

SPORTS & LIFESTYLE

JANUARY 2024



TRAVELLING FROM NEW SOUTH WALES TO TASMANIA



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January 2024
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L'ÉDITO



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At the beginning of each new year, some of the top resolutions include traveling around the world, improving fitness, do more sport, and protect the environment; that is why this edition is designed to cover some of those projects, because **Australia** is a country where sport, wellness and sustainability are the main objectives.

This time we'll only visit a part of the country, travelling from New South Wales to Tasmania, almost the same route that, for just over a week, was covered by some of the sailors in the **Rolex Sydney Hobart Yacht Race**.

Let's start to enjoy most of the sporting events. **Melbourne** is undoubtedly the best city to watch major **tennis**, rugby, cricket, **Australian Rules**, basketball, F1 or bike racing, but if you're looking for surfing, kayaking, or sailing, you'll find a variety of venues and one of them is **Central Coast**.

If you like mountaineering, be sure to visit **Alpine National Park**, where highlights skiing, snowboarding or sledding, while **Byron Bay** is a place where wellness, celebrities and glamour come together in one setting.

Of course, our trip to Australia wouldn't be the same without visiting the **marsupials**, these native animals that we must care and respect, as some of them are critically endangered.

To find a close relationship with nature and luxury if you stay at **Saffire Freycinet**, where the experts will undoubtedly create customized experiences to make you want to come back and learn more about this amazing continent, so... see you soon!

Monique SM



For the 78th time, 103 yachts set out from Sydney Harbour on 26th December and sailed 628 miles of Australian seas to land in Hobart, Tasmania, giving us the same adrenaline as the sailors with a very intense finish.

Split into four start lines, *SHK Scallywag* and *Wild Thing 100* started close to the pin on the western side of the Harbour, while *LawConnect* and *Andoo Comanche* set off the east. With a larger fleet than usual, the **Rolex Sydney Hobart Yacht Race** got underway at 1pm Australian time. Half an hour before the begin, the humidity and heat gave way for a fall in temperatures as darkening skies, thunder and lightning in the horizon moved in from the north. *SHK Scallywag* led the start from Heads, ahead of *Andoo Comanche*, in light winds of 5 to 10 knots from east to northeast, increasing to 20 kts offshore.



After almost two days of sailing, one of the most exciting finishes of the race took place in Hobart's Castray Esplanade. At 08:03:58 hours *LawConnect* crossed the finish line in the time of 1 day, 19 hours 03 minutes and 58 seconds and just 51 seconds later arrived *Andoo Comanche* in 1:19:04:49. This was the second closest and most exciting finish in the history of the **Cruising Yacht Club of Australia race** as, in the last 1.5 miles, the lead changed five times. The two maxis executed brilliant gybes to take advantage of the wind and eventually *LawConnect* snatched victory from *Andoo Comanche* less than 50 metres from the finish line.



After landing at Kings Pier Hobart, LawConnect's skipper commented, "I can't believe that result. Honestly. It's a dream come true. I never thought it was possible, actually," said excited Christian Beck. "Because they took the lead pretty close to the finish line, we thought there's no way we could get it back," Beck continued, "But a wind gust came. It happened. So, it was a complete surprise, to be honest," he concluded.

At finishing, and as is tradition, Beck was thrown into the water off Hobart Pier by his crew. Immediately afterwards, they celebrated the victory and the receipt of the J.H. Illingworth Challenge Cup by spraying themselves with champagne.



Behind the sailing teams of Christian Beck and John Winning Jnr, the fight for third place also saw a change of positions. *RP72 URM Group* became the third boat in the fleet after crossing the finish line in a time of 2:02:07:19. For its part, *RP66 Alive* had dropped from 3rd to 4th position, however, it occupied the provisional first place overall.



Australia's premier ocean racing Club

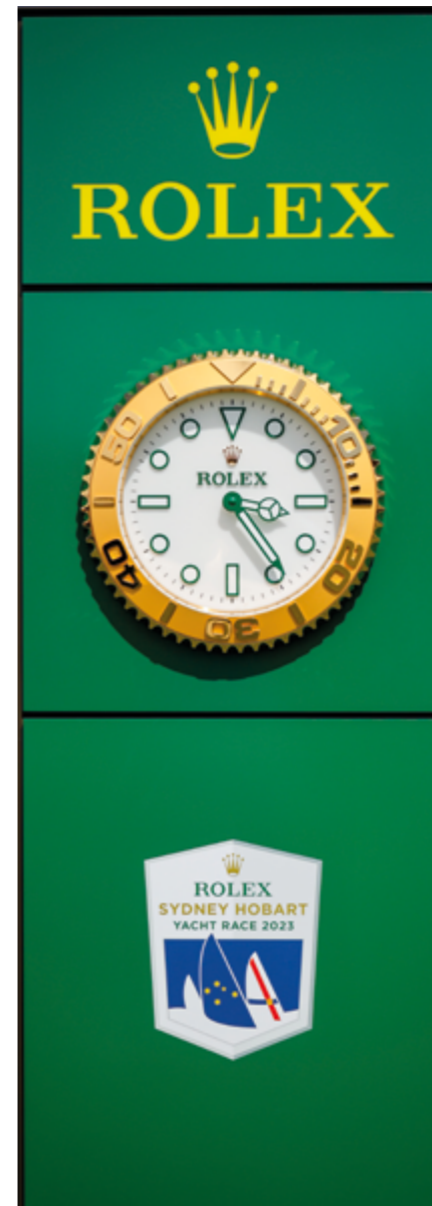
The **Cruising Yacht Club of Australia** was formed in 1944 and quickly became the leading exponent of ocean racing in Australia, although it was then a little-known sport in the world. In 1945, the Sydney Hobart Yacht Race was born and captivated the Australian public and it soon developed into an international yachting classic, attracting competitors from all over the world. The winner was 30-ft British Rani, skippered by Captain John Illingworth RN in a time of 6 days 14 hours and 22 minutes.

The Club has been organising ocean racing for almost 80 years and has built up an internationally acclaimed expertise in organisation and maritime safety. It's now the favorite by more than 3,100 members, sailors and non-racers alike, who enjoy the world-class facilities, the extensive sailing calendar and the social



programme of member's nights, prize giving and just relaxing in the Sydney Hobart Bar after a hard-fought race.

The **Tattersall Cup** was first awarded to the winner in 1946 by the Executors of the Estate of the late George Adams, the founder of Tattersall Lotteries in Hobart. In 1945, William Adams, the great-nephew of George Adams, tracked down what he believed to be a suitable trophy for the event. The cup was designed by the silversmiths at Prouds of Sydney.



"Hand-wrought 288 ounces sterling silver cup and plinth - 25 inches high under a glass dome. Decorations of mermaids, graperine and seahorses at base. Lid surmounted with mermaid on crest of wave calling up winner. Entirely Australian origin." That is like Prouds described the trophy to William Adams.



