops and good dining places on its promenade, too.

DON'T MISS: A romantic dinner or special champagne with chocolates package during the ride will certainly put love in the air with your special someone.

VISIT: MARINA BAY SANDS
FUN FACTOR: Fun in every sense of the word can be found here for couples looking for drinks with a view. Michelin-starred restaurants featuring chefs such as Daniel Boulud and Wolfgang Puck, or a spin with Lady Luck at the casino tables. Many of the high-end boutiques here close slightly later compared to other malls in the city so you can satiate your shopaholic urge even after the races. The Sands Skypark on the 57th storey is a good place to spend a romantic moment together, with spectacular views as a backdrop ($20 entry).

DON'T MISS: Art aficionados will love the collection of art installations at the Marina Bay Sands Arts Path and the famous artworks at the lotus-inspired ArtScience Museum.

VISIT: IFLY SINGAPORE
FUN FACTOR: If you and your partner have not mustered enough courage to go skydiving together, why not try this out first? Experience the thrill of free fall and freedom in the air within the safety of the world's largest indoor skydiving wind tunnel. Whether seven or 97 years, you can give it a try. The best part: you don't have to deal with bad weather!

DON'T MISS: There are different packages: two skydives (The Challenge) and four skydives (The Adventure) so choose one that suits your adrenaline appetite. Special off-peak rates available.

The Sands Skypark on the 57th storey is a good place to spend a romantic moment together.

TAKE ME THERE

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43 Siloso Beach Walk
#01-01,
tel: +65 6571 0000
MARINA BAY SANDS
10 Bayfront Ave,
tel: +65 6688 8868
SINGAPORE FLYER
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VISIT: UNIVERSAL STUDIOS
FUN FACTOR: Explore 21 rides and attractions in seven themed zones at the region's only Hollywood movie theme park. Experience the glamour of Hollywood as you stroll the Walk of Fame, explore the grandeur of New York, and imagine what it’s like to live in the city of the future as you voyage into the impressive Sci-Fi City with the world’s tallest duelling rollercoaster, Battlestar Galactica. Enter the fairytale storybooks in the land of Far Far Away, or journey to exotic Madagascar and hop on a riverboat adventure with King Julien to defeat the dreaded Foosa!
DON’T MISS: Save Princess Fiona from Lord Farquaad at the Shrek 4D Adventure. Or head to the Revenge of the Mummy, for a high-speed rollercoaster ride.

VISIT: SINGAPORE ZOO
FUN FACTOR: One of Singapore’s most prized attractions, the zoo has more than 3,000 animals in enclosures akin to their natural habitats. The park has shaded boardwalks where you can watch the largest land mammals, such as white tigers and sun bears, or rub noses with swimming polar bears (through the pool's glass of course!). You can even walk into the ring-tailed lemurs’ Fragile Forest and pat them as they nibble on fruit. If you’re lucky, you’ll also spot orangutans roaming around.
DON’T MISS: Have breakfast with the orangutans at the Jungle Breakfast with Wildlife. There are also many entertaining animal performances throughout the day, and when you need to cool down, the fun and games of Kidzworld waterpark awaits.

VISIT: WILD, WILD WET
FUN FACTOR: Spend a day having a tidal wave of fun with the kids at the country’s largest water theme park. Try out key attractions like the Ular-lah, a six-seater raft slide where you can expect high banked corners and 360-degree spins as you race to the finish line. Everyone will enjoy floating along the meandering 335m Shiok River. Or check out The Waterworks — a high-speed luge ride with unexpected corners and crazy turns. Lockers, changerooms, life jackets and food outlets mean everyone can enjoy the whole day here.
DON’T MISS: The Professor’s Playground or Splash are two safe, interactive waterplay stations that will keep your little ones occupied while you take a breather on the pool loungers.
VISIT: THE BUTTER FACTORY  
FUN FACTOR: Featuring funky pop culture designs in its decorative interiors, this cool club is where the local hip crowd hangs out. For legitimate post-race partying, this is the place to down concoctions such as the Iced Tea, which is mixed with every liqueur imaginable, or try novel shots like the peanut butter shooters. Arrive early because the queue can get crazy on Fridays and Saturdays.

DON'T MISS: Hip hop lovers will fancy the Bump room, while Fash is for those into electronic dance and rock.

VISIT: EAST COAST PARK  
FUN FACTOR: Roller-blading, cycling, water sports or cable ski — this huge park stretching over 15km of scenic coastline has it all. Locals love to spend their weekends hanging out with friends or families over a sizzling barbecue or a picnic as the shady trees and sea breezes keep things cool.

DON'T MISS: For a cheap meal, stop by the East Coast Lagoon Food Village — basically, an array of stalls selling freshly cooked local food. Be prepared to share or wait for a table.

VISIT: WAVE HOUSE SENTOSA  
FUN FACTOR: Gather your best buds and challenge each other to a surfing duel at this “flowriding” spot on the tropical beachfront of Sentosa. The Double FlowRider and the FlowBarrel wave machines create man-made waves up to 3m high over soft-padded surfaces so this means you can get back quickly on your feet even after a wipeout.

DON'T MISS: After a good workout on the waves, chill out and fill up with great music and piping hot Californian/Asian cuisine. Private parties can be arranged.

Locals love to spend their weekends hanging out with friends and families at East Coast Park over a sizzling barbecue or a picnic.

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Despite the kind invitation to join my boyfriend, his brother’s family with two young children under six, and their grandparents for a week sailing the Whitsundays, I did have reservations. Could I survive in a small space with little kids and big personalities with no escape — apart from swimming my way out of there?

I did say yes and our challenge was to maintain harmony, while keeping everyone happy with enjoyable activities. We discovered that with a little careful planning, wholesome old-fashioned fun is the easiest way to keep the sailing smooth.

Bareboat chartering is popular in the Whitsundays. While some sailing experience is preferred, it’s not essential. Our boat was chartered through Cumberland Charter Yachts at Airlie Beach, an established operator.

Sail the Whitsundays with extended family in tow for a real adventure

WORDS AND PHOTOGRAPHY
STEPHANIE WILLIAMS
Pastiche
www.pastiche.com.au

Labyrinth Collection
The Cumberland team took us through everything we need to know and devised an itinerary maximising tides and weather. Once we’d sorted finer details like food, beds, toilets and the “quaint” showers, we set sail in the bright turquoise waters. Lounging on the foredeck, all the stresses of the city, work and school start to melt away.

Daydream Island is our first night’s mooring. You can book moorings through Cumberland, or be one of the lucky ones, like us, who score a free public mooring (can be used for up to two hours, or overnight after 5pm). But beware, mooring rage exists in the islands! Heading towards the buoy from 500m away, we see another yacht tack and take the same path. We easily arrive first but the tension of the chase is enough to get the “crew” up on deck from both vessels to watch proceedings. Booking a mooring ahead of time will save the tension, but the thrill of the chase was admittedly quite fun!

Whitehaven Beach is a Whitsundays must-see; even Oprah visited when she was in the neighbourhood. It’s a busy beach, but at over 6km long, it feels private.

