

Dr Robert Miller – The Feeling-State Addiction Protocol

16 - 17 September 2017

Rydges Sydney Central Hotel

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Helpful Information

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1. Rydges Sydney Central

Location location location! Just 200m (an 8 minute walk) from Central Station there's easy access to SCG and Entertainment Quarter, China Town, Darling Harbour and The International Convention Centre all within easy reach walking or by public transport and Sydney Airport is also only 8kms away. Rydges Sydney Central features sitting areas with sofas, and the bright, contemporary rooms come with free Wi-Fi, minibars and flat-screen TVs. A chic restaurant/bar serves Italian cuisine, and a second restaurant offers British fare in a conservative dining room. There's also a sky-lit swimming pool with a hot tub, a sauna and a fitness room.

Dietary Requirements:

Can Rydges Sydney Central cater for dietary requirements?

Rydges Sydney Central can cater for particular dietary requirements including gluten-free, vegetarian or vegan. Please communicate your catering needs when registering for the workshop.

Can we bring in our own food/drinks?

All catering at Rydges Sydney Central is prepared on the premises and they are fully licensed, therefore no food or beverage of any kind is permitted to be brought into the hotel for consumption without prior approval from management.

Wi-Fi:

Is wi-fi available at the hotel?

There is Wi-Fi throughout Rydges Sydney Central and will be free for all workshop participants.

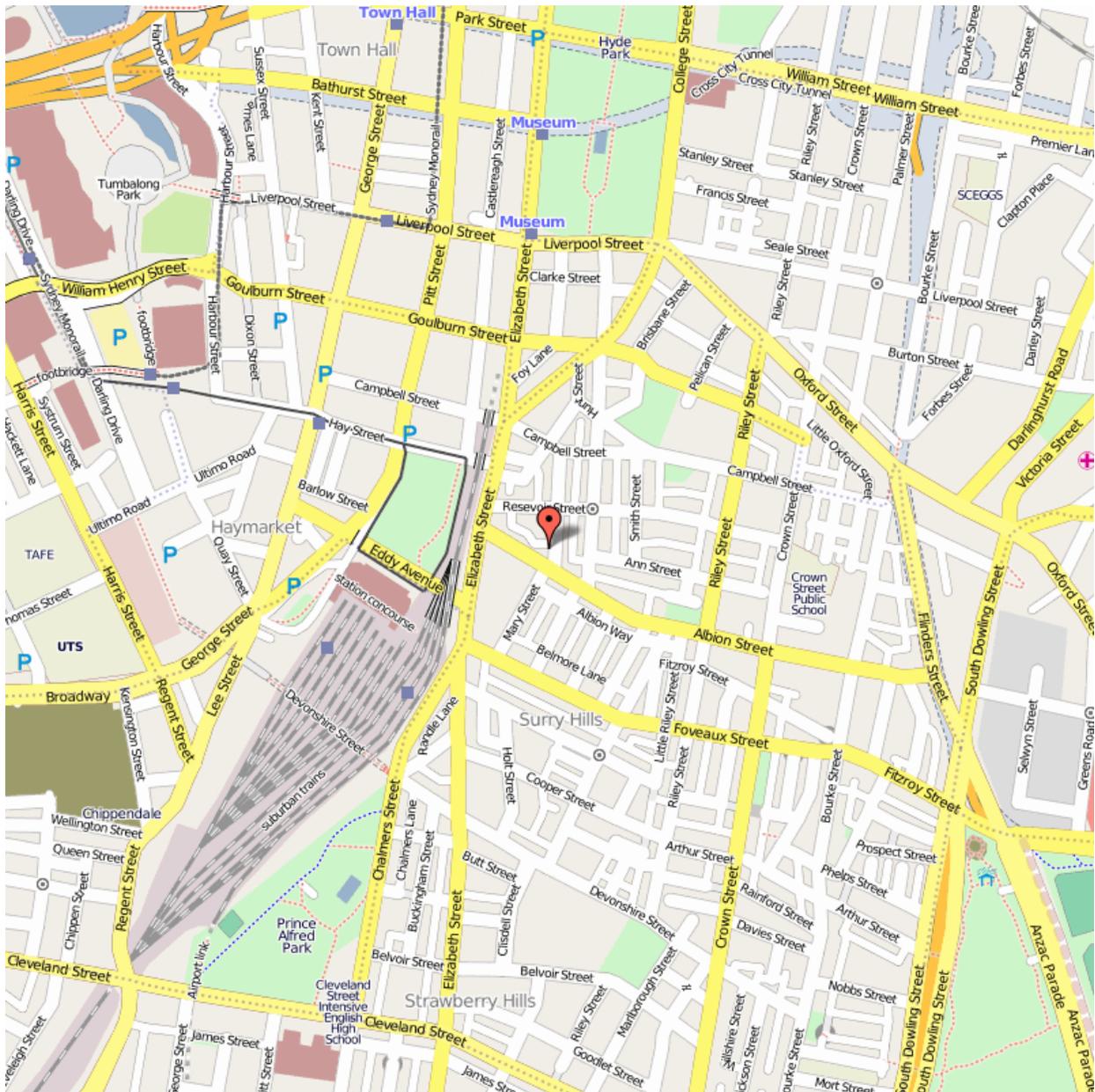
Disabled Facilities: Rydges Sydney Central has lift access from the hotel foyer to each level, including to the conference & events venue.

Parking: Parking is available onsite. Please contact the hotel directly for further details.



