



Jet lagged?

FREQUENT flying and its impact on our health and well being features somewhat in today's issue (see Crumbs).



So the subject of jet lag and whether we combat it with sleeping pills, meditation and or other remedies such as melatonin, is a much-discussed topic.

According to a report in the *SMH* (Pulse 30 May), "Do melatonin supplements prevent or reduce jet lag," the evidence based medical group, the Cochrane Collaboration, reviewed the veracity of 10 scientific trials that measured the effects of melatonin supplements on jet lag.

Melatonin, for the uninitiated, is a hormone that is released by the pineal gland in response to darkness and popping a few of these pills helps to readjust the body's clock.

Eight of the 10 studies found it reduced fatigue symptoms crossing 5 or more time zones, if passengers took the medication close to bedtime at their new destination.

Although the studies report few side effects of the drug, the time of day travellers take the supplement appeared the most important.

However, further investigation into this and how it interacts with other medication is needed.

Driving tourism through fantasy



When the annual National Tourism & Events Excellence Conference is held on 22 and 23 July at the Melbourne Cricket Ground, innovative ways to attract tourists to Australia will be under discussion.

A dominant theme throughout the event will be the flow on effect of blockbuster films such as the *Great Gatsby* has in driving tourism.

Three speakers will address how they have successfully marketed film locations as attractive tourist destinations.

Catherine Bates, general manager of brand and international PR at Tourism New Zealand will present 'Leveraging The Hobbit Trilogy for New Zealand: a place where fantasy is reality'.

In the wake of a severe economic downturn, Scottish tourism was bolstered through the most recent Bond film, *Skyfall*, which featured nail-biting driving sequences set against the atmospheric scenery of the Scottish Highlands.

Caroline Packman, homecoming director of Visit Scotland will discuss how these images were used in their worldwide campaign.

Another speaker, Carmen Pavlovic, director and chief executive officer of Global Creatures will present her strategy to generate tourism to Melbourne with 'Making a World Class Production: King Kong a case study'.

Registration costs \$1,100pp for a two-day pass, \$750pp for a one day pass and \$250 for the special operators workshops.

To register email - secretariat@teeconference.com.

World first for Darwin

THE first-ever World Indigenous Network Conference was held 26-29 May at the Darwin Convention Centre, aimed at Indigenous peoples and local communities' land and sea managers.

The six day event saw more than 1,300 delegates representing hundreds of first nation peoples who travelled from 50 countries to attend.

The vigorous exchange of knowledge about managing natural environments the traditional and modern way drew some of the most highly respected first nation people's advocates and experts.

There were more than 70 concurrent workshops, conference sessions and keynote presentations bringing together valuable lessons learned from Canada, Nepal, the Amazon, Sweden, Ecuador, the Philippines, New Zealand, Timor, and Hawaii among others.

"The world has come to Darwin for this fantastic opportunity to recognise and showcase Indigenous knowledge in land and sea protection," said Malu Barrios, general manager of the Darwin Convention Centre.

Sydney to host major Indian conference

THE announcement on Thursday by NSW Premier Barry O'Farrell and Indian Minister of Overseas Indian Affairs Vayalar Ravi, that Sydney is to host the 2013 Regional Pravasi Bharatiya Divas conference, has been warmly welcomed by the Australia India Travel & Tourism Council (AITTC).

The conference, the seventh held outside India is expected to attract 1,000 delegates from the Asia Pacific, "and will be of great interest to the Indian diaspora," said Sandip Hor, chairman of AITTC, adding that he saw it as a substantial boost to tourism to Australia.

The video conference announcement, conducted between the two offices in Sydney and Delhi, was also attended by the Indian High Commissioner to Australia, His Excellency Biren Nanda and the Consul General of India in Sydney, Arun Goel.

O'Farrell said NSW is honoured to be a part of an event that connects India with its vast Indian diaspora, bringing their knowledge, expertise and skills together.

"Sydney is the perfect location for this conference as it is Australia's financial and cultural capital – and the event will generate an estimated \$2.8 million of economic activity for NSW.

"The NSW Government is keen to forge even stronger ties with government and business leaders across India.

"I look forward to officially opening the 2013 Regional Pravasi Bharatiya Divas in Sydney on 11 November and meeting Minister Ravi in person.

"I'm confident the event will be a major success," O'Farrell said.