Walking the white sand, we see a couple get engaged, then another couple taking off on a helicopter flight to the famous Heart Reef. This romantic place is definitely one for the couples.

Snorkelling is excellent in the Whitsundays; head to Manta Ray Bay for some of the region’s best. Sighting reef sharks, stingrays, a turtle, schools of brightly coloured fish and beautiful coral is the highlight of my trip. Even though children can easily snorkel, a guiding hand through sharp coral will avoid scrapes.

We spend our final night in Cid Harbour, a sheltered bay with sandy beaches. Our pick is Sawmill Beach — safe swimming for kids and there’s a great hike to Dugong Inlet.

The best part about Hamilton Island is hanging out together on the beach

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is enough to get the “crew” up on deck from both vessels to watch proceedings. Booking a mooring ahead of time will save the tension, but the thrill of the chase was admittedly quite fun!

Whitehaven Beach is a Whitsundays must-see; even Oprah visited when she was in the neighbourhood. It’s a busy beach, but at over 6km long, it feels private.

Walking the white sand, we see a couple get engaged, then another couple taking off on a helicopter flight to the famous Heart Reef. This romantic place is definitely one for the couples.

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Sunsets light up the sky like fire in this part of the world and the view from Cid Harbour is one of the best. The kids organise a concert for our final night, followed by an epic game of cards with the grandparents teaching us how to play “500”. We’ve all bonded over the shared experience.

After five days’ sailing we dock at Hamilton Island Marina, happy to be back on terra firma. My boyfriend and I book into the Beach Club Resort, an over-lux four-star boutique hotel, looking for some alone time. We relax in the heated infinity pool with cocktails and laze about our comfortable garden suite.

There is so much to do on Hamilton Island. Booking everything ahead is key. Kids will love the go-karting, mini-bowling, zoo, the many child-friendly cafés and the Clownfish Club.

Adults should head to Spa Wumurdaylin for a restful massage, take in a round of golf and lunch at the breathtaking golf course on Dent Island, or just relax with a cocktail in one of the many bars and restaurants. Our pick is Bommie Restaurant for its six-course degustation menu, and the informative and fun “Talk and Taste” sessions at qualia resort at sunset.

The best part about Hamilton Island is hanging out together on the beach. At Catusye Beach, the home of watersports on Hamilton, we try stand-up paddling, mini catamarans, kayaks, snorkelling and windsurfing.

Hamilton Island’s CEO, Glenn Bourke explains: “At Hamilton Island, we want guests of all ages to have a fantastic holiday. What I love most is that with in 15 minutes of touching down, you can be relaxing on the beach.” I couldn’t agree more.
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Aboriginal art, bush food, didgeridoos and personal stories — a day in Perth on a new city tour reveals fresh insights into indigenous culture

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Kate Owen Gallery
Voted Best Aboriginal Art Gallery in Sydney 2010

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It’s rare to come across someone who really loves and believes in what they do. Meet Rebecca Casey, the young Perth woman whose business connects locals and tourists with indigenous people, stories, art, food and music.

“Thought provoking” is something Casey wants her day-long Urban Indigenous Tours to be. As we sit in the small back terrace of Aboriginal artist Sheila Humphries’ home looking at a photograph of herself and 30 girls at the New Norcia Catholic mission, my mind races with the reality of what Humphries, and thousands like her, lived through.

I’ve read about the stolen generation in history books. But I’d never spoken to someone who lived through it. That was until I met Humphries on the Urban Indigenous Tour.

We are there to learn about, and try our hand at, Aboriginal art. We cover the symbols for waterholes, animals, travel lines, rain, moon, stars and mountains. But it’s her story about a dark chapter in Australian history which has us hanging on her every word. Listening to the details of her life — denied the love of a family from the age of four and an education — I swell up with sorrow and anger. “I grew up full of hate,” she says. “I wouldn’t look at a white person, I didn’t want to live.”

Now 70 years old, Humphries has eight children and 30 grandchildren.

Driven by a passion for reconciliation in Australian society, Casey had the idea to showcase indigenous culture in Perth while she was leading a tour group in Brazil. In the summer of 2009 she established her business, going on to secure the 2010 Small Business Spirit of Australia award under her belt.
For Casey, the tour is about exposing Aboriginal Australia in a positive way. “I want people to talk and share, regardless of their history or background,” she says.

Noongar radio, an indigenous station playing soul, rock, roots and indigenous music, is our constant soundtrack as we circumnavigate Perth. The station is based near the indigenously run Kaditj Café where the tour stops for lunch on weekdays. On the weekends, tour groups lunch at Maalinup Aboriginal Gallery, where we pull in for our second stop. Primus Ugle, another indigenous artist, meets us at the door. He wears a wide-brimmed akubra hat and a beaming smile. Unlike Sheila’s art, his works are pictorial. But his paintings, which also hang in the National Gallery, are about more than the landscape. “It’s about the land, yourself and myself,” he says.

Dale Tilbrook, director of the gallery, has also prepared a feast. First on the menu is bush tomato, also known as kutjera, or desert raisin, followed by sandlewood kernels, which taste like macadamias. I sample avocado, lemon myrtle and chilli dip, and kangaroo sausage rolls. I feel obliged to try all three sweets — chocolate and river mint cake, lemon myrtle and quandong swirl cake and, my favourite, quandong jam tarts. They’re popular with everyone.

Another slight deviation from the weekday tours is the Saturday Lancaster Wines pit stop, an optional extension of what is already a delicious and filling lunch. The friendly James, who lays on a spread of matching cheese and wine, takes us through the picks of the crop, saving the best until last. The 1994 muscat — a yellow rose-coloured drop that, according to James, is “the essence of Swan Valley” — is a hit.

We leave the rambling vine-covered shed and head to Fremantle for our didgeridoo lesson. Outside the Didgeridoo Breath store we’re met with a floor full of didgeridoos in all shapes, sizes and colours. We know to expect passionate teachers and Simon, who...
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started playing on his parent’s vacuum cleaner pipe at the age of eight, doesn’t disappoint.

Today, the majority of didgeridoo playing is for recreational purposes, but it has a lasting connection with indigenous ceremonial life. We learn that traditionally, Aboriginal didgeridoo craftsmen place branches and trunks of wood in active termite areas for a natural hollowing out process to occur.

Simon brings out a range of “didges”. I’m bowled over by the sound he makes. We’re each handed a plastic pipe to practise on. We may not look the part but we, almost, sound it.

With lips buzzing we’re soon attempting the “dingo bark”, “baby kangaroo” and “kookaburra”. As we string the sounds together we start to tell our own stories.

I’ve learnt more about Aboriginal Australia in seven hours than I have over the course of two decades. Of all the tales we’ve heard, it comes down to one — the story of a young woman, who, fuelled by her passion for reconciliation, started a business to share indigenous culture with the community around her.★

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Stunning scenery, farm tours and nature walks are part of the wide appeal of the Southern Highlands.

**DUE SOUTH**

From museums to markets and farm visits to forest adventures, the Southern Highlands is made for family fun.