The trophy of honour in handicap for which the Rolex Sydney Hobart fleet competes is the George Adams Tattersall Cup and is awarded to the overall winner on corrected time of the 628 nautical mile race. Currently, the IRC handicapping system is used to determine the overall winner. Cruising Yacht Club of Australia retains the magnificent trophy in its trophy cabinets, with the owner of the winning



yacht receiving a suitable memento of their victory.

Since 1945, the Tattersall Cup has been won by some of the finest yachts and outstanding yachtsmen in the world, but only seven boats have won it more than once. Some names are recorded on the base of the Cup as symbol of supremacy in Australian ocean yacht racing and the winners of one of the toughest races in the world.



16 ANIVERSARIO VIÑEDOS DEL POLO EL MARQUÉS

18 AL 20 DE ENERO 2024

BAJO HANDICAP 1 A 3 GOLES ALTO HANDICAP 6 A 8 GOLES



FEDERACIÓN MEXICANA DE POLO



VIÑEDOS DEL POLO EL MARQUÉS



PERSONALIZED LODGING

Photos: Courtesy by Saffire Freycinet



To enjoy Tasmania's grandeur in a private lodge, stay at Saffire Freycinet, just twenty luxury suites with panoramic views of Great Oyster Bay and the Hazards mountain range, located in the heart of Tasmania's Freycinet National Park.

Opened in 2010 to offer guests a connection between nature, comfort and sophistication. Circa Morris-Nunn Architects were commissioned for the design, as Tasmania's most adventurous and innovative architectural practice. The building's structure evokes a connection to the sea, through references to waves, sea creatures, sand dunes and a flowing, organic forms. Saffire is inspired by the pink granite of the peninsula, the white sandy beaches, sapphire-blue waters and the greyish green of the native bushland.

All suites have been architecturally designed to offer privacy and optimise guests' views of the sea, mountains and sandy beaches Eastern Tasmania is known for. You can enjoy state-of-the-art technology with high-speed Wi-Fi and retractable LCD TVs or a relaxing soak in deep bathtubs, an aperitif on your private balcony, and if you are staying in Private Pavillions, you can enjoy



the plunge pool in the centre stage of the courtyard. The furnishings are a mix of traditional and contemporary, with locally made timber pieces alongside mid-century classics such as chairs designed by Herman Miller, Charles and Ray Eames.

The engaging and secluded lodge offers a wide range of packages and treatments tailored to guests' specific needs at the luxurious Saffire Spa for the ultimate in relaxation and pleasure. Enjoy a delicious culinary experience at Saffire Freycinet's Palate restaurant, providing tailor-made gourmet moments that enhance the genuine flavours of home-grown produce, matched with perfectly curated wines.

All-inclusive experiences

Saffire Freycinet's all-inclusive includes experiences such as bee-keeping, connecting with the countryside, oyster farming in the secluded coves of Great Oyster Bay and guided bushwalks through unspoilt nature. Guests can enjoy the pristine white sand, turquoise waters and pink granite of Wineglass Bay, walk amongst Tasmania's native species on Maria Island, or try clay target shooting or fly fishing at Currawong Lakes.

Aboard the custom-built Saffire, expert guides and skippers interpret the history and geography of the Freycinet Peninsula along with fascinating stories and quirky characters. On the leisurely cruises, guests enjoy close-up interactions with soaring sea birds, playful marine mammals and visit culturally significant sites of past and present inhabitants.





Maria Island has spectacular cliffs and historic buildings. At Tasmania's East Coast you can spot local wildlife, such as kangaroos and wombats, while enjoying wine paired with local gastronomic delights. For an aerial experience, Rotor-Lift Aviation has exclusive permission to land on **Tasman Island**, enjoy a picnic lunch with paired wines while viewing the abundant marine and native wildlife. If you want to experience the Tassie devils, you can observe it in a natural setting and contribute to save this endangered species from extinction.



If you prefer to sample local beverages, visit Craigie Knowe Vineyard, the oldest vineyard on Tasmania's East Coast, and enjoy a wine and cheese pairing, finishing with a scenic flight over **Wineglass Bay**. Or visit maritime Tasmanian single malt whisky distillery, *Waubs Harbour Distillery*, located on the ocean's edge in Bicheno. In Waubs Harbour's new ocean-view tasting room, guests can taste a range of whiskies from the current range and founder's personal collection, complemented by a plate of fresh local produce.

Saffire Freycinet is much more than a getaway lodge, it's an award-winning, all-inclusive luxury resort in the heart of Tasmania.

