

UIMC Congress 2013

Sydney, Australia 8-11 October



Sydney is Australia's oldest and largest city, set on a stunning harbour and home to two of the world's most recognizable icons – the Sydney Opera House and the Sydney Harbour Bridge.

The central business district offers world-class theatres, great shopping, museums, art galleries and restaurants featuring cuisines from around the world. October will be spring in Sydney, with an average temperature of 24 degrees.

The Congress will take place from 8-11 October. The 8th is set aside for the UIMC management committee meeting and the congress itself is from the 9th to the 11th.

DRAFT PROGRAM

Tuesday 8 October

9am - 5 pm: management committee meeting followed by dinner for the management committee in the hotel

Wednesday 9 October

9am - 12pm: opening plenary session and city tour for accompanying persons
12pm - 1:30pm: lunch for all delegates and accompanying persons in the hotel
1:30pm - 5:00pm: afternoon scientific presentations in English
7:30pm: harbour cruise buffet dinner

Thursday 10 October

9am - 5pm: site visits - Trainworks museum and Scenic Railway Katoomba
7.30pm: official congress dinner at the hotel

Friday 11 October

9am - 12pm: General Assembly with English/French/German translation
12pm - 1:30pm: lunch for all delegates and accompanying persons in the hotel
1:30pm - 5:00pm: afternoon scientific presentations with English/French/German translation
5.30pm - 6:30pm: evening farewell cocktails

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SIGHTSEEING



Sydney Opera House

Circular Quay - Situated at a small inlet, Circular Quay is a starting point for most attractions based around the harbour. It is a vibrant and bustling place with ferries every few minutes to different parts of the harbour. The Sydney Opera House is located here.

The Rocks - Nestled at the foot of the Sydney Harbour Bridge, the Rocks is Sydney's oldest preserved colonial district.

Darling Harbour - A major tourist site with attractions such as Imax theatre, Chinese Gardens, Sydney Aquarium and the Australian National Maritime Museum. Darling Harbour has a large selection of restaurants and cafes and is the location of the UIMC congress.

Royal Botanical Gardens - Located close to the Opera House, the botanical gardens are a beautiful setting between the harbour and the eastern part of the central business district.

Luna Park - A superbly restored 1930's amusement park, with free entry & magnificent views of Sydney Harbour.

Taronga Zoo - Overlooking the Harbour Bridge, Opera House & Sydney Cove, Taronga Zoo is the nation's leading zoological garden, featuring Australia's finest collection of native animals and a diverse collection of exotic species.

Manly - A trip to Sydney is incomplete without a ferry ride to Manly - 40 min from Circular Quay. The harbour side wharf and nearby shopping mall are lined with restaurants, bars and specialty stores. The mall leads to the seaside where you will find popular Manly beach.

Bondi Beach - A thriving cosmopolitan centre for sun, surf and fun, this large moon shaped bay of white sands has a string of eateries, shops, hotels and tourist outlets.

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TRAVEL INFORMATION

Flight time to Sydney:

From Dubai - 13hrs and 45 minutes

From Singapore - 7 hours and 15 minutes

Getting from the airport to the city:



Taxi - the journey takes 25 minutes and costs approximately \$34.00



Airport Rail Link - will take you to the city in 15 minutes at \$16.70 per adult and \$11.80 per child each way.

Cityrail network map showing the airport line and city circle stations



***Airport Line**- runs from International Airport to → Central Station (both directions) and continues around the city circle line to Town Hall station.

***City Circle**- runs from Central station → Museum → St James → Circular Quay → Wynyard → Town Hall → Central

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Public Transport Ticketing info

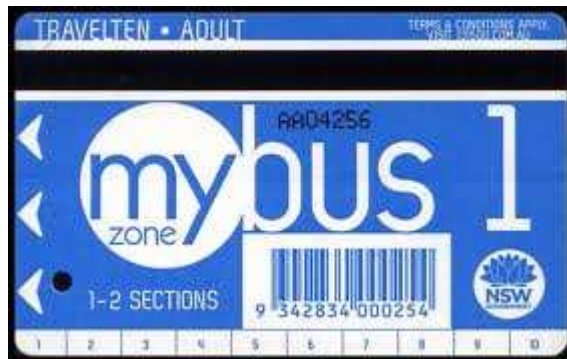
Bus tickets range from \$2.20 - \$4.60 for a single journey

Ferry tickets range from \$5.80 - \$7.20 for a single journey

Trains tickets range from \$3.60 - \$8.40 for a single journey

Other options are buying weekly or day passes:

- My Multi Day Pass- gives you unlimited travel on all buses, ferries, Metro light rail and Cityrail services - \$22.00 per adult, \$11.00 per child.
- My Multi 1 Weekly - gives you unlimited weekly travel on cityrail and buses from Central station, Town Hall and Circular Quay - \$44.00 per adult, \$22.00 per child.
- My Bus travelten tickets - for 10 short bus journeys within the city - \$17.60



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ACCOMMODATION

Novotel Darling Harbour - This 4.5 star luxury hotel is the location of the Congress. The hotel is offering a 10% discount off the standard daily rate at time of booking for all UIMC Congress delegates. Taxi is recommended for travel to and from the airport as there is no direct public transport from the airport to the hotel.

