

## INFORMATION ABOUT SYDNEY

Prepared for participants in the annual scientific meeting of  
International Society for History of Neurosciences  
18<sup>th</sup> – 22<sup>nd</sup> June 2013

Sydney is a wonderful city. It is well known for its stunning harbour, the coastal foreshores, and the many green spaces within this very cosmopolitan city; but there is also a wealth of cultural activities to enjoy. Time spent in Sydney will allow you to get a feel for modern Australian multicultural life and for you to explore our rich indigenous heritage.

For all those who will be attending the annual meeting of ISHN, the organizing committee would encourage you to spend as long as you are able in Sydney and to take some time to visit some of the other parts of Australia, all very different indeed and which offer very unique experiences. We would certainly suggest that you spend a little while longer than the actual meeting dates, as there will be so much to do and see in this vast land.

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## (1) ESSENTIAL INFORMATION

### a. Arriving in Sydney

The Sydney Kingsford Smith Airport (Sydney International Airport) is quite close to the city centre. Although there is an advertised train service, it is relatively expensive and unless you plan to stay right in the city, it would require a change to bus etc. There are airport buses, but these too are not very convenient to the University of Sydney. After the long air travel, the best option is to take a taxi (all taxis are metered in Sydney) and because our airport is situated in the city, it is a relatively short trip to the University and Camperdown.

### b. Travelling around Sydney

The best way to get around the inner city is on foot. There is an excellent bus service within the CBD and the ferries to explore the harbour. There is a free shuttle bus service in the city (555) that does a loop from Central Railway Station to Circular Quay. Buses in the city are pre-pay between 7am and 7 pm, so you will need to purchase a travel pass. A MyMulti 1 weekly pass (currently around \$45) is great value and good enough for trains and buses within Sydney CBD. These can be purchased at station ticket offices, Sydney Ferries ticket offices, selected 7-Elevens, newsagencies and convenience stores. This pass allows transport on buses, light rail, government ferries and city trains for a full week. It might be better to purchase a MyMulti 2 weekly pass, which allows additional ferry travel to such places as Manly, the Zoo and Watson's Bay, all highly recommended.

General travel information: [www.131500.com.au](http://www.131500.com.au) (infoline 131500)

Bus information: <http://www.sydneybuses.info>

Train information: [www.cityrail.info](http://www.cityrail.info)

### c. Accommodation

The University of Sydney is around 4 Kilometers from the city). The nearby suburb of Newtown is well known for its numerous ethnic restaurants, all worth trying. The hotels closest to the University are Rydges and Quest Serviced Apartments, both in Missenden Road, Camperdown.

<http://www.rydges.com/accommodation/sydney-nsw/camperdown>

[http://www.questapartments.com.au/Accommodation/37/australia/sydney\\_cbd\\_fringe/quest\\_camperdown/welcome.aspx](http://www.questapartments.com.au/Accommodation/37/australia/sydney_cbd_fringe/quest_camperdown/welcome.aspx)

Other accommodation options close to the University of Sydney are listed in the PDF file.

[http://sydney.edu.au/education\\_social\\_work/professional\\_learning/information/resources/USYD\\_local\\_accommodation.pdf](http://sydney.edu.au/education_social_work/professional_learning/information/resources/USYD_local_accommodation.pdf)

The accommodation website for international students and staff of world wide universities is

[www.hotelscombined.com/Education\\_Support](http://www.hotelscombined.com/Education_Support)

Should you wish to stay in the CBD, you could catch a bus each day to the University, which would take around 20-30 minutes; some suggestions are

- Sydney harbour youth hostel (this is no ordinary youth hostel! and has double en suite accommodation in the best location in Sydney.  
<http://www.yha.com.au/hostels/nsw/sydney-surrounds/sydney-harbour/>

Other youth hostel accommodation (where double rooms are available) include

<http://www3.yha.com.au/Hostels/NSW/Sydney-Surrounds/Railway-Square/>

## (2) SYDNEY UNIVERSITY

The University of Sydney was established in 1850 on land that was considered at the time to be a considerable distance from Sydney town (in reality only 3-4 Km from the CBD). Edmund Blackett, the then colonial architect was commissioned to design the first of the University buildings. Work began on the Quadrangle in 1854, with the Great Hall completed in 1859. Today you will see magnificent Gothic revival buildings forming a quadrangle, set upon a rise, dominating the University campus.