EACH YEAR BEGINS WITH A GRAND SLAM

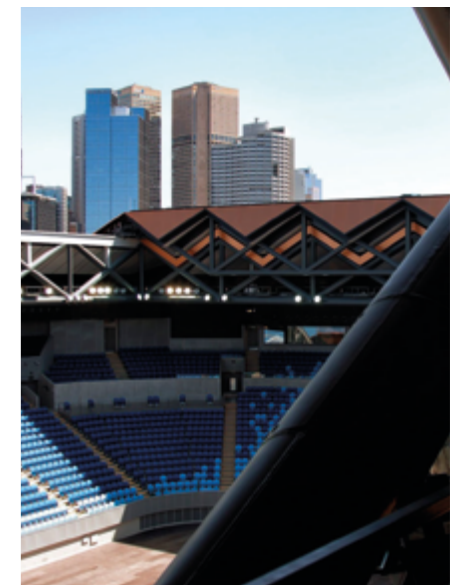
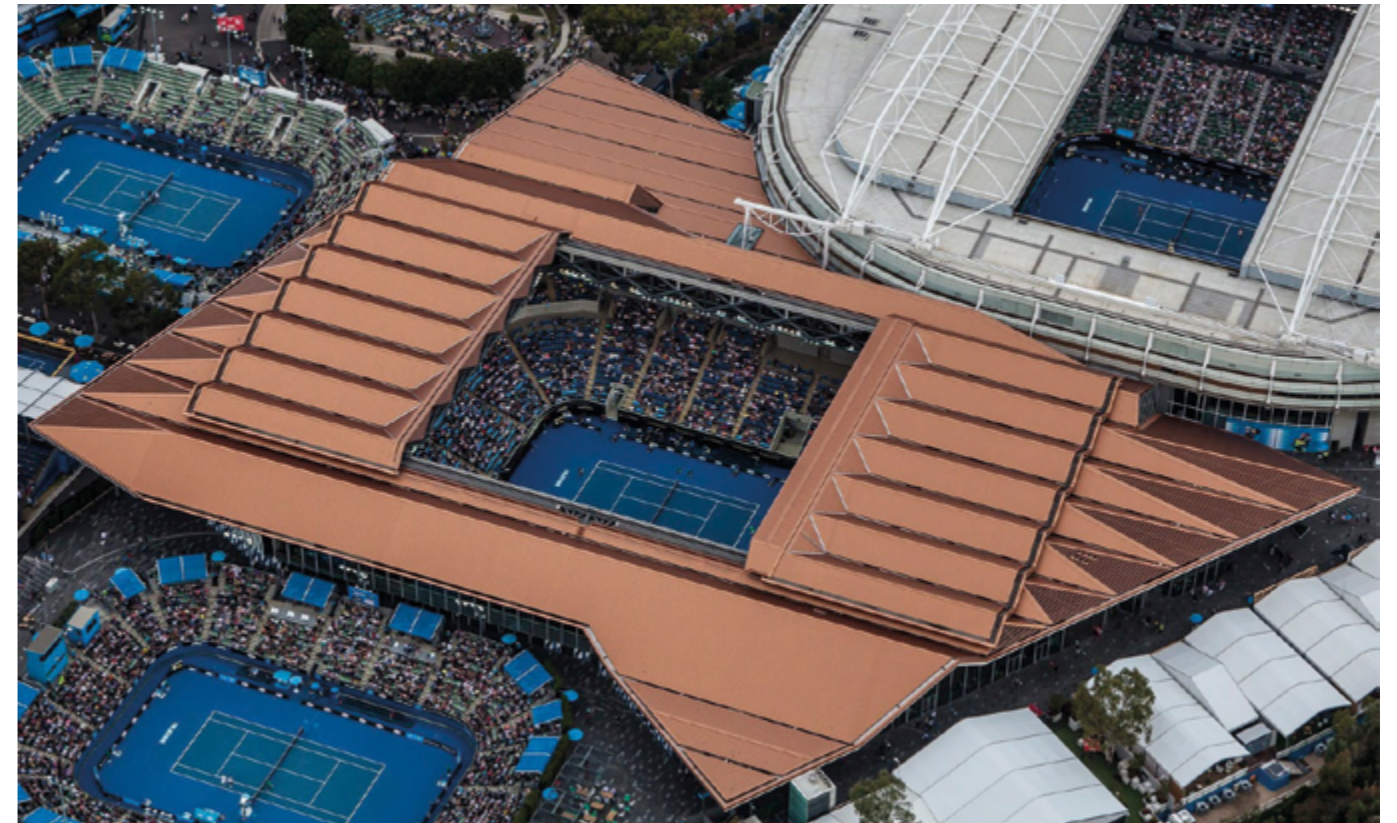
Photos: Courtesy by Australian Open, Melbourne Park & Unsplash



The first Grand Slam is always played in January in Australia. The first tennis tournament was played there in 1905, under the name of the Australasian Championship, then it was called the Australian Championship in 1927, and it wasn't until 1968 that professional players were allowed to participate in the tournament, called the **Australian Open**.

The origin of "Grand Slam" comes from the beginning of the 19th century, specifically from 1814, it was used in **bridge** to say that a person had won the card game by achieving the

maximum of the 13 tricks. From then on, the term **Grand Slam** began to be related to success and expanded to other sports, such as **motor racing**, which is won by the Formula One driver when he achieves the pole position, sets the fastest lap and leads all the laps of the Grand Prix; in **baseball** it's accomplished when the player hit a home run with a full house and therefore scores four runs; in **golf** when one player wins all four major tournaments in the same calendar year; in the case of rugby, it's awarded to the team that wins all the matches in the Six Nations Championship.



In **tennis**, it refers to the achievement of winning all four major championships -Australia, France, Britain and the United States- in the same calendar season. In the modern era, the term has been adopted to describe any of the four official tournaments on the international circuit organised by **International Tennis Federation** and is where the highest number of world ranking points are earned.

This recognition has been achieved twice by Australian Rod Laver, once as an amateur in 1962 and again in 1969 when the Slams were first opened to all competitors, which is why in Melbourne the main court is named after him.

Melbourne hosted this elegant tournament

This year 2024, the 112th edition of the Australian Open will be played on GreenSet courts that have been part of **Melbourne Park** since 2020. These courts have an intermediate hardness that slows and dampens the speed of the ball, allowing players greater control.



Serbian Novak Djokovic has been the leading male tennis player at Australian Open with 10 titles won, followed by Roger Federer who triumphed 6 times along with Australian Roy Emerson, and tied with 4 titles are Andre Agassi, Ken Rosewall and Jack Crawford.

Undoubtedly, Australians won on home soil on several occasions, and we can highlight Ashleigh "Ash" Barty, who retired as world number one and winning on home.



In 1967 Margaret Smith married the brother of the Governor of Western Australia, Barrymore Court. Since then, Margaret has been known by her married name 'Court.'

Recognition for a winner

The honours for the former player have been many; she was made a Member of the Order of the British Empire in 1967, was inducted into the Australian Sports Hall of Fame in 1985 and into the Australian Tennis Hall of Fame in 1993.

And as the highest honour of her career, the Australian Open's "Show Court One" was renamed in January 2003 as "Margaret Court Arena," one of the main stadiums where some of the Open matches will be played from 14 to 28 January 2024.

In 2010, the court was transformed into a venue for a variety of sporting and entertainment events. With a capacity of 7,500 people, the MCA features a state-of-the-art retractable roof, the fastest of its kind in the world, which opens and closes in just five minutes.



In the women's honours list, the "Australian Amazon" Margaret Court - born Smith- is the only woman to win 64 tennis titles during her 15-year career.

Margaret won 24 single titles in the white sport; 11 of them were in Australia, 5 Roland Garros, 5 US Open and 3 Wimbledon. Serena Williams won seven titles in Australia and Melburnian Nancye Wynne Bolton, six.

The tennis player was born in Albury in 1942. Her home was next to the *Albury Tennis Centre* and her first contact with the sport consisted of hitting old balls she found in the street with a piece of wood.

Almost absolute dominator of world tennis in the 1960s, Margaret Court is considered the pioneer of physical training and continuous improvement of technique. Her coach, Stan Nicholls, encouraged her to develop her strength and endurance by running up sand hills. The serve and volley were her formulas for success, and this enabled her to remain number one Grand Year for six years - from 1962 to 1965, 1969 and 1970.



FROM NEW SOUTH WALES TO TASMANIA



Australia is one of the best places for sports and nature lovers. There are a few modern cities, but above all there are sporting activities such as cricket, tennis, rugby, Aussie rules, surfing, diving, canoeing, skiing and even rafting or climbing.