WORDS CLARE BRUNDLER
Why is it that everyone heads north or west from Sydney for a weekend away? New South Wales’ Southern Highlands, an easy 90-minute drive south, offers equally stunning scenery, fabulous local food and wine, and heaps of visitor attractions for the whole family.

As the region’s largest town, Bowral is the ideal launch pad for an exploration of the sights and offers a wide range of accommodation to suit all budgets. These include a number of welcoming B&Bs plus the brand-new Gibraltar Hotel, featuring family suites, a kids’ room, an 18-hole golf course for dad and a day spa for mum.

Owner John Uliana is clearly a huge fan of the Southern Highlands and understands its broad visitor appeal: “It’s so close and easy to get to from Sydney. People enjoy the unique towns and villages, the fresh air, relaxed shopping and country service. The regular farmers’ markets, vineyards, open gardens and small farms are also an attraction.”

Bowral itself deserves at least a day and encapsulates all that makes the region so special. The town’s main streets are lined with heritage buildings, interesting shops such as Dirty Janes Emporium, James Viles’ new Biota restaurant and other excellent eateries, art galleries and more.

With all this on offer, it’s little wonder that so many well-known names have
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Family-focused farm tours also run during school holidays

lived or live around here — including the popular fictional character of Mary Poppins. One of the village’s most famous “real” residents is the late, great batsman Sir Donald Bradman and families can follow in his footsteps around some of Bowral’s historic sites on the 45-minute Bradman Walk.

Anyone with an interest in cricket should head straight to the town’s newest attraction, The International Cricket Hall of Fame (formerly the Bradman Museum). Nestled beside the picturesque Bradman Oval, the state-of-the-art museum is dedicated to promoting the game and features an impressive mix of old pictures and memorabilia, a gallery devoted to Sir Brad, interactive touch-screen kiosks and live footage from around the world.

“The FoodPath Family Tour was such a fantastic thing to do with my family. The ability to show our children where their food comes from is such an important part of their education,” says Rachel Power, who joined the tour with her husband Greg and their three kids.

While Bowral offers the perfect base, plenty of other towns are also worth a visit. Families will be kept busy in neighbouring Berrima, where visitors can take part in a ghost tour at the historic Berrima Court House or get lost in the Harper’s Mansion Maze. Added appeal comes in the form of striking colonial-era buildings and interesting shops such as the Australian Alpaca Centre, which sells unique alpaca fashion.

Anyone interested in learning about alpacas can visit the Australian Alpaca Centre, tel: +61 (2) 4877 1399. The centre is located at Old Hume Hwy, Berrima, and offers a variety of tours, including a self-drive farm tour with lunch at one of the Southern Highlands’ 60 vineyards.

Specific family-focused farm tours also run during school holidays and might include visits to a nearby dairy farm, chook and truffle farm, and pasta making too.

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more about the long-lashed animals that provide this wool should continue along the Hume Highway to Birrong Suri Alpacas in Canyonleigh and join the fascinating 1.5-hour tour of the working farm. This is not a regular tourist attraction and tours must be pre-booked through Tourism Southern Highlands (tel: 1300 657 559) or direct with the owners. A late afternoon visit is ideal, when the tour includes feeding time. Go from July to November to see lots of cria (baby alpaca).

As well as charming towns and working farms, the Southern Highlands also boasts huge state forests and national parks filled with dramatic waterfalls, sandstone gorges, rugged cliffs and lush rainforests. Particularly popular with families is Bundanoon’s Glow Worm Glen, on the edge of the Meryla State Forest, where visitors can make the hour-long return trip to see the natural after-dark light show. If you’re looking for more nature-led adventures, don’t miss Fitzroy Falls. Call into the visitor centre to learn more about the area before taking the boardwalk to the lookout at the top of the falls. There are a number of easy bushwalks to choose from which take you to other lookouts and feature signs pointing out interesting flora and fauna. 

Next up is a visit to the Illawarra Fly, a half-hour drive from Fitzroy Falls towards the South Coast, which features a 1.5km walk along an old fire trail through emerald green rainforest and eucalyptus trees. The highlight is the 25m-high elevated treetop walk that leads to the Knights Tower, offering stunning views from the top.

During school holidays, kids get a kick from the ranger’s activity sheet and the reward of a free icy pole on completion. One side features questions with most answers found on the series of interpretive panels along the trail, while the other side has some quirky brainteasers the whole family will have fun nutting out together.

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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.

Grab a pencil, put on your thinking cap and join the craze!

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This month, the Jetstar Magazine team were faced with an enviable problem: we had to choose between two outstanding Jetstar Magazine cover options, featuring the dreamy Hugh Sheridan.

To solve our conundrum, we enlisted more than 100,000 Jetstar Facebook fans to choose which Jetstar Magazine cover of Hugh Sheridan they preferred.

After a 24-hour poll, we had a winner! Thank you to all of our Jetstar Facebook fans for taking part.

Join Jetstar on Facebook to be the first to know about sale fares, competitions and to help us choose the cover of upcoming editions of Jetstar Magazine.
Low fares. Our commitment to you.

At Jetstar, we know there are lots of reasons why Australians travel. Like visiting loved ones, going on an adventure, or to take a relaxing break. So, we know just how important low fares are. That’s why we introduced the Jetstar Price Beat Guarantee. It’s our commitment to you, that we are serious about low fares. Before you book your next fare, visit jetstar.com for all the details on our Price Beat Guarantee.

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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.

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**HANANO**

During the holidays, I flew Jetstar to Byron Bay with my mum and dad. We went there to see our friends. We stayed at the hotel for four days; it was near the beach. I was so excited to see the beach. I picked up thousands of shells. We also went to the beautiful lighthouse and I saw lots of dolphins. I really like Byron Bay.

Thornbury, Victoria

---

**PARIS & SIENNA**

We went up to the Gold Coast and left early in the morning; it was very exciting to get on the plane. When we arrived at Sea World we saw some penguins and other animals in the water that we had never seen before. We stayed at Nana and Grandad’s house. We went to Dreamworld too — it was fantastic and we went on the log ride and got all wet. We also went on the steam train. This was the best holiday ever and we want to go back again real soon.

Woodland, New South Wales

---

**SERENA**

I just spent six days in Melbourne flying Jetstar. I had a wonderful time enjoying all Melbourne has to offer. We travelled on the famous trams and visited Melbourne Aquarium where we saw King penguins. Eureka Skydeck 88 and a ride on “The Edge” were awesome and we could see all of Melbourne from above. No trip would have been complete without a visit to the famous MCG or the National Sports Museum. My final highlights were the Tutankhamun Exhibition and a visit to the Old Melbourne Gaol where Ned Kelly was hung. Thank you, Jetstar!

Northbridge, New South Wales

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**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;
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Srey is only 11, but she has already experienced a lifetime of discrimination. Her father, a soldier, is HIV positive. Her community in Cambodia, lacking awareness about how HIV is spread, attaches a huge amount of stigma to the disease, and Srey has suffered relentless teasing at school.

Her home life was difficult as well. Srey’s father abused alcohol and was violent towards her mother.