Pravasi Bharatiya Divas

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crumbs!

IT'S not very pleasant flying somewhere with a cough or cold, especially with the onslaught of winter upon us.

Fear not, *Fess* a family of products with a focus on providing better nasal health, has a product called Frequent Flyer Health Boost.

Said to moisturise dry nasal passages and guard against airborne bacteria, it allows natural relief from nasal congestion, through the use of a gentle saline solution with added, Tea Tree oil and Xylitol.

It's taken two to three days before travelling and every 4-6 hours during a flight and at your final destination.

What's snot to like about that?



Great Dane Den open

A new and quite different space - The Den - has opened in Melbourne's Fitzroy and is available for private and corporate events.

The Den houses a remarkable private collection of luxurious Scandinavian designer furniture that's rarely seen by public eyes and is owned by Great Dane founder, Anton Assaad renowned for bringing Scandinavian luxury to Australian homes.

In this unique setting filled with a collection of rare authentic 20th Century treasures, is a venue able to host events from intimate cocktail parties for 10 to celebrations for up to 200.

Guests can lounge on vintage sofas or gather around a stunning rosewood table while enjoying tasty delights from award winning caterers Ed Dixon Food Design and Birdman Catering.

For further details on the event space email - info@greatdane.com.au.

IHG's milestone

MARKING its 200th hotel in Greater China and the milestone of being the first international hotel in China 30 years ago, IHG (InterContinental Hotels Group) is celebrating the opening of the InterContinental Shanghai Ruiji.

Such is the prestige of the hotel, an historic landmark in the city for almost 100 years, IHG has labeled it the first of its "heritage hotels" in Asia, and its sixth one globally.

According to the forecasts by the World Tourism Organization, the Chinese hotel room market will overtake that of the US, which is currently the largest in the world, by 2025.

By 2039 China's market will be twice the size of the US's.

InterContinental's Samui offer

FROM now until 22 December the InterContinental Samui Baan Taling Ngam Resort has a special offer for meetings, corporate team building and incentives planners.

With its spectacular views across the Taling Ngam Bay, the offer is available for group bookings of 10 rooms per night or more and includes the third room night complimentary with daily breakfast, a 20% discount on meeting packages, 20% off food & beverage and a 20% discount at the Baan Thai Spa.

The resort's versatile venue options include their bright and airy Taling Ngam room and adjoining pre-function room suitable to host 30 delegates for a meeting in a U-shape format, or alternatively host up to 100 guests for a small cocktail party.

The winner of Thailand's Leading New Resort 2012 and Thailand's Leading Beach Resort 2012, the InterContinental Samui boasts 79 guest residences with 12 signature standalone beachfront pool villas and 17, two bedroom villas and one three-bedroom Napa Reserve villa.

See - www.ihg.com.

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Sundara opens at Four Seasons

THE Four Seasons Bali at Jimbaran Bay has a new beachfront restaurant – Sundara, and to make it even more exclusive there are three private dining rooms on the hotel's mezzanine level.

The distinctively Balinese venues, ideal for small functions, feature two private dining rooms for up to 14 guests each, and a larger room for 40 people.

In addition, the entire mezzanine can be book for gatherings of up to 68.

Details at - fourseasons.com.

Magnifique Fijian special offer

SOFITEL Fiji Resort & Spa has a special meetings offer – book your group at F320 per room, per night and receive some magnifique additions that includes full breakfast daily, a one hour welcome cocktail event, venue hire for all dinner events and free internet for all delegates.

Valid for a minimum of 20 room nights, on new bookings from 1 November to 31 March 2014.

Rates are quoted in Fijian dollars and are inclusive of all current taxes.

Email - events@sofitelfiji.com.fj.

BA flies in a blooming good sort

BUSINESS Events News' Chantel Housler was lucky enough to meet British actor, Orlando Bloom in Sydney last week.

Flying into Sydney onboard British Airways' (BA) new Boeing 777-300ER aircraft from London, Orlando was the special guest at a lunchtime event for the carrier.

Passengers travelling between Sydney and Singapore and onto

London can enjoy the aircraft offering new seats in World Traveller and World Traveller Plus featuring the latest cushioning technology, softer furnishings and individual power sockets.

The inflight entertainment system now offers customers 50% more movies and double the range of TV and music options – as well as high resolution screens that are up to 60% bigger than before.