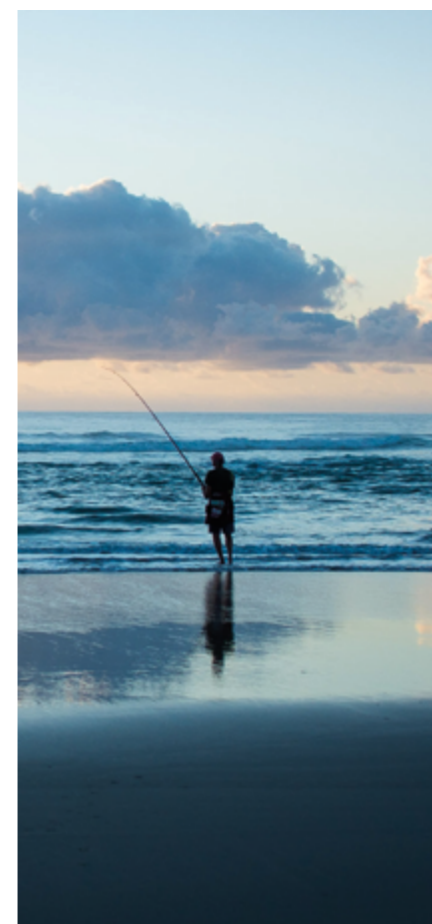
A country that was home to British prisoners at the end of the 18th century, finished up being a country of talent not only in sport, but also in music and film. Some of the Australian celebrities include Hugh Jackman, Rose Byrne, Rebel Wilson, and INXS vocalist Michael Hutchence, born in Sydney, and from Melbourne, Cate Blanchett, Ruby Rose, Eric Bana, Kylie Minogue, Kylie Minogue, Chris and Lian Hemsworth, just to name a few.

Jet-set at Byron Bay

This is the best place to be for those who like to surf, swim or just enjoy the white sand and relax. In 1770, when Captain James Cook arrived on Australian land, he named Byron Bay in honor to the British Royal Navy officer and explorer John Byron, grandfather of the romantic poet Lord Byron.

The Byron Bay Lighthouse was opened in 1901 and is located on Cape Byron, at mainland Australia's most easterly point, 3 kilometres from Byron Bay town. The intense light is the most powerful in the country and now still in operation.

In the '60s and '70s, Byron Bay grew due to the peculiar interest of well-known personalities from the entertainment world who were looking for a cultural change focused on wellness. The waves are ideal for surfing or kayaking surrounded by dolphins, whale migration, tanned people walking barefoot and some music festivals, these are some of the things that dominate this paradisiacal place. Gregg Cave, Ruth Kalnin, Olivia Newton-John, and Warwick Evans founded *Gaia retreat & spa* in 2005,



a resort to nurture, reconnect, realign and recharge wrapped in the comfort and beauty of **Byron Bay Hinterland**. Celebrity couple Chris Hemsworth and Elsa Pataky have their home in Byron Bay, as do other film stars, so you might even bump in a restaurant or on the street.

Gastronomy is diverse and you can find world-class restaurants and pubs around the town. The *Beach Byron Bay* restaurant is located high on the dunes with stunning panoramic ocean views, and you can enjoy brunch, cocktails or dinner from the terrace or beach kiosk. *Bonito* is a place that cares the sustainability, so the menu headed



up by Chef Minh Le highlights the local flavours of the land and sea. For a taste of Australian dishes, try the 6-course Tasting Menu created by Executive Chef Jason Saxby in the *Raes Dining Room*, which offers drinks and modern local plates with a Mediterranean influence. *Bar Heather* is reminiscent of traditional Parisian bars, with 650 wines from lists created by the world's best winemakers that can be paired with selected snacks.

As well as the gastronomy is varied, there is also a diversity of renowned local designers for the shop lovers. Stroll the streets of Byron Bay to find shop after shop of local labels and you're sure to discover something 'Byron style' for your wardrobe.

If you like to dive, the best place to find a diversity of sharks such as grey nurse sharks, leopard sharks and over a thousand other marine species is at **Julian Rocks Nguthungulli Nature Reserve**. The underwater terrain includes caves, walls, pinnacles, trenches and an incredible variety of rock structures. The mix of warm tropical and cool temperate waters creates a unique underwater biodiversity. The **Cape Byron Marine Park** is part of barren granite rocks that were formed by a volcanic eruption over 20 million years ago off Cape Byron.



Sustainability in Newcastle

Newcastle is one of the cities that reflects the prosperity and growth throughout the 19th and 20th centuries. The architecture showcases a rich diversity of styles, cultural, political and economic icons for the Newcastle's people, and discover designs created by architects of local, national and international significance.

Despite being the sixth most populous city in the country, Newcastle's focus is on water sports such as bodyboarding, kitesurfing and surfing. There are two *ocean baths*, Newcastle Ocean Baths was opened in 1922 and Merewether Baths in 1935, both of which have saltwater pools built into the breakwater that are open to the public, cleaned frequently and routinely monitored for water quality at four ocean baths throughout the year; these are the main pool at Merewether, the student pool at Merewether, the canoe pool and the ocean baths at Newcastle.

There are two other important beaches which are Nobbys Beach, Bar Beach and a dog-friendly beach called Horseshoe Beach, which is the ideal place to take your dog for unlimited fun. This picturesque spot is right next to the iconic Nobbys Beach and a short stroll from Nobbys Lighthouse.



Respecting the sea on Central Coast

The main attraction is the sporting variety and mix of beautiful bays, beaches, lakes and peaceful hinterland. Popular activities include fishing, surfing, water-skiing, canoeing, sailing and rowing on *Tuggerah Lake*, even you can also play golf at *Shelly Beach Golf Club*.

At Pelican Plaza, the country's largest pelicans arrive at 3:30pm, with wings up to 2.8 metres, and if you're attracted to whales, the ideal spot to see them is *Crackneck Point Lookout*. Near Gosford is the **Australian Walkabout Wildlife Park**, where you can stay overnight in a cabin among the native animals and visit the nearby Australian Reptile Park to watch closely demonstrations of snake handling and milking funnel-web spider of their venom.



But back to sport, if you're hiking, discover Somersby Falls and the native birdlife in **Brisbane Water National Park**. For horse riding, quad biking and kayaking, *Glenworth Valley Outdoor Adventures* is the best place to be.

Architectural contrasts in Sydney

It's a city that mixes modernity with tradition. **The Rocks** is the oldest neighbourhood and is considered the most European of the city, as it was the point where, in 1788, the European village began in Australia. Today you can find restaurants and pubs in some historic buildings that have been elegantly restored, such as *The Doss House* which occupies a heritage underground space from around 1840, where one of its rooms is inspired by 19th-century Chinese opium parlours, here you can find over 150 whiskeys and paired them with native dishes including kangaroo prosciutto, wild boar salami and bush chutney.