HELPING THE MOST VULNERABLE
In five areas of Cambodia, Jetstar’s Starkids supports a World Vision project called Community Care for Children (CCC), which improves the quality of life for children like Srey who have been impacted by HIV and AIDS.

The project works on linking families affected by HIV and AIDS with social services in their area, protecting children from abuse and ensuring they have access to health services and education.

Project staff counsel families in areas such as child rights and life skills. This has made a clear difference in Srey’s home life. She used to be scared of her father, but things are looking up. “With the help of the World Vision staff, he’s started to change. He’s given up his bad habits completely. Now my father shows me so much love and takes good care of me,” says Srey.

SUPPORTING CHILDREN TO STAY IN SCHOOL
Encouraging children to stay in school is one of the project’s major successes, and the enrolment and attendance of vulnerable children in primary school now hovers around 97%. Srey, who has been blind in one eye since birth, endures teasing about this and her father’s HIV status from her peers, making the prospect of going to school a daily hardship.

IMPROVE FAMILY INCOMES TO IMPROVE CHILDREN’S LIVES
The project offers training in ways to earn and save money, and some families have formed savings groups. When parents no longer struggle to make ends meet, they’re better able to plan a brighter future for their children.

Training sessions are also building communities’ understanding of HIV and AIDS, which can help reduce stigma and promote child protection. Srey still experiences coldness from some of her neighbours, but life is getting better. She has a plan for the future. “My ultimate dream is to be an NGO worker so that I can also help other children in the village whose lives are similar to mine,” she says. “And I hope that people would accept me for who I am.”

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!
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.
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JETSTAR FLIES FOUR TIMES A WEEK FROM SINGAPORE TO NINGBO COMMENCING 9 SEPTEMBER 2011*

JETSTAR FLIES DAILY FROM MELBOURNE VIA SINGAPORE TO BEIJING COMMENCING 24 NOVEMBER 2011*

JETSTAR FLIES FOUR TIMES A WEEK FROM SINGAPORE TO HANOI COMMENCING 15 DECEMBER 2011*

*SUBJECT TO REGULATORY APPROVAL
**FIJI**

**Tevita Tuirdraki**
Front office manager, Amunuca Island Resort & Spa

**GREAT PLACE FOR DINNER:** The Amunuca Island Resort & Spa deck where you can view the golden sunsets from your table.

**MUST-EAT:** Try the lovo, which is "earth oven" in Fijian. Food is cooked in a pit of hot rocks, covered with banana and coconut palm leaves, and left to roast. Food cooked this way is part of a traditional Fijian feast.

**LOCAL DELICACIES:** Specific local dishes are served during special occasions. The Kokoda — marinated and steamed fish in lime and coconut cream is one delicacy you must try. Kassaua is another special dish made from boiled or baked tapioca and cooked with coconut and mashed bananas with cream. Meat dishes cooked in spices are also local favourites.

**I LOVE FIJI BECAUSE:** We are a peaceful country renowned for its friendly people. It’s one of the best holiday destinations around the globe.

**HONOLULU**

**Ross Clarke-Jones**
Red Bull big wave surfer

**BEST BREAKFAST:** Go to the Royal Hawaiian Hotel before 9am for the best eggs Benedict on earth.

**GREAT PLACE FOR DINNER:** Morton’s The Steakhouse in Ala Moana for the best meat in the USA.

**BEST NIGHT OUT:** Start at Duke’s on the beach at the Sheraton Hotel around 4pm and hang around until 10pm, before following the crowd. Ask the girls what is best on that night — they’re bound to tell you.

**MUST BUY (MONEY NO OBJECT!):** A fresh iced coconut from the side of the road.

**MUST-BUY GIFT:** A Kamaka ukulele made from Hawaiian koa wood.

**LOCAL DELICACIES:** The mahi mahi fish is always good; the ono is another good choice. You can’t go wrong with either. Also, rare blackened ahi will satisfy your taste buds every time.
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Email: info@bmtqs.com.au
Website: www.bmtqs.com.au
Australia Wide Service
INSIDER’S TIP: Bikes and pedestrians share the footpath in Osaka, even along Shinsaibashi shopping mall. So be sure to look both ways before deciding to cross.

LOCAL DELICACY: Osaka is famous for its okonomiyake — a savoury pancake covered in a thick barbecue sauce, mayonnaise and fish flakes, which “dance” as they melt. Most places will even cook the okonomiyake on a hot plate in front of you, or you can do the cooking yourself.

BEST PLACE TO HANG OUT WITH THE LOCALS: The izakaya (Japanese style pub) around Dotonbori and Shinsaibashi. Here you can practise your Japanese with the locals who stop by for a drink after work.

FAVOURITE/RECOMMENDED SIDE-TRIP: Nara is only a half-hour train trip away, and is famous for its Giant Buddha and deer which roam the streets.

BEST BREAKFAST: K’shiki at the Mandarin Oriental for Asian-inspired dining. Enjoy a hearty buffet breakfast while admiring the breathtaking views from the 38th floor, where the restaurant is located. You must try the special omelette.

MUST-BUY GIFT: Edo kiriko (cut glass), very delicate Japanese glassware. The process is considered a traditional art which is handed down over generations.

MUST-EAT: Of course, my place — Sushi SORA.

BEST PLACE TO HANG OUT WITH THE LOCALS: Imperial Palace gardens — it used to be Edo Castle during the Edo era hundreds of years ago. It’s a nice place to walk or jog and it’s within walking distance from the Mandarin Oriental hotel.

MOST UNUSUAL THING TO DO: Learn Bushido, the warrior way of life, from a real samurai master in Nihonbashi.

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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

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BEST BREAKFAST: Mushrooms on toast at Dizengoff, Ponsonby Road. They’re huge, creamy and piled on a stack of sourdough toast. I have mine with tomato sauce on the side, that’s just my quirk.

GREAT PLACE FOR DINNER: I’m loving Sidart at Three Lamps in Ponsonby. It’s very small, but the food flavours are intensely gratifying! The owner, Sid Sahrawat has a great vegetarian degustation menu, with flavours you can only dream about. Man O’War wines make it all a sublime experience.

MUST BUY (MONEY NO OBJECT): The perfume “Amouage”, founded in 1983 by the Sultan of Oman who commissioned perfumer Guy Roberts to come up with a divine fragrance. It has 120 ingredients including rare frankincense and myrrh. It’s 95% pure perfume and has the highest concentration of pure oils. Available at WORLD Beauty Stores.

AUCKLAND

Denise L’Estrange-Corbet
Designer for WORLD

CHRISTCHURCH

Hall Cannon
Managing director,
Otahuna Lodge

GREAT PLACE FOR DINNER: Head to the Bodhi Tree, New Zealand’s only Burmese restaurant, at its new location in Bryndwr. Expect great, fresh flavours but call in advance; it’s one of Christchurch’s most popular dining spots.

MUST-BUY GIFT: You can’t visit Christchurch without visiting the Untouched World Flagship Store on Roydvale Avenue. There, you can pick up the most amazing possum fur and merino wool items.

LOCAL DELICACY: No trip to Canterbury in the spring is complete without sampling some fantastic New Zealand whitebait. Match the whitebait with a brilliant riesling like the ones from Canterbury’s own Black Estate.