The Medical Heritage Trail around the grounds of Sydney University can be found at <http://sydney.edu.au/medicine/about-the-school/museums-exhibitions/index.php>. Hard copies will be available at the registration desk.

The various museums on campus, which are open to the public include

Nicholson Museum – Southern Entrance of the Quadrangle

Has the largest collection of ancient artifacts and antiquities in Australia. Sir Charles Nicholson bequeathed the corpus of the museum in 1860.

<http://sydney.edu.au/museums/collections/nicholson.shtml>

Macleay Museum – Science Road, enter from Gosper Lane

Has the oldest natural history collection of material from Aboriginal, Torres Strait Island and Pacific communities; scientific instruments; photographic collection

<http://sydney.edu.au/museums/collections/macleay.shtml>

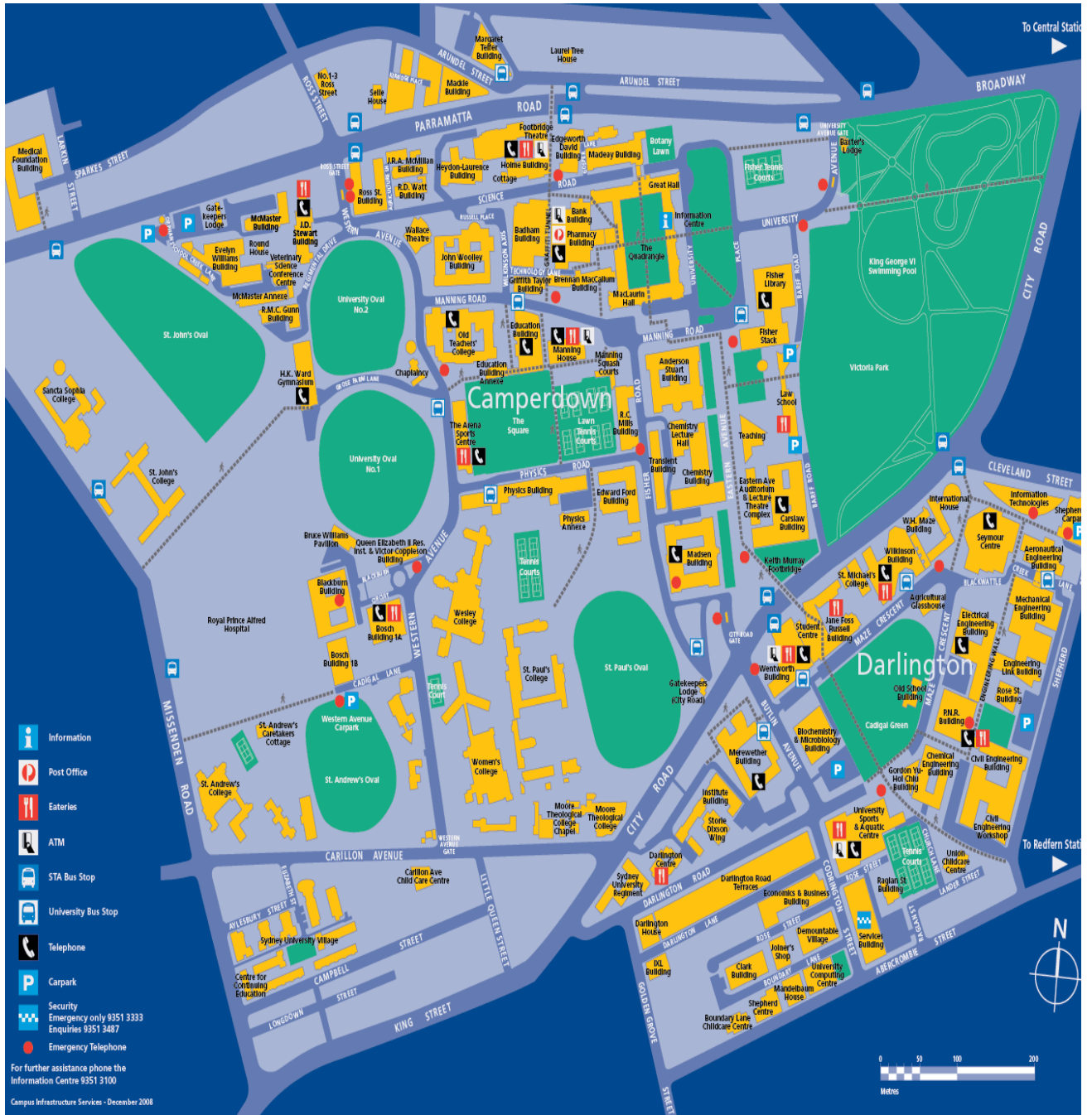
University Art Gallery – Off Northern Entrance to the Quadrangle

Has over 2000 of the University's art collection. Various exhibitions of the art works are mounted

<http://sydney.edu.au/museums/collections/uniart.shtml>

There are many food outlets throughout the campus offering a wide variety of foodstuffs.