One of the most iconic places for fashion and architecture lovers is the **Queen Victoria Building (QVB)**. A historic Romanesque-style building, designed by architect George McRae and opened in 1898, which originally housed a concert hall, coffee and a wide variety of shops. Since 2010, New South Wales State Heritage Register and thanks to painstaking restorations of its original architecture and some modernisations adapted to 21st century needs, it has become home to over 140 fashion boutiques, cafes and restaurants. The QVB is located in Sydney's central business district, occupies an entire city block bounded by George, Market, York and DrUITT Streets and holds a hidden treasure, a letter from Queen Elizabeth II, to be opened and read to the Citizens in the year 2085 by the Lord Mayor of Sydney.





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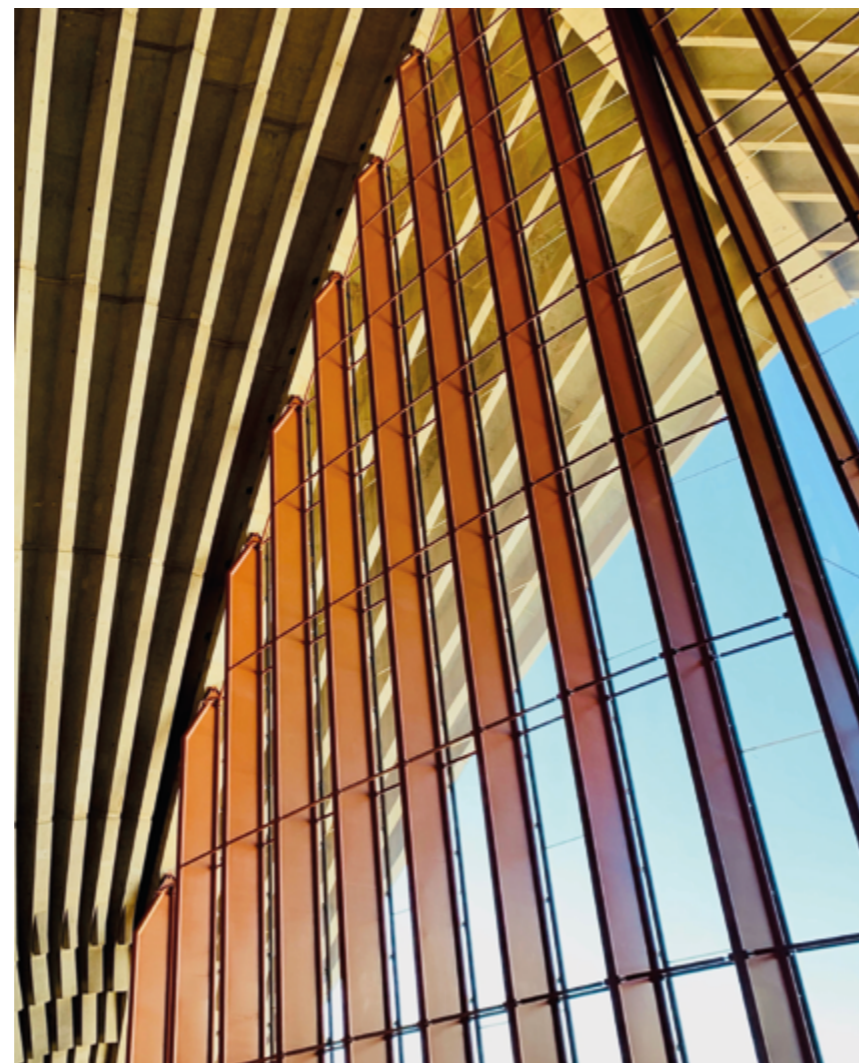
The **Town Hall** was built from 1886 to 1889 and is opposite the QVB and next to St Andrew's Cathedral. The Town Hall was built by various architects who wanted to outdo each other and is therefore considered to be one of the most elaborate buildings in Sydney.

Sydney Opera House is undoubtedly the main symbol of modern Australian architecture and one of the most distinctive examples of 20th century architecture. Built at Bennelong Point exactly half a century ago, it was declared a World Heritage Site in 2007.

Designated by World Heritage Site as "a great architectural work of the 20th century. It represents multiple strands of creativity, both in architectural form and structural design, a great urban sculpture carefully set in a remarkable waterscape and a world famous iconic building."



The design was unveiled in 1957 by Danish architect Jørn Utzon and on 20 October 1973 it was inaugurated in the presence of Queen Elizabeth II. On its 50th anniversary, the Opera celebrated the arrival of 2024 with a performance of *La Traviata*, starring soprano Samantha Clarke and a host of fireworks designed by renowned architect Dean Jacobowski.





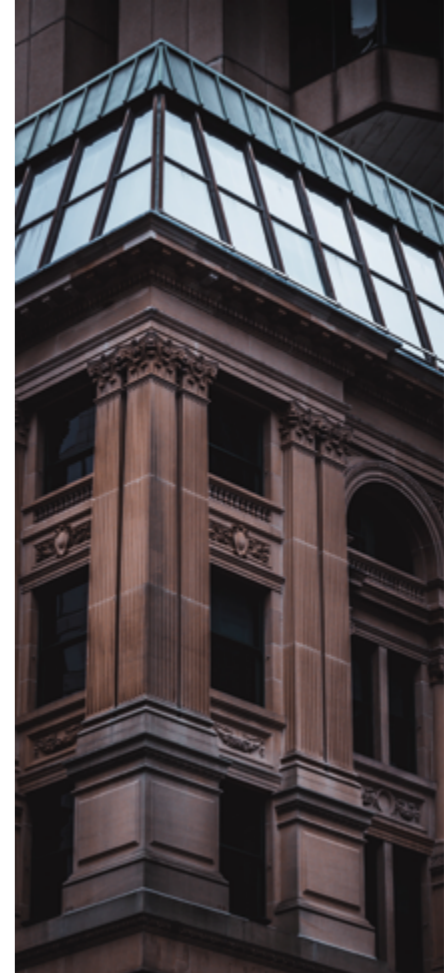


At foot of the steps of the Opera House is the harbour district of Circular Quay, where you can find a variety of shops, restaurants and pubs, as well as the famous **Sydney Harbour Bridge** which was opened in 1932 and has a pedestrian lane, a bicycle lane, two train tracks and eight car lanes with a total length of 503 metres. The more adventurous can ascend the **Bridge Climb**, the highest point of the arch at 134 metres with a 360-degree view of the city.

annual *Rolex Sydney Hobart Yacht Race*. Aussie Water Taxis can pick up and drop off passengers at the marina, this quirky transport has been running since 1999 and takes passengers in style from Darling Harbour and Circular Quay, covering all the must-see sights.

Three kilometres east of Sydney's CBD is **Paddington**, a neighbourhood known for its many Victorian houses, as well as the fashionable shops and independent art galleries on Oxford Street. The state of preservation of the streets and buildings are significantly recognised as National and State significance.

