

**Richmond Fellowship  
ASPAC**



**International Mental  
Health Conference**



**2010**

**Hobart Tasmania**

# Tasmania – it's an experience, not just a destination

Tasmania is one of the few unspoiled places left on Earth and is internationally known as "the natural state"

Tasmania is however not all about wilderness. There are many first-class facilities and accommodation venues nestled in breathtaking locations, purpose-built attractions to discover - and magnificent food to savour.

Fresh local produce plays a significant role in the island's lifestyle. Tasmania has been repeatedly acknowledged as producing the finest cheeses, seafood, wines and beers in the international spotlight.



Over the years visitors have enjoyed the many attractions of this amazing location and have voted accordingly, awarding Tasmania 'Best Temperate Island in the World' and 'Best Island in the South Pacific'\*. So why not consider Tasmania- where distances are short but the list of experiences is long...

Nestled in the foothills of spectacular Mount Wellington and along the shores of the beautiful Derwent River, Hobart is one of Australia's most picturesque capital cities.

It is a compact city with fine restaurants, bustling markets, festivals and entertainment - all within a few minutes of Wrest Point.

Hobart is also the gateway to spectacular off-site dining venues, including nearby wineries and historic houses. Hobart also offers easy half or full day tours for delegates including Port Arthur, the Tahune Airwalk in the beautiful Huon Valley, Mount Field National Park or the Derwent Valley. As a convention city, Hobart has it all!



## The Venue - Where else? Wrest Point

Wrest Point has an absolute waterfront location on the River Derwent in Hobart, Tasmania. It's Hobart's premier choice for holiday accommodation, dining and entertainment.

At Wrest Point you'll find all the facilities and services you would expect in a top quality hotel. There's a variety of accommodation choices, including hotel rooms, accommodation for business travellers, family accommodation and luxury suites in the Tower, with views of Mt Wellington, the city of Hobart and harbour.

The hotel has a selection of great restaurants and bars, offering waterfront dining, casual bistro style meals and Hobart's premier dining experience featuring Tasmania's best food and wine in The Point Revolving Restaurant. Wrest Point has Hobart's best venues for live entertainment, shows and events. There's mini-golf and tennis, a day spa, fully equipped health club and pool and even a boutique casino.

Ask us about our range of holiday accommodation offers, travel packages and touring options in Hobart and around Tasmania.

## Richmond Fellowship - Caring for Tasmanians for 21 years

The Richmond Fellowship is a world wide organisation that supports the continual improvement of conditions for those members of our community who suffer the effects of mental illness. In Australia there are Richmond Fellowship programs in every state.

Established in 1984 and with over twenty one years experience in providing residential rehabilitation for people experiencing major mental illness Richmond Fellowship Tasmania operate eight Programs around Tasmania with residential rehabilitation houses, Recovery Programs and recreational Programs.

Richmond Fellowship Tasmania Inc recently celebrated their 21st Birthday with many friends colleagues and consumers.

Richmond Fellowship are an integral part of mental health in both Tasmania and the whole of Australia and are honoured to welcome delegates from around the world to, what is shaping up to be a most informative and enjoyable conference in 2010.



# Getting to Tasmania

**By Air** Three carriers operate regular daily jet services between mainland Australia and Tasmania daily, and a wide selection of flight times are available for delegates throughout the day.

[www.qantas.com.au](http://www.qantas.com.au)  
[www.virginblue.com.au](http://www.virginblue.com.au)  
[www.jetstar.com.au](http://www.jetstar.com.au)

**By Sea** Delegates can travel from Melbourne to Tasmania with their cars on Spirit of Tasmania. Onboard a range of accommodation options are available and entertainment options abound including restaurants, bars, lounges, a children's playroom and a visitor information office.

[www.spiritoftasmania.com.au](http://www.spiritoftasmania.com.au)

**Fast Facts** Airports- Hobart Airport is located 18km (approximately \$30.00 taxi fare) from the city centre. Rental cars are readily available from all airports and major centres.

Spirit of Tasmania terminal is a scenic 3 hour drive from Hobart.

The population of Tasmania is 483,000. Hobart the capital city with 200,000 people.

Tasmania enjoys a temperate, maritime climate. Nights can be cool throughout the year, so some warm clothing is recommended.

Hobart has the nation's second-lowest rainfall (626 mm or 24") of all Australian capital cities. The average summer temperature is a comfortable 21°C (70°F). Winter's average is 12°C (52° F).

Australian dollars (\$AUD) is the local currency. Traveller's cheques may be cashed at most major hotels and banks. Accepted credit cards include American Express, Bankcard, Diner's Club, Mastercard and Visacard. Tipping is not compulsory in Tasmania nor a widespread practice.

Shopping - Locally crafted timber items, glass, pottery, leather and woollen goods are worth pursuing. Most convenience stores and supermarkets are open for extended trading hours 7 days per week (7.00am - 7.00pm or later). Hobart's famed Salamanca Market is not to be missed each Saturday from 9.00am - 2.00pm. Duty free shopping is available

## Contact Details

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