Nicole Backo, British Airways Regional General Manager, South West Pacific said "The event today was a fantastic opportunity to celebrate the next chapter for British Airways in Australia and to thank our loyal customers, and having Orlando join us was incredible."



The Australian service now flies into Terminal 5, British Airways' home at London Heathrow Airport offering passengers smoother connections with BA's European network.

In celebration of Orlando's visit BA is offering Club World business class passengers heading to either Singapore or London a complimentary one way upgrade to the First Class cabin when booking before 15 June and travelling by 30 December.

A new partnership was also announced with Unity Cars which will begin on 1 July where Australian First passengers will be offered arrival and departure transfers in either a Jaguar or Range Rover.

For more info see www.ba.com.



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Sofitel head honchoes gather

WHEN the Sofitel Wentworth played host to the 2nd annual Sofitel Sales Mission for Australia, two special evenings were held for the team, which also included 11 colleagues from overseas.

Welcomed by Sofitel Australia, New Zealand and Fiji, regional director of sales and marketing, Andrew Hartley, the first event was held in the Utzon Room at the iconic Sydney Opera House on 14 May and



the second being a night of movie magic at the Australian Centre for the Moving Image (ACMI) in Melbourne on Thursday, 16 May.

The ACMI event saw guests enjoy a cocktail reception before viewing the hugely popular Hollywood Costume exhibition, which has come to Melbourne from the V&A Museum in London and features 100 of the most famous costumes in movie history.

Guests at the two events included corporate clients, professional conference organisers, travel agents and wholesalers.

Hartley said, "This year was a great success with a chance for guests to find out more about some of our iconic hotel addresses like the Sofitel Paris Arc de Triomphe, as well as up and coming properties including the Sofitel Bali Nusa Dua and Sofitel So Singapore, set to open in September this year."

Pictured above are: Sofitel SO Singapore, gm, Tony Chisholm, Sofitel Bali Nusa Dua, gm, Goran Aleks, Sofitel Australia, area gm, and Sofitel Melbourne On Collins, gm, Clive Scott, Sofitel Saigon Plaza, gm, Bertrand Courtois and Novotel Melbourne On Collins, gm, Hayden Hughes.

Below: Sofitel Paris Arc de Triomphe, director of sales, Kiomars Madani and Sofitel Australia, New Zealand and Fiji, regional director of sales and marketing, Andrew Hartley.

Right: Rad Rusin and Sharna Crosby from Abercrombie & Kent with Sofitel Queenstown Hotel and Spa and Sofitel Auckland Viaduct Harbour, director of sales and marketing, Tanya Dennis.



Getting to Know: Club Med Bali

by: Jill Varley

Put away any preconceived ideas you may have about Club Med because it's a far cry from the 'get wasted' days of the 70's and 80's.

Back in 2004 the company commenced a move upmarket with €1 billion spent on upgrading 18 resorts worldwide to a higher, more personalised standard of service and created a 5 Trident luxury brand and 4 Trident resort brand.

As with all Club Meds, Bali's informal and casual ambience and the good-natured spirit of the GOs (gentils organisateurs) together with their all-inclusive packages mean planners aren't in for any nasty surprises – they are aware from the outset exactly what they are getting and how much it will cost.

With 393 rooms designed in traditional Balinese style, in five buildings, Club Med Bali has function space for up to 200 people, over an area of 211 square metres, in addition to a beach marquee with a capacity for up to 600 people.

What is most unique about Club Med is that it offers the option of Rent-a-Resort – just you and the team and a few hundred tropical acres to yourselves. It's your ship, your restaurant and what you want to eat, in addition to your extensive sport and leisure program: flying trapeze, windsurfing, luxury 18-hole golf course and Club Med Spa by Mandara plus excursions that include elephant rides, sightseeing, shopping and discovery touring by 4x4.

Every night is a party night at the resort with dress themes and entertainment such as a 'Broadway Show, a multicultural night with a Balinese cultural show and Circus Theatre – a time when the talented staff entertain the guests, so there's no time to get bored.

Importantly, Club Med Bali is in the secure Nusa Dua enclave with three manned gates, which for many corporates and associations is an essential consideration.

After a recent pco famil, a spokesperson for the group thanked the Club Med team by expressing enthusiastically, "I'd like to say that Club Med Bali has gone beyond the expectations of everyone here."