One of the main harbours is **New Beach Road**, Darling Point, next to Rushcutters Bay Park, home to *Australia's premier ocean racing Club* and the





Canberra, Australia's capital

Australia's capital city is renowned for its solemnity and its natural and cultural attractions. In the town of the city is *Burley Griffin*, an artificial lake on the Molonglo River. 11 km in length and a maximum depth of 18 m, it offers activities such as fishing, boating, swimming and picnic boating. Cyclists also have several trails to ride around the lakeshore with distances ranging from 5km to 30km. *Mount Ainslie* is an 843-metre-high hill that is part of the Canberra Nature Park and offers views of Canberra's highlights, including the lake and Parliament House.



The **Australian Parliament House** is one of Canberra's architectural landmarks, was designed by Mitchell/Giurgola & Thorp Architects. The façade is reminiscent of the old Parliament House, but the roof has natural grass and of course, a huge spire with the Australian flag. The **National Gallery of Australia** is one of Australia's art museums, housing more than 155,000 works of Australian and international art and is surrounded by a series of sculpture gardens planted with Australian native plants and trees. The **Canberra National Library** is the country's most important library, opened in 1901 and now houses a collection of more than seven million items.

Nature reserve in Alpine National Park

More than 600,000 hectares of land are home and protect thousands of native plant species and the world's only marsupial that lives exclusively in an alpine environment, the critically endangered mountain pygmy-possum.

Sport is synonymous with this magical place, you can hike through the ranges and conquer Victoria's highest peak, Mount Bogong; explore wildflower draped landscapes on horseback or head out on world-class mountain bike trails; discover High Country history and heritage on the Wonnangatta 4WD trail; experience the electrify of wild rapids on a white-water rafting trip on the Mitta Mitta River.

Snowboarding, tobogganing, cross-country skiing trails and back-country terrain are ready to be carved at Mount Hotham, Dinner Plain and Falls Creek. Discover the historic huts that legendary cattlemen called home scattered across the Bogong High Plains,



take part in the *Kangaroo Hoppet*, a unique cross-country ski event held at *Falls Creek Victoria* each year on the 4th Saturday of August, where skiers of all nationalities, ages and abilities race different distances on the Bogong High Plains Victoria.

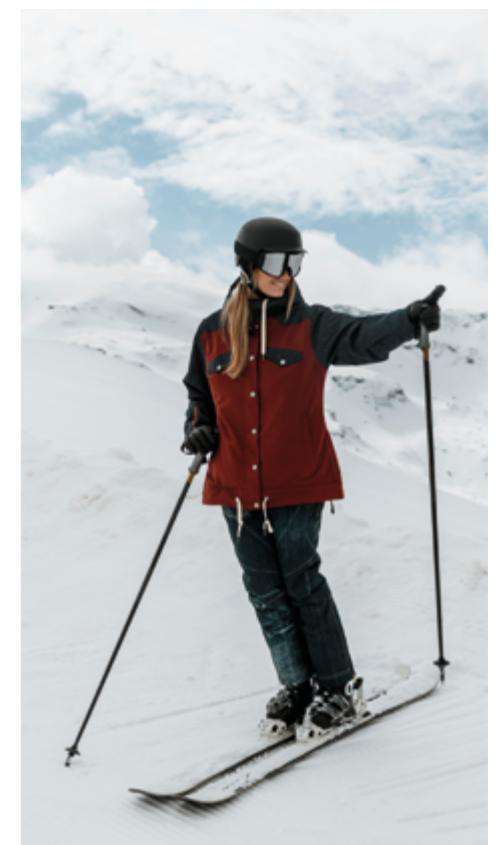
Alpine Nature Experience, was founded by Jean-Francois, hailing from the French Alps since 2014, offers and shares his passion for the outdoors and alpine activities with intimate and sustainable nature-based experiences in Victoria's High Country.



"At first, I was sceptical of the term 'Alps' in Australia, but I love the mountains here. They are more accessible than in France and have an untouched feeling to them," comments Jean-Francois. "with Alpine Nature Experience, I want to encourage more people to experience everything the high country has to offer," he concludes.



Enjoy this stay either in the warmer months from November to May or if you prefer, experience the snow season in a unique luxury Snowdome or in a real Igloo, French cheese fondue dinner and a scenic skidoo ride from June to October. Whatever time of year you visit, it's important to be prepared for quickly weather changes and the possibility of snow.

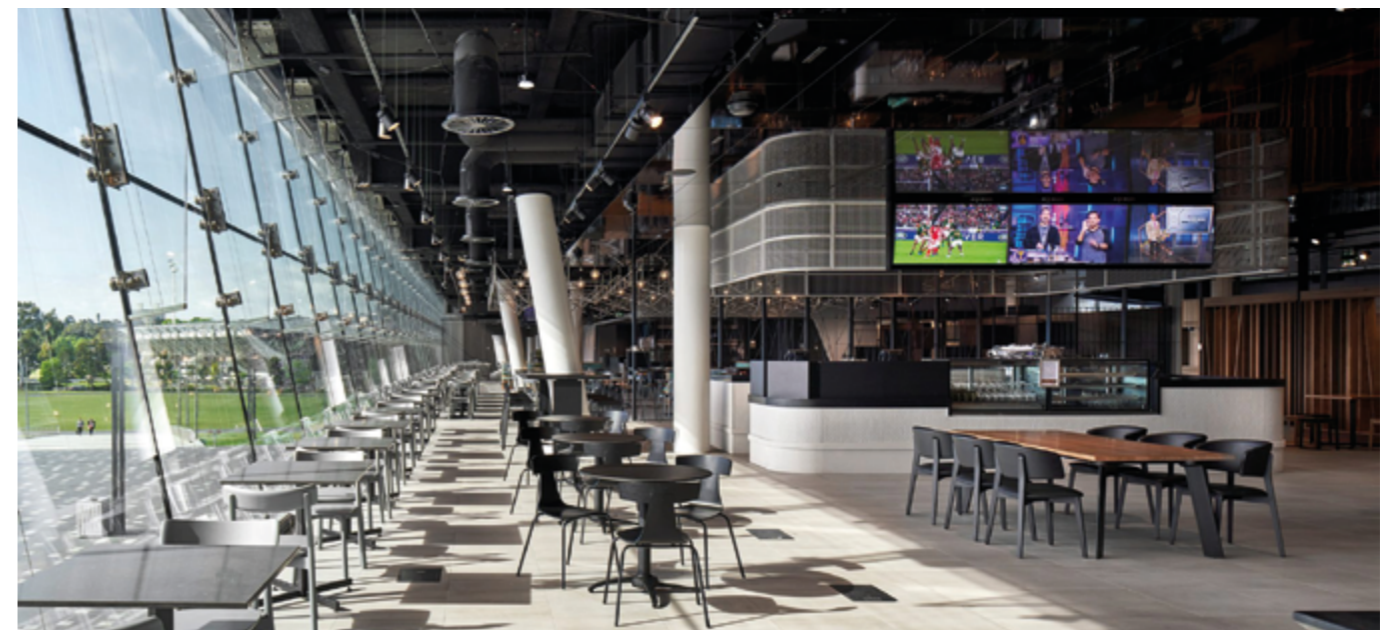


Melbourne is a sporting mecca

Victoria is a sports-mad state, isn't a best place for the sportsman and sporting spectator than Melbourne, the energy of the inhabitants is contagious. The **Melbourne Cricket Ground** is considered the main sporting venue in Australia, with 170 years of history, it hosts different sporting competitions in addition to the traditional **cricket**, one of the most emblematic sports of Australia, a country that has won five World Cups, including the most recent one played in India this 2023. The *Victorian Bushrangers Cricket Team* has a well-stocked trophy collection, and the Australian national team plays the Boxing Day Test match at the stadium. The MCG has opened the gates for countless games of international cricket, including the first-ever Test and the 1992 World Cup Final.