MOST ROMANTIC SPOT: A night at Otahuna Lodge, of course! New Zealand’s most important historic estate offers fantastic cuisine, a great stay and amazing gardens.
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Peter Thornley
Chef, Wakatipu Grill

GREAT PLACE FOR DINNER:
Wakatipu Grill — the food is fresh, seasonal and local. There are magnificent views over the lake and for NZ$5, you can arrive by water taxi. You can sit around the large sunken fire pit with a glass of local wine from the wine library.

BEST PLACE TO HANG OUT WITH THE LOCALS:
It's free and only requires time — the view from the top of The Remarkables.

MUST-BUY GIFT:
Take home a bottle of local pinot noir from one of the many world-class vineyards. Mount Rosa is a favourite.

INSIDER’S TIP:
Check out The Lake Counter café, grocery and deli. Roselle makes the best coffee and Brian, her partner, makes the best macaron I've ever tasted. Bring friends and hang out. Park your bike, tie the dog up and give him/her a Dogscottie — a canine treat from a master pastry chef.

FROM THE AIRPORT
CBD 7.5km from Queenstown International Airport
Travel Time: CBD is around 15 mins by car
Taxi: Approx NZ$30 (AUD$23.70)
Shuttle bus: From NZ$10 (AUD$7.90), taking about 20 mins

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

MANILA

Malen Rodriguez
Alava
Merchandise Group Manager, Stores Specialists Inc.

MUST-EATS:
Tourists should definitely try the local lechon or roast pig served with a special sauce — simply delicious! Another must-eat is the chicken or pork adobo, which is a national favourite.

MOST ROMANTIC SPOT:
The sunrise or sunset view at Roxas Boulevard is a spectacular and romantic spot. There are several restaurants in this area where couples can settle in and admire the view.

FAVOURITE/RECOMMENDED SIDE TRIP:
Take a trip to Tagaytay City and see the smallest volcano in the world, followed by lunch/dinner at the famous Spanish-style Antonio’s Restaurant which serves good steaks.

I LOVE MANILA BECAUSE:
It has great food, which has Spanish and European influences with Asian touches. I also love the variety of old and beautiful churches there.

FROM THE AIRPORT
CBD 7km from Ninoy Aquino International Airport
Travel Time: CBD is around 30 mins by car
Taxi: Approx PHP150-200 (AUD$3.30-4.30). Pre-booked taxis are available inside the airport terminal and save you the hassle of haggling.

ON THE GO
1. 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.
2. Jeepney: These lorries ply most major city roads, and can take you anywhere along their route.

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...stay for the experience

Come for the views...
BEST BREAKFAST: Go to Forty Hands Café, a real Melbourne-style café located in the middle of residential high-rises, for eggs Benedict with truffle fries. The coffee options here are brilliant.

GREAT PLACE FOR DINNER: Glutton’s Bay is full of great cheap, local food. The best hawkers in Singapore were invited to open their stalls here. It has fabulous views of the harbour and Marina Bay Sands.

MUST BUY (MONEY NO OBJECT!): A night at the Marina Bay Sands to swim in the infinity pool on the roof.

LOCAL DELICACY: Chilli crab is the local speciality dish. It’s a messy extravaganza — you dive in up to your elbows in sauce. From a monstrous dinner plate-sized crab, you get about four to five mouthfuls.

BEST IDEA FOR A FAMILY OUTING: The Night Safari to watch the nocturnal animals roam.

FROM THE AIRPORT
CBD 20km
Travel time 20–30 mins by car
Taxi Approx S$18–38 (AU$13.70–28.80) with a surcharge of S$1–$5 (AU$0.70–$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$17.50) for an all-day pass.

SURVIVAL TIP FOR TOURISTS: Crossing the street in Vietnam is something of an adrenaline-inducing sport. Don’t hesitate: just go, and don’t stop in the middle. Don’t run — keep a steady pace and traffic will flow around you.

MUST-EAT: Banh xeo (Vietnamese pancake), a large crispy omelette with prawns and beansprouts. This golden crépe is accompanied by fresh vegetables and the flavours fuse to provide a crispy, savoury and minty mix!

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FAVOURITE/RECOMMENDED SIDE TRIP: Mekong Delta is a great place to go for a weekend getaway. It’s just two hours’ drive from Ho Chi Minh City.
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**GREAT PLACE FOR DINNER:** Sarong, Sardine and Metis — Bali’s uber-groovy restaurants. Outstanding food and the cocktails beat most Sydney restaurants!

**BEST PLACE TO PARTY WITH THE GANG:** Karma Kandara Nammos Beach Club. Lounge on daybeds on the beach, eat wood-fired pizzas and perch on stools in the evenings sipping some of its best signature cocktails.

**MUST BUY (MONEY NO OBJECT):** Build your own luxury villa on a huge piece of land in Seminyak or Berawa — within walking distance of the beach!

**MUST-EATS:** Enjoy seafood Balinese-style on white sandy Kedonganan Beach (Jimbaran Bay) and be entertained by local music performers.

**LOCAL DELICACY:** Definitely the nasi padang at Minang Saiyo, which consists of steamed white rice with a variety of spicy meat and vegetable choices.

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**FROM THE AIRPORT**

**CBD** 15km from Denpasar’s Ngurah Rai Airport

**Travel time** Kuta Beach is around 30 mins by car

**Taxi** About IDR50,000 (AUS$5.40)

**Shuttle bus** Most hotels offer complimentary pick-up

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

---

**ON THE GO**

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

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**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 (AUS$13.10) to the CBD, including charges

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

---

**ON THE GO**

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

---

**GREAT PLACE FOR DINNER:** Kembang Goela, where you can partake in Rijsttafel dining, a Dutch colonial feast. There’ll be a large number of waiters marching out of the kitchen, each responsible for one plate of food only, making every dish feel special.

**BEST BUY FOR UNDER AU$50:** Check out Surabaya Street, essentially Indonesia’s best and biggest flea market. Former US President Clinton is said to have bought a bronze frog on this ‘Street of Dreams’. Situated in Central Jakarta, the half-mile strip is the place to head to if you’re in search of tribal masks, silver cigarette cases, worry beads, grandfather clocks, ivory miniature ornaments, sextants and much more.

**UNUSUAL FACT:** Jakarta sits only four metres above sea level.

**MUST-EAT:** Avocado juice with chocolate. It’s definitely a drink to try.
HAVING PROBLEMS WITH YOUR TEETH?
At Bali 911 Dental Clinic, have no worries. If you are suffering from Edentulous or most of the teeth (8 or more) are having problems, we can fix in 14 to 28 porcelain dental crowns/implants in just one week, and we give 5 years guarantee for Porcelain, Crowning and Implant Treatments.

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  - One implant + one crown can be completed in a day and you will be able to eat immediately after treatment.
  - Restore your missing teeth with 8 - 12 implants plus 14 porcelain crowns and bridgework completed in a week. We use Ceramil Multi X Technique and Cerec Technique from Germany.