Please note that the campus is a 'smoke free zone'.



### (3) ENJOYING YOUR STAY

#### a. What to do in Sydney

##### i. Museums

1. Art Gallery of New South Wales (a must) –

[www.artgallery.nsw.gov.au](http://www.artgallery.nsw.gov.au)

Here you will find an extensive collection of Australian art, one of the largest galleries of Aboriginal art; a significant collection of Asian treasures as well as contemporary art and a collection of European masters. There are daily-guided tours of the galleries. There is also an excellent restaurant (recommended for lunch) and café, as well as a bookshop for high quality souvenirs. The galleries are free; there may be a charge for some exhibitions; but many free concerts, talks and films are often advertised. The gallery is also open late each Wednesday evening with an excellent programme of films, music, talks, performances etc.

2. Museum of Sydney

Built on the site of the first Government House on the corner of Bridge and Phillip Streets. [www.hht.net.au](http://www.hht.net.au) (open 9.30-5.00)

Explores the history of Sydney from the indigenous origins to the current multicultural city.

3. Museum of Contemporary Art (MCA)

[www.mca.com.au](http://www.mca.com.au) - open 10-5 daily

Situated at Circular Quay (140 George Street), the museum has recently undergone an extensive redevelopment.

4. Sydney Aquarium

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

Situated in Darling Harbour, take a ferry from Circular Quay or walk down from Town Hall. If you are not able to get to the Great Barrier Reef, there is a good reproduction in the aquarium as well as getting as close as one would like to sharks.

5. Australian National Maritime Museum

[www.anmm.gov.au](http://www.anmm.gov.au) - open 9.30- 5 daily

Also situated in Darling Harbour and reached by ferry from Circular Quay. There is a good maritime history and a fleet of historic vessels, as well as changing exhibitions.

6. Hyde Park Barracks Museum

[www.hht.net.au](http://www.hht.net.au) – open 9.30-5 daily

Originally built as convict barracks – now houses an excellent museum of convict beginnings. There is an interesting display of our Irish connections with Sydney.

7. Australian Museum  
[www.australianmuseum.net.au](http://www.australianmuseum.net.au) - open daily 9.30 – 5  
 6 College Street (opposite Hyde Park)  
 Established in 1827 as a museum of natural history, this is Australia's oldest museum.
8. Australian Jewish Museum  
[www.sydneyjewishmuseum.com.au](http://www.sydneyjewishmuseum.com.au) - open 10-4 (Sun-Th)  
 10-2 (Fr).  
 This museum provides a history of the culture and traditions of Jews in Australia as well as the story of the holocaust.

## ii. Shopping

1. CBD – The main shopping strip in the central business district is situated in a square bounded by George, Market, Elizabeth and Pitt Streets.

There are some quaint old precincts, namely the Queen Victoria Building at 455 George Street, and the Strand Arcade between Pitt Street Mall and George Street. Off the Pitt Street Mall are the large department stores of David Jones (with an excellent food hall) and Myers. There is also the large Westfield Shopping Mall, which has all of the very big international brand names.

For classy unique Sydney gifts consider the shop at the Sydney Opera House or the shops in each of the Sydney Museums.

## iii. Eating

The Cheap Eats Guide to Sydney can be accessed on line at <http://www.eatstreets.com.au>

### Special occasion (expensive) restaurants

Tetsuya (CBD)  
 Quay (Circular Quay)  
 Catalina (Rose Bay)  
 Guillaume (Opera House)  
 Aria (Circular Quay) – check out the pre-concert dinner if attending the Opera House  
 Marque – 4/355 Crown Street, Surry Hills

### Good lunch spots

Art Gallery Restaurant  
 Botanic gardens restaurant

### Great Views

Aqua Dining – North Harbour Bridge – Milsons Point  
 Icebergs Dining Room – Bondi

### Casual dining

Sushi Tei – 1 Chifley Square  
 Café Sopra 