Booking Code: **DOT081013**

Booking procedure:

Delegates are now invited and able to book rooms under this code for the UIMC Congress. Bookings can be made by calling the reservation team on +61 (2) 9288 1780 or emailing H1181@accor.com.

Meriton Serviced Apartments - These modern serviced apartments are offering discounted rates for all UIMC delegates. The closest station is Town Hall, which can be reached by train from Sydney airport. (See map below)

Booking Code: **UIMC1013**

Booking procedure:

Step 1 Login to Meriton Serviced Apartments website: www.stayMSA.com

Step 2 Select your location (Meriton Serviced Apartments, Kent St) & arrival date

Step 3 Enter your specific login code (UIMC1013) in the reservation box and click on check availability. Note: this discounted rate is valid from 7th -14th October 2013.

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Location of Novotel Darling Harbour and Meriton Apartments Kent Street



The Novotel is located at 'A' on the map above. The Meriton apartments Kent street are located at the pink marker, within walking distance of Town Hall station. Walk down George street after exiting Town Hall station, turn right at Bathurst street and then left onto Kent street. Walking time from the Meriton apartments to the Novotel is approximately 15 minutes - walk down Liverpool street then through the Darling Harbour precinct to the Harbourside Shopping Centre. Take the escalator to the top floor of the shopping centre from where a walkway leads across to the Novotel.

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FOOD AND DINING

Full buffet breakfast is available at the Novotel at a cost of \$32.00 per person, or \$20.00 per person if you pre-book. Otherwise you can always dine in a nearby café for around \$10-\$20.

Cafés are easily found in the Darling Harbour area and in the surrounding streets of the Meriton Apartment Kent Street. If you are staying at the Meriton you will have your own kitchen facilities so you may choose to buy groceries from nearby convenient stores and supermarkets.

Other dining options include nearby restaurants, which can range in price from \$20 to \$35 per meal depending on the restaurant. For example restaurants on the waterfront at Darling Harbour tend to be more expensive than those in the city streets. There are also many cafes where you can purchase a meal for approximately \$15-\$25. Pub meals are another great option, with pubs located on many street corners. This is where you will find a traditional Australian menu for a reasonable price of \$15-\$20 per meal. Many pubs have a special \$10 menu at lunchtime and sometimes also on weeknights.

Another budget option, apart from fast food chains, can be found at Market City food court where there are many different cuisines to choose from, with prices ranging from \$7-\$15 per meal. Market City is located on the corner of Hay and Thomas streets in Chinatown. The food court is located on the top floor and on the ground floor you will find the famous Paddys markets.

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PLACES TO SEE OUTSIDE SYDNEY

Blue Mountains

A trip to New South Wales would not be complete without a visit to the Blue Mountains. Less than two hours from Sydney by road or train, the world heritage listed Blue Mountains are one of Australia's most spectacular icons. With picturesque villages, breathtaking views and so much to see and do, the Blue Mountains are a perfect holiday destination or day trip from Sydney.



Canberra

Canberra, Australia's capital city, is located in the Australian Capital Territory 280km south west of Sydney. The country's history and culture are on proud display in the many museums, galleries, theatres, Parliament House, Royal Australian Mint and the Australian War Memorial.



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Melbourne

Victoria's capital, Melbourne, sits on the Yarra River and around the shores of Port Phillip Bay. Lauded for its sense of style and elegance, Melbourne boasts glamorous festivals and events, Australia's best shopping, a lively passion for eating and drinking, and a flourishing interest in the arts. Melbourne which is 883 km south of Sydney is approximately 8hrs 40 minutes drive by car or a 1hour flight from Sydney.



Cairns

Cairns, located in Tropical North Queensland, is a holiday maker's paradise, with attractions, tours and things to do that showcase this remarkable pristine World Heritage preserved part of the world. Cairns' attractions rank as some of the most original and exciting in Australia today, with golden sunny beaches flanked by the Daintree and Cape Tribulation rainforests and the Great Barrier Reef.

Cairns is a 3hour flight from Sydney.



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Uluru

Rising from seemingly nowhere in the deep centre of Australia, Uluru/Ayers Rock is one of the world's great natural wonders. Right in the heart of Uluru Kata Tjuta National Park in Australia's Red Centre, Uluru is a place that speaks of timeless folklore, rich indigenous culture and great spirituality.