- **For Lesser Cost:** Dental Crown: A$350 (includes root canal treatment if needed)
  - 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:** Zoom 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.**

When you smile, the world smiles with you...so make a beautiful smile.

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**Bali 911 Dental Clinic Implant Center**
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e-mail: iguanous@indomail.net.id, bali.dentalclinic@yahoo.com

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

**INHOUSE DENTAL LAB/CEREC GALILEOS 3D X-RAY (SIRONA)**
**INSIDER’S TIP:** A trip to the famous Wat Po temple, home of the reclining Golden Buddha. A great way to get there is to catch the Sky Train to the river and jump on a ferry. A must-do at Wat Po is to get a traditional Thai massage by one of the many trained blind masseuses.

**LOCAL DELICACY:** A must try is the mango sticky rice dessert.

**BEST PLACE TO HANG OUT WITH THE LOCALS:** The weekend markets at Chatuchak offer locals and tourists 35 acres of shopping, eating and entertainment. Best buys are household items, clothing and Thai handicrafts. Pick up a map at the entrance and a fresh coconut drink to sip on as you wander around.

**MOST ROMANTIC SPOT:** Enjoy the sunset and drinks at the Skybar located on the 63rd floor of the Dome at Lebua State Tower Building.

**BEST PLACE TO PARTY WITH THE GANG:** Hit The Famous Club; it’s a rooftop lounge with a pool.

**MUST-BUY (MONEY NO OBJECT!):** Paintings by local artists to decorate your living space back home. They’re a great reminder of the good times you spent in Phuket.

**MUST-EATS:** Try nam prik goong siab – Phuket-style dipping sauce made of dried shrimp, chillies and smoked shrimp paste, served with fresh and boiled vegetables. You should also try the massaman curry served with roti bread or steamed rice.

**I LOVE PHUKET BECAUSE:** I’m a Bangkok girl who appreciates the idyllic beaches, beautiful sunsets, stunning waterfalls and peaceful rubber plantations of Phuket. It’s also a plus point that my favourite beach — Bang Tao beach — is a hop and a skip away from my workplace.
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BEST BREAKFAST:
OneOneOne opposite the cinemas. They have the best coffee in town and the menu is always surprising and inventive. Don’t miss their poached eggs with soft polenta and parmesan.

GREAT PLACE FOR DINNER:
St Elmo’s in Fletcher Street — a classic Melbourne-style bar/restaurant with a Byron twist. Their selection of wine by the glass is excellent, the staff professional and the shared plates are delicious.

BEST NIGHT OUT:
St Elmo’s in the hills, take an esky full of mud crabs from the Bay Fish Market, some champagne, your iPod and a sleeping bag… and then wander back to Byron in the morning for a dawn swim at The Pass.

MUST-BUY (MONEY NO OBJECT!):
Anything from Island Luxe in Bangalow or their new store in Byron. Their clothes for both men and women are very funky and the homewares are stylish and unusual.

INSIDER’S TIP:
The Mullumbimby Farmers’ Market, held every Friday morning at the showgrounds is a great place to hang out and try local coffee, food, vegetables and to people-watch. Byron Bay mightn’t have too many hippies these days, but you’ll find the rainbow country alive and well in Mullumbimby.

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AUSTRALIAN ADVENTURES

ENJOY MELBOURNE’S BUSTLING CAFE CULTURE

MELBOURNE

Anna Ntalianis
Co-owner, Anaka Hair & Beauty

BEST PLACE TO PARTY WITH THE GANG: Fog in Greville Street, Prahran, for dinner and drinks, followed by music and dancing at Boutique a few doors down. It’s easy to get to and enjoyed by major Hollywood types, sports heroes and people simply wanting to have a great time. Group tables can be arranged in advance if you plan on partying until late.

MUST-BUY (MONEY NO OBJECT): A day of pampering at Aurora Spa Retreat in St Kilda. Their signature treatment, Kitya Karnu (or KK), in your own private steam room is without a doubt one of the best experiences!

SURVIVAL TIP FOR TOURISTS: Be sure to pack for four seasons in one day. A closed pair of shoes and a cashmere wrap or scarf is essential when in Melbourne. For those who plan on hiring a car to get around, be sure to do your homework and learn all about “hook turns”.

I LOVE MELBOURNE BECAUSE: It’s a cauldron of mixed cultures, style and creativity that is constantly simmering.

MELBOURNE PHOTO: VISIONS OF VICTORIA

PERΘ

Llewellyn Wyeth
Accor Regional General Manager WA

BEST NIGHT OUT: Rubix Bar in Murray Street, where there’s entertainment on five nights a week, from live music to the best DJs Perth has to offer.

INSIDER’S TIP: Stay with Accor Hotels in Perth on the weekends to get great value on accommodation.

UNUSUAL FACT: Perth has the highest population per capita of self-made millionaires in the world. It’s the place where you can live out your dreams!

LOCAL RECREATIONAL ACTIVITY TO WATCH: Football at Patersons Stadium where both West Coast Eagles and Fremantle Dockers battle it out with the rest of the AFL. Not to be missed is the local derby where WA teams vie to be the “Best in the West”.

FAVOURITE DAY-TRIP: Fremantle, for its music and arts scene, restaurants and cafés. It has weekend markets where you can pick up great bargains.

Restaurants and bars at Centre Place in Melbourne

RIGHT: Catch Perth’s West Coast Eagles at a home match

MELBOURNE PHOTO: RESTAURANTS AND BARS AT CENTRE PLACE IN MELBOURNE

ENJOY MELBOURNE’S BUSTLING CAFE CULTURE

MELBOURNE PHOTO: VISIONS OF VICTORIA
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AU$5–$30

mins

return $27. Takes about 22

Every 20 mins to CBD:

adult; $8 child; under 4 years

Taxi

Approx AU$33

25 mins by car

CBD is around

Travel time

16km

CBD

BRISBANE

CBD Byron Bay is 23km;

Ballina is 8km

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)

**BRISEBANE**

CBD 16km

Travel time CBD is around

25 mins by car

Taxi Approx AU$3

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$30

Darwin Airport Shuttle

Meets all flights: Adult AU$12,

child AU$6, under 4 years free.

Airport parking AU$3–$20

(up to 24 hrs)

**GOLD COAST**

Surfers Paradise 20km

Travel time Surfers Paradise is around 30 mins by car

Taxi Approx AU$50

Con-X-Ion Shuttle Bus Booking required: +61 (7) 5556 9888;

AU$22 adult; $13 child (4–13

years); children under 4 years free.

Takes around 45 mins

Airport parking AU$3–$36

(30 mins–24 hrs)

**HAMPTON 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$35 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$3–$15

(25 mins–24 hrs)

**MACKAY**

CBD 6km

Travel time CBD is 15 mins by car

Taxi Approx AU$18

To Airie 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$9

**NEWSCALLSE**

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$5

(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

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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–$5

(2 hrs–12 hrs). Long-term
carpark, AU$12–$27 (6–

days); thereafter AU$30 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; $26

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)
SAFETY FIRST

Seatbelts must be fastened during take-off, landing and when you are seated in case your aircraft encounters turbulence. Luggage must be stored 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 penalites 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.