Other sporting events that have been held there include the 1956 Olympic Games, a host of **Australian Rules Football** matches, Australia's World Cup football qualifiers. The Australian *Wallabies* and New Zealand *All Blacks* play each other at the MCG for rugby's Bledisloe Cup, as well as exciting VFL/AFL finals. The FIFA Women's World Cup 2023™ was hosted by **AAMI Park**.



Melbourne Park is the precinct for the first Grand Slam **tennis** tournament of the year, the Australian Open, first opened in 1988 as Flinders Park, replacing the former AO venue, Kooyong Lawn Tennis Club. It started with just the centre court, Rod Laver Arena, and two show courts, but has grown to include the National Tennis Centre, which features high-performance facilities, indoor and outdoor tennis practice courts. In addition to tennis, the venue hosts

a wide range of sports and entertainment events, including basketball, netball, cycling, motocross and concerts. All three of Melbourne Park's largest venues have retractable roofs, allowing events to be played for indoor or outdoor. The most dynamic transformation Rod Laver Arena has seen was in March 2007 for the FINA World Swimming Championships, when a temporary 50-metre pool was built on the arena's floor.

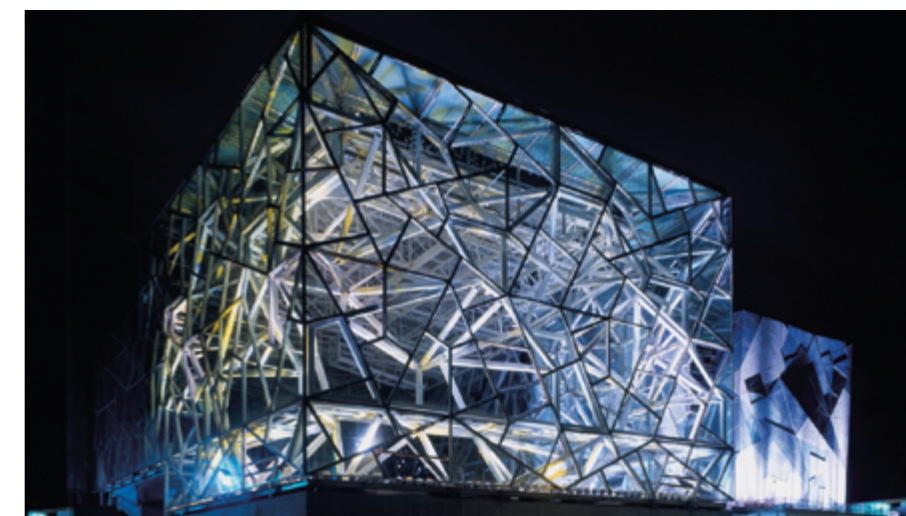


Rod Laver Arena also hosted almost 300 **basketball** games, until the last NBL Championship was played in April 2000. Since then, it has hosted some **netball** games, including international matches and a Melbourne Vixens final, however, the venue where Suncorp Super Netball played is John Cain Arena. The basketball team, *Melbourne United*, formerly the *Melbourne Tigers* compete when they are at home in **Parkville**, formerly known as the **State Netball Hockey Centre**, while the *South-East Melbourne Phoenix* sometimes play at John Cain Arena and sometimes at the **State Basketball Centre**.



Melbourne is all about sport, but it's also a place for those who like to enjoy culture, art, food and fine wine, such as at the *Crown Entertainment Complex*, which has a luxury hotel, designer boutiques, elegant restaurants and the largest casino in the southern hemisphere. **Federation Square**, which opened in 2002, is noted for its cultural significance, innovation and creative expression. The architecture of the site has earned

the square recognition on the Victorian Heritage Register and it's considered the youngest building in Australian history to gain heritage status. The green spaces accompanied by the Yarra River give this space the creativity needed for art to flourish, but it is also an ideal place to enjoy the restaurants, cafes and bars, as well as festivals and events such as the large outdoor screen for the Australian Open.



Parkville is fundamentally the home of *HC Melbourne* in the **Hockey One League** and is recognised by the International Hockey Federation as being of international standard. It has played host to several major events such as the Champions Trophy, Four Nations Hockey Tournament, International Hockey Festival, Oceania Cup and the Australian Hockey League.

If you're interested in the adrenaline of motorsport, head to **Albert Park Circuit**, set the city skyline views in the background, to enjoy the **Australian F1 Grand Prix**. At Phillip Island Circuit you can watch the World Motorcycle Grand Prix, the V8 Supercars and the World Superbike Championship. **Calder Park**, **Avalon Raceway** and **Sandown International Motor Raceway** are just a few places to enjoy road, drag and speedway races.





today date from 1825 and the oldest of these can be found here, the residence of George Peacock, who established the jam business currently known as IXL Jam. In 1842, Hobart was proclaimed a city when **Parliament House** was completed.

Salamanca Place is the ideal place to enjoy Hobart's architecture, food and social life, as it is home to some of Tasmania's most recognisable sandstone buildings and heritage architecture, as well as most of the best restaurants, bars and nightclubs.

Old island of Hobart

Founded thanks to the efforts of the convicts who arrived in 1803, it was here that great prosperity began. Almost two decades later, a stone causeway was built to link the island to Hobart's main waterfront and port activities increased dramatically. Hunter Island became the business centre for the import and export of goods through Hobart.

The old causeway leading to the island became **Hunter Street** which evolved into Tasmania's principal trading port by the mid 19th century. Some of the Georgian buildings lining the street



AUSSIE RULES



Photos: Courtesy by AFL & Unsplash



Australian football known as 'Aussie Rules' is a mix between soccer and rugby, a sport in which the players run, jump and shoot. The ball is oval like that of rugby. Its roots come from Gaelic football, although is genuinely Australian and the first official rules were drafted in the mid-19th century.

