

EMDRAA PRESENTS

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## Mastering Complexity in EMDR Practice

SYDNEY NOVEMBER 14-17 2019

**Amora Hotel Jamison Sydney**

<https://www.amorahotels.com/hotels/amora-hotel-jamison-sydney>

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### Helpful Information

1. **Hotel Information**
2. **Transport Options**
3. **Sydney Weather**
4. **Alternate Accommodations Nearby**
5. **Local Attractions**



## 1. Amora Hotel Jamison Sydney

In the heart of Sydney's CBD, five-star Amora Hotel Jamison Sydney offers 415 spacious guest rooms with separate bath and shower, along with a service that sets the standard for Sydney hospitality.

An easy walk from Circular Quay, The Rocks, Barangaroo, Sydney Harbour Bridge and Opera House, and only a few minutes from Wynyard train station makes Amora one of the most desired locations for those travelling on either business or leisure.

The hotel amenities include 10 meeting spaces that cater for 4 to 370 people, along with a new restaurant and bar. Amora's indoor heated swimming pool, sauna, Jacuzzi, steam room, day spa, and 24-hour room service makes the hotel an ideal business and leisure destination.

### **Dietary Requirements:**

#### ***Can Amora Hotel Jamison cater for dietary requirements?***

Amora Hotel Jamison 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 Amora Hotel Jamison 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 complimentary Wi-Fi throughout Amora Hotel Jamison and will be free for all workshop participants.

**Disabled Facilities:** Amora Hotel Jamison has accessible rooms and 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:

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/>

**Train**

The Airport Link Train travels directly and regularly to Central Station, as do most suburban train lines and some regional train lines. From Sydney Central Station you can change here to travel to Wynyard Station. The Amora Hotel Jamison is a 2-minute walk from Wynyard train station.

[http://www.sydneytrains.info/stations/station\\_details?stationId=17](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/>**

**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.

### 3. Sydney Weather in November

Sydney is a great year-round tourist destination as it enjoys a moderate climate and is world famous for its bright blue, sunny skies. It attracts tourists from all over the world with its iconic architecture, beautiful beaches and year-round sunshine.

Sydney has a mild, subtropical climate with pleasant weather year-round in general. November is the last month of spring in Sydney. The weather in November in Sydney is hard to predict, however it tends to be warming up as summer arrives.

**Temperature**

In November, the average daytime temperatures in the city are generally around 20°C and high temperatures can hit a balmy 24°C on some days which can feel rather hot. While temperatures do fall at night, they will never drop too low in November. The average minimum temperature generally tends to stay above 16°C throughout the month.

**Sunshine**

Sydney also experiences a good amount of sunshine in November. There is an average of 9 hours of sunshine per day during this month and a 17% chance of a sunny day.

**Sea Temperature**

If you're looking to make use of one of the city's many glorious beaches, you'll be pleased to know the average sea temperature is a comfortable 19°C, which is suitable for bathing and surfing.

**Rain**

Spring time does bring with it a greater possibility of rain than at other times of the year and rainfall actually increases from October to November. The average amount of rainfall experienced in November is 116mm which occurs over 15 wet days throughout the month. There's around a 49% chance of wet weather in November. However, if it does rain during this month, showers tend to clear up quickly and reveal sunshine.



#### **4. Alternative Accommodation Options Nearby:**

The following hotels/apartments are within 2 minutes walking distance to the Amora Hotel Jamison:

- **Mantra 2 Bond Street**

<https://www.mantra2bondstreet.com.au/>

- **The York by Swiss-BelHotel Sydney**

<https://www.theyorkapartments.com.au/>

- **Travelodge Sydney Wynyard**

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

#### **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/>

The following attractions are all within an easy walking distance from the Amora Jamison Hotel:



### **SYDNEY OPERA HOUSE**

Sydney Opera House is a masterpiece of late modern architecture. Housing multiple venues within the structure, the Opera House is a hub for artistic performances, as well as home to fine dining and a relaxed bar.



## **SYDNEY HARBOUR BRIDGE**

The Sydney Harbour Bridge, also affectionately known as the 'Coathanger', was opened on March 19th, 1932 by Premier Jack Lang, after six years of construction. Boasting scenic Sydney views, the bridge is one of Australia's greatest icons.



## **BARANGAROO**

Explore all that's new at Barangaroo – the stunning headland park, Barangaroo Reserve, and the curated dining and shopping precinct. Take a gentle stroll, or a guided tour, dip your toes in the Harbour and check out a new view of the Harbour Bridge, bring a picnic or eat at one of the fabulous dining options in the southern precinct.



## **THE ROCKS**

Experience a sense of Sydney's past exploring The Rocks' cobbled laneways, cosy cafés and oldest pubs in the country. Throughout this historic precinct you will find great places to eat, drink and shop – and a buzzing annual events calendar.



## **PITT STREET MALL**

Pitt Street Mall is located in the heart of The Sydney CBD and is Australia's busiest and most cosmopolitan shopping precinct boasting retail centres Myer, David Jones, Glasshouse, Sydney Arcade, Westfield Sydney, Mid City Shopping Centre and The Strand Arcade.



### **ROYAL BOTANICAL GARDENS SYDNEY**

The Royal Botanic Garden, Sydney, est. 1816, is the oldest botanic garden and scientific institution in Australia. It is home to an outstanding collection of plants from around the world with a focus on Australia and the South Pacific.



### **CIRULAR QUAY FERRY TO MANLY**

Manly, on Sydney's north side, is renowned for surf breaks, scenic walks and laidback cafés. Walk down to Circular Quay and take a half-hour ferry ride across to Manly for 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.