PROHIBITED AND DISORDERLY BEHAVIOUR

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.

JETSTAR & SECURITY POLICY

Jetstar has a strict policy on denying boarding to any passengers who are inappropriate in flight or while on the ground in comments or behaviour. Jetstar does not accept any inappropriate comments as “jokes”. All matters deemed inappropriate will be referred to the relevant authorities for prosecution. Jetstar will seek to recover all costs incurred as a result of inflight incidents from those parties involved.

WELLBEING ONBOARD

Jetstar is a wholly owned subsidiary of Qantas Airways Limited.

SAFETY, SECURITY & COMFORT

QANTAS GROUP SECURITY

During check-in and boarding, you may have noticed security measures such as:

- Random explosive trace detection of passengers and their carry-on luggage.
- Laptops and aerosols being subjected to more enhanced inspection at airport screening points.
- Increased vigilance at passenger screening points and increased guarding of our aircraft and terminals.

FURTHER MEASURES APPLY TO FLIGHTS TO THE UNITED STATES:

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

CARRY ON BAGGAGE

Liquids, aerosols or gels in your carry-on baggage must be 100 millilitres/grams or less and must be sealed in a transparent, disposable, one litre plastic bag. You are only allowed one plastic bag. You may still carry on board personal or professional cameras, and any other electronic equipment you may 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.

ONE PLASTIC BAG

You may still carry on board your carry-on baggage must be 100 millilitres/grams or less and must be sealed in a transparent, disposable, one litre plastic bag. You are only allowed one plastic bag. You may still carry on board your personal or professional cameras, and any other electronic equipment you may 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 BRIEFING

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SAFETY FIRST

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ジェットスター就航地一覧

ニューサウスウェールズ州 シドニー

空港から
中心街へ:約10km
中心街への所要時間:車で約15分
タクシー料金:約20ナーストラリアドル
バス:20〜30分間で運行
所要時間:約30分
電車:国内空港と中心街を結ぶ
所要時間:約40〜50分

市内・近郊への交通
1. シドニー・エクスプローラー・シティ名所の観光を楽しむのに便利なバス。エクスプローラー・シティは無料で利用でき、市内の観光を楽しむのに便利です。
2. シドニーモノレール、メトロ・ライトトレイン:市内各所の移動はもちろん、ダイナミックなバーサーカーも行ける。鉄道システムで市内外の交通が円滑です。

クイーンズランド州 ケアンズ

空港から
中心街へ:約10km
中心街への所要時間:車で約15分
タクシー料金:約20ナーストラリアドル
バス:20〜30分間で運行
所要時間:約30分
電車:国内空港と中心街を結ぶ
所要時間:約40〜50分

市内・近郊への交通
1. ケアンズ・エクスプローラー・シティ名所の観光を楽しむのに便利なバス。エクスプローラー・シティは無料で利用でき、市内の観光を楽しむのに便利です。
2. シドニーモノレール、メトロ・ライトトレイン:市内各所の移動はもちろん、ダイナミックなバーサーカーも行ける。鉄道システムで市内外の交通が円滑です。

ペットプレックスファスト・ホテル・シドニー

ペットプレックスファスト・ホテル・シドニーは、シドニーを中心に愛犬を連れて旅行できるホテルです。ホテルの敷地内には犬用の遊歩場やペット用のベッドも用意されており、犬と一緒にくつろげる空間が提供されています。また、犬に合わせたメニューのレストランや、犬用のおもちゃも用意されていることが魅力です。ペットプレックスファスト・ホテル・シドニーは、ペットと家族での旅行に最適な場所として多くの利用者から高い評価を受けています。
クイーンズランド州 ゴールド・コースト

ミック・ファニング
2xワールド・サーフィン・チャンピオン、レッド・ブルー・アリーチ

ベスト・ブレックファスト: クーランガタのFarley's Cafe & Barレストラン、海遠いのか、ここで寄って一息入れるのが大好きなんだ。

お勧めのグリル: もちろんクーランガタのMick Fanning Rip Curl Storeで何か見つけておき、もしR行道で通り合わせたら、この店でディスカウントすることを約束するよ!

ツーリストのためのアドバイス: ランテリア、ゴールド・コーストに行くなら必須のもの。日光はさして強いようだから、それまで isiと日焼けをするよ。

衝突してほしいグループ：クーランガタにある、傑の母の店Fresh Garden Cafeの食べ物。大きなサンディッチと駆けつけジュースがいい。

お気に入りの地元のお店: Quiksilverプロ・サーフによるイベント、A.S.Pワールドツアーの最初のイベントで、毎年2月末に行われる。

ご家族連れにお勧めの場所: もしサーフィンでなければ、カランビン・パレーのCougal Cascadesに行ってみ、滝の音がたくさんある。

ロマンティック・スポット: キラを見下ろす丘で夕日を眺めること。傑の妻さんにもそう言っている。

お気に入りのサイドトライプ: 海岸に向かって行く道が大好き、クーランガタの南端にあるのだったら、バイニンベヘまで10分ほどの距離。

ゴールド・コーストが好きな理由: ここに住んでいるというついついホリデー気分になるから。

空港から
中心街へ: 9km
中心街への所要時間: 約20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: 時間間隔で運行料金: 大人:10, 子供: 15, 子供引ずれてオーストラリアドル 所要時間: 約20分
空港バーチャリング: 2に8オーストラリアドル
(2〜24時間)

市内・近郊への交通
1. サンバス: シティブレイク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通っている。
2. ブラック&ホワイトタクシー: シティブレイクのエスプレネーターにあるマクドナルドまたはリーファジノ前の乗り場から利用できる。

空港から市内へ
サーファーズ・パラダイスまで: 約20km
所要時間: サーファーズ・パラダイスまでは車で約30分
タクシー料金: 約40オーストラリアドル
Con-X-Iomショートバス: 要予約電話: +65(7) 5556 9888 大人18ドル、子供(4〜13才)9ドル (どうもオーストラリアドル)、4才以下の幼児は無料。所要時間約45分
空港バーチャリング: とに14オーストラリアドル
(30分〜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エリアも、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: フリーミュージアムバスの有効期間は、3, 7, 10, 14日間。主要な観光スポットを結び、バスがあれば乗り放題で何度でも利用できる。
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Best Barramundi in Darwin!
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Food and Drinks Menu

Snacks

White’s Nibbles Assorted Nuts
Dry Roasted Almonds, Cashews & Macadamias
AU$3.50

Mainland “On the Go” Tasty Cheese & Crackers
AU$4.00

Pringles
Pringles Sour Cream & Onion or Original
AU$4.00

Authentic Nissin Cup Noodles
Hot Chicken Soup filled with yummy noodles
AU$5.00

Miso Soup (Japan flights only)
AU$3.00

Oven Baked Gourmet Muffin
Blueberry AU$4.00

Krispy Kreme Original Glazed Doughnut (available on selected Australian Domestic flights and to/from New Zealand)
AU$3.00