The 128th annual Australian Football League (AFL) Grand Final was on Saturday 30th September 2023, between the *Collingwood Magpies* and the *Brisbane Lions* at the **Melbourne Cricket Ground**, attended by over 100,000 spectators. The Collingwood Melburnians won by a margin of four points over the Brisbanians, marking the club's 16th VFL/AFL premiership and tying the record held jointly by *Carlton* and *Essendon*. Medium forward Collingwood's Bobby Hill won the Norm Smith Medal for being the best player on ground.

Playing Australian Rules

The match is played in 4 quarters of 20 minutes each one, which can be extended with additional time. Each team has 18 players and 4 substitutes on the court; they can be exchanged at any time. The players are grouped into three positions: the fullbacks, who try to placate the opposing forwards, the midfielders, who distribute the game looking for unmarked teammates and the forwards, who receive those long passes and shoot on goal.

They can advance with the ball in hand, but they must bounce it every five meters, this routine reminds us of basketball, they can pass it to a partner with the hand, hitting the ball with a



closed fist or kicking. Goals may be either six-point goals or one-point goals. In a six-point goal, the ball must pass between the center posts, no matter how high it's scored if the ball isn't touched by any other player during its trajectory. The behind, one point, is achieved when the ball enters the side goals, or touches a player and the scorer can use any part of the body.

Some teams are *Collingwood Magpies*, *Brisbane Lions*, *Greater Western Sydney Giants*, *Adelaide Crows*, *Fremantle Dockers*, *Geelong Cats*, *North Melbourne Kangaroos*, *Richmond Tigers*, or *Western Bulldogs*. Each fan wears their favorite team colors and will be excited in each match.



Football

During the month of September, the top eight teams in the league compete in the final series. It's a tradition of AFL Grand Final Week, as players preparing for one of the biggest games of their career are driven past thousands of fans on route to the MCG. The final day, the stadium fills up, is broadcast on television, and many people go to watch it. The passion for Australian football reaches such a point that it's festive on the final day.



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A CONTINENT OF MARSUPIALS

Photos: Courtesy by Freepick, Getty Images & Unsplash



Most of us thinking in koalas and kangaroos when we picture Australian marsupials, some may think of the Tasmanian devil, but very few know about quokkas and wombats. They are all native to Australia and are so called because their main characteristic is the *marsupium*, which comes from the Latin word and meaning sack. Females can only have one offspring per year and can remain in their mother's pouch until their development is complete.

Quokkas

These cuddly animals are native to Rottnest Island, 30-minute ferry ride from Fremantle. They are very friendly and sociable with humans and have even been called the *happiest animal in the world* by their characteristic smile. They measure between 40 and 90 cm in length and weigh between 2.5 and 5 kg, they can live for up to a decade in groups of several members, males, females and pups. Their fur is brown, they have long and powerful legs that help them move faster and with agile leaps.

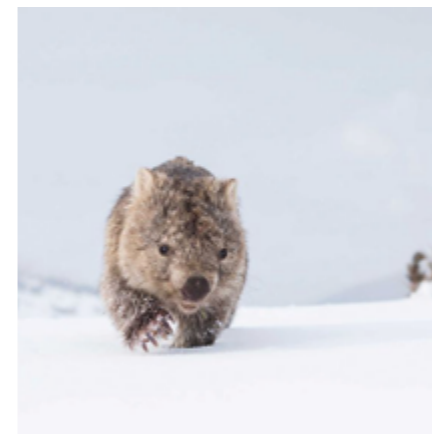




Many signs warn visitors not to touch or feed quokkas, as the more human interaction they have, the more distant they're going to be from their usual behaviour. They get most of their water from the leaves they eat, and they can go for long periods without drinking or eating. There are currently many rules and conditions when it comes to taking a photo with this peculiar species, and if for any reason you touch or pick up this smiling marsupial, you can be fined between 300 and 2000 Australian dollars.

Wombats

These creatures are found in New South Wales, Victoria, Queensland and a few have been found in different parts of Tasmania. Despite their stocky appearance, large head and short legs, they are very fast, strong and skilful animals. They measure around one metre in length and weigh between 20 and 35 kg, in the wild they can live up to seven years and in captivity up to twenty, they are generally solitary, however, there are others that can be more social and



grow throughout their lives. They are hydrated by the food they eat, living for years without a single drop of water, and can take two weeks to digest a single meal.

Tasmanian Devil

The encounter with this animal is in a natural setting, in the wild and obviously on the Tasmania Island. When threatened, this animal uses its teeth to attack and is capable of tearing apart huge carcasses within minutes. They measure between 50 and 80 cm in length and weigh between 5 and 10 kg and can live for approximately 5 years in the wild. Their skin is generally black, with irregular white patches on the chest and back.

live together in a larger shelter. Their fur varies between shades of brown and grey, which helps them to hide and go unnoticed.

Wombats have survived local predators thanks to their dens, which develop into complex networks of tunnels and chambers. They use their long and strong claws to dig burrows in open grasslands and eucalyptus forests. Their diet is based on grasses, roots and bark, which they consume with two single incisor teeth, which continue to



The *Tassie Devil* owes its name to the power of its bite, as well as the nocturnal howl it emits. It's currently listed as endangered by the International Union for Conservation of Nature. Its population has been severely impacted by a contagious facial tumour disease, so conservation efforts are crucial. It's important to contribute to saving these iconic species.



Koala

This sleepy species lives in the provinces of New South Wales, Victoria, Queensland and South Australia. They are recognisable by their spoon-shaped nose and large head with round, furry ears. They measure between 60 and 85 cm and weigh 4 to 15 kg and can live for 12 years in the wild. Their fur protects them from high and low temperatures and acts as a mackintosh to

repel moisture when it rains. Their coat color ranges from silver grey to chocolate brown.

Koalas are most active at night, dawn and dusk. They use their claws to climb and the rough pads on their palms help them cling to tree trunks and branches. They can eat half a kilo of eucalyptus leaves per day and may even store leaves in their pouches for later feeding, so koalas must sleep long hours, as



they get very little energy from their food. They usually sleep 18 to 22 hours in tree hollows and don't drink much water, as they get it from eucalyptus leaves.

Kangaroos

This species is the national symbol of Australia and are present throughout the country, to the point of being 3 times more than the human population and they can be seen in Melbourne, New South Wales and Queensland. They use their tails for balance, which allows them to expend less energy and travel long distances to forage for food. They measure between 1.80 and 1.30 cm and weigh 90 to 50 kg and live for almost 18 years. Their fur can be reddish or grey, depending of the region.

Kangaroos gather in groups known as mobs, which vary depending on the area, although they are generally small groups, but sometimes groups of up to hundred can be seen. They are nocturnal and quite skittish, but their hind legs are built to jump up to 3 metres high in an agile and efficient manner, so be careful not to get kicked by these marsupials.



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