2. Transport options:

Rydges Sydney Central is located 200 metres away from Sydney Central Station:



For workshop participants arriving in Sydney from Sydney Airport, transport options into the city include taxi and the AirPort Link Sydney Train: <https://www.airportlink.com.au/>

A single ticket from the airport to Sydney Central Station is \$17.90.

Taxi

Taxi's can be booked by the hotel reception at any time; they can also make bookings for the future. Please contact them if you wish to book a taxi.

Train

Sydney Central Station is 200 metres away from the hotel and the Airport Link Train travels directly and regularly to Central Station, as do most suburban train lines and some regional train lines.

http://www.sydneytrains.info/stations/station_details?stationId=17

All travel on Sydney public transport requires an Opal card or an Opal single trip ticket. For further information on Opal Cards, please visit: <https://www.opal.com.au/>

3. Sydney Weather in September

The average daytime temperatures in Sydney in September are around 16°C while high temperatures can hit peaks of 20°C on warmer days. Although the weather is warming in September, Sydney can experience some chilly westerly winds this month. While the city is generally sheltered from these winds, it gets very chilly near the waters when they blow. Temperatures do drop on an evening too, so make sure to pack a jacket if you're visiting Sydney in September. The average minimum temperatures generally tend to hover around 12°C.

As with most of the months, September is generally a sunny month in Sydney. Travellers can usually expect an average of 9 hours sunshine per day.

Spring in the city does mean the weather is subject to more rain than at other times of the year, however, this usually clears up quickly. The average rainfall expected throughout the month is 65mm which is usually spread over 11 wet days, for a 32% chance of a rainy day.



4. Alternative Accommodation Options Nearby:

The following hotels are 3-star hotels within 10 – 15 minutes walking distance to Rydges Sydney Central:

- **Vibe Hotel Sydney– 111 Goulbourn Street, Sydney**

<https://www.tfehotels.com/brands/vibe-hotels/vibe-hotel-sydney>

- **Travelodge Hotel Sydney – 27 – 33 Wentworth Avenue, Sydney**

<https://www.travelodge.com.au/hotel/sydney/>

- **Rydges Capitol Square – 3 Campbell Street, Sydney**

<https://www.rydges.com/accommodation/sydney-nsw/capitol-square-sydney/>

- **Hotel Ibis Sydney World Square – 382 – 384 Pitt Street, Sydney**

<http://www.ibis.com/gb/hotel-2132-ibis-sydney-world-square/index.shtml>

Air bnb

Air bnb offers varying types of accommodation in and around the city from an entire home, a private room or a shared room: <https://www.airbnb.com.au/>



5. Local Attractions

A useful website featuring a comprehensive list of attractions and events in Sydney is:

<http://www.sydney.com/>

TOP THINGS TO DO

- **Walk Sydney's famous Bondi to Coogee coastal trail**

This photogenic six kilometre (3.7 mile) walking track will take you through scenic Eastern Sydney beaches, including Bondi, Tamarama, Bronte, Clovelly, and, finally, Coogee Beach. The trail begins at Bondi Icebergs pool, winds past Aboriginal rock carvings at Marks Park, and offers plenty of opportunities for a swim along the way. At the end of your walk, enjoy lunch at seaside eatery Coogee Pavilion – its rooftop boasts beautiful 270 degree views. Express buses operate from Bondi and Coogee to the city centre.

- **Get up close and personal to the animals at the zoo**

Visit the animals at Taronga Zoo with their incredible waterside address just 12 minutes ferry ride north from Circular Quay. Taronga Zoo houses more than 4,000 animals from various exotic and native species, including gorillas, tigers, leopards, chimpanzees, giraffes, Australian sea lions, kangaroos and koalas.

- **Spend the day at the Sydney Opera House**

There are many ways you can experience what the Sydney Opera House has to offer. A masterpiece of 20th-century architecture, the Sydney Opera House in Circular Quay hosts more than 40 performances each week. Book tickets to Opera Australia's latest show and tick this truly iconic Sydney experience off your bucket list. If what happens off-stage intrigues you, sign up for a two-hour backstage tour, which takes guests behind-the-scenes into the exclusive domain of performers, with a full cooked breakfast in the green room. Tours operate daily at 7am.

- **Climb to the top of the Sydney Harbour Bridge**

Nicknamed "The Coathanger" and dating back to 1932, the Sydney Harbour Bridge is one of Australia's grandest engineering feats. Visitors are free to walk or cycle across this vast structure, but book a BridgeClimb for the opportunity to scale to the summit and enjoy unbeatable panoramic views.

- **Ride the ferry to Manly**

Manly, on Sydney's north side, is renowned for surf breaks, scenic walks and laidback cafés. A half-hour ferry ride from Circular Quay, a trip to Manly is the perfect family day out. Enjoy fish and chips from one of the countless takeouts, or sit down at the charming Fika Swedish Kitchen – the cinnamon bun pudding is delicious.

- **Camp on Cockatoo Island**

Spend a night on Cockatoo Island, in the middle of Sydney Harbour, and wake up to one of the world's greatest views. You can bring your own tent or book a 'glamping' package to leave it up to the experts, with beds, lanterns and toiletries included. Campers have access to hot showers and a communal camp kitchen, but if you'd rather not cook, barbecue and breakfast packs can also be ordered.

- **Take in the natural beauty of the Blue Mountains**

Famous for its rock formation known as the Three Sisters – along with quaint hotels and charming townships — the Blue Mountains National Park is just under a two hour drive from Sydney. Here you can discover one million hectares (2.5 million acres) of tall forests, sandstone cliffs, waterfalls and bushland, either mountain biking, abseiling or on foot.