Byron Bay Cookie Bar
White Choc Chunk & Macadamia Nut (gluten free) AU$3.00

M&M’s
AU$3.00

Mars Bar
AU$3.00

Meals

Classic Fresh Sandwiches
Shaved Leg Ham & Tasty Cheese with Mild Mustard Dressing or Egg, Mayo & Cos Lettuce
AU$7.00

Gourmet Chicken Wrap
Chicken mixed with basil pesto, mayonnaise & sundried tomatoes with lettuce in a soft tortilla (Served cold)
AU$8.00

Hot Meal - ask your friendly cabin crew for today’s choices (not available on all flights)
AU$12.00

Light Meal - feeling peckish before landing? A perfect way to starve off hunger (not available on all flights)
AU$15.00

Main Meal - sit back, relax and settle into your flight with a filling meal
(available only on flights to/from New Zealand and International)
AU$6.50

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)
AU$6.50

Sweets

Oven Baked Gourmet Muffin
Blueberry AU$4.00

Krispy Kreme Original Glazed Doughnut (available on selected Australian Domestic flights and to/from New Zealand)
AU$3.00

Byron Bay Cookie Bar
White Choc Chunk & Macadamia Nut (gluten free) AU$3.00

M&M’s
AU$3.00

Mars Bar
AU$3.00
Domestic Australia and Fiji:
We accept AUD, Visa, Mastercard and American Express credit cards. Credit cards are accepted for purchases up to AU$520 per flight, per card. Minimum credit card charge AU $5. AU$0.50 surcharge for all credit card payments. Photographic identification is required for all credit card transactions.

Trans-Tasman:
We accept AUD, NZD, Visa, MasterCard and American Express credit cards. Credit cards are accepted for purchases up to AU$520 per flight, per card. Minimum credit card charge AU $5. AU$0.50 surcharge for all credit card payments. Photographic identification is required for all credit card transactions.

New Zealand Domestic:
Prices based on cash payment, available for NZD only. On selected flights payment can be made by Visa, MasterCard or American Express, however AUD prices will apply. AU$0.50 surcharge applies per credit card payment. Rates of exchange and/or fees are determined by your credit card institution. Credit cards are accepted for purchases up to AU$520 per flight, per card. Minimum credit card charge AU$5. Photographic identification is required for all credit card transactions.

Other International:
We accept Visa, Mastercard and American Express credit cards, however AUD prices will apply. Credit cards are accepted for purchases up to AUD$75 per flight, per card. Photographic identification is required for all credit card transactions. On selected flights we accept cash in AUD, USD and the currency of the country you are travelling to/from—notes only.

Non Alcoholic

Non Alcoholic ソフトドリンク
Lemonade  レモネード AUD $3.00
Pepsi or Pepsi Max ベビリまたはペプシ・マックス AUD $3.00
Golden Circle Classic Orange Juice ゴールデンサークル・クラシック・オレンジジュース AUD $3.00
Apple Juice (Japan flights only) アップルジュース(日本籍の場合のみ) AUD $3.00
Nu Pure Spring Water ニューパイン・スプリングウォーター AUD $3.50
Oolong Tea (Japan flights only) オウロン茶(日本籍の場合のみ) AUD $3.00

Beer ビール
Heineken ハイネケン AUD $7.00
Victoria Bitter ビクトリアビター AUD $6.00
Asahi Beer 350ml (Japan flights only) アサヒビール (日本籍の場合のみ) AUD $7.00

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

Spirits スピリッツ
Smirnoff Vodka Ice Red カニノフ オッサッリ アイスレッド AUD $8.00
Bundaberg Rum & Cola バンダベーグ タンク&コーラ AUD $8.00
Jim Beam Bourbon & Cola ジムビーム ボーブン&コーラ AUD $8.00

Café コーヒー喫茶
Republica Coffee (Fairtrade and Organic - 100% Colombian, Arabicas) オリバンカコーヒー (フェアトレード&オーガニック - 100% コロンビア、アラビア種) AUD $3.00
Nature’s Cuppa Tea (Fairtrade & Organic) なチュパブ (フェアトレード&オーガニック) AUD $3.00
English Breakfast Tea イングリッシュ ブレックファストティー AUD $3.00
Green Tea Japanese (Japan flights only) 日本茶 (日本籍の場合のみ) AUD $3.00
Nestlé Hot Chocolate ネスレ・ホットチョコレート AUD $4.00

Snacks
While’s Nibbles Assorted Nuts - Dry Roasted Almonds, Cashews & Macadamias NZ$ $3.50
Pringles - Sour Cream & Onion or Original (Hot Chicken Soup filled with yummy noodles) NZ$ $4.00
Sweets
Oven Baked Gourmet Muffin - Blueberry NZ$ $4.00
Cookie Time Chocolate Fix Cookie NZ$ $3.00
M&M’s NZ$ $3.00
Mars Bar NZ$ $3.00

Non Alcoholic Beverages
Lemonade NZ$ $3.00
Golden Circle Classic Orange Juice NZ$ $3.00
Nu Pure Spring Water NZ$ $3.50

Domestic New Zealand

Snacks
While’s Nibbles Assorted Nuts - Dry Roasted Almonds, Cashews & Macadamias NZ$ $3.50
Pringles - Sour Cream & Onion or Original (Hot Chicken Soup filled with yummy noodles) NZ$ $4.00
Sweets
Oven Baked Gourmet Muffin - Blueberry NZ$ $4.00
Cookie Time Chocolate Fix Cookie NZ$ $3.00
M&M’s NZ$ $3.00
Mars Bar NZ$ $3.00

Non Alcoholic Beverages
Lemonade NZ$ $3.00
Golden Circle Classic Orange Juice NZ$ $3.00
Nu Pure Spring Water NZ$ $3.50

All prices are in Australian Dollars unless otherwise specified. Please ask your crew member for today’s choices. Products and prices may vary on some services. Jetstar apologises should your choice not be available on this flight. Domestic Australia and Fiji: We accept AUD, Visa, MasterCard and American Express credit cards. Credit cards are accepted for purchases up to AU$520 per flight, per card. Minimum credit card charge AU $5. AU$0.50 surcharge for all credit card payments. Photographic identification is required for all credit card transactions. Trans-Tasman: We accept AUD, NZD, Visa, MasterCard and American Express credit cards. Credit cards are accepted for purchases up to AU$520 per flight, per card. Minimum credit card charge AU $5. AU$0.50 surcharge for all credit card payments. Photographic identification is required for all credit card transactions. New Zealand Domestic: Prices based on cash payment, available for NZD only. On selected flights payment can be made by Visa, MasterCard or American Express, however AUD prices will apply. AU$0.50 surcharge applies per credit card payment. Rates of exchange and/or fees are determined by your credit card institution. Credit cards are accepted for purchases up to AU$520 per flight, per card. Minimum credit card charge AU$5. Photographic identification is required for all credit card transactions. Other International: We accept Visa, MasterCard and American Express credit cards, however AUD prices will apply. Credit cards are accepted for purchases up to AUD$75 per flight, per card. Photographic identification is required for all credit card transactions. On selected flights we accept cash in AUD, USD and the currency of the country you are travelling to/from—notes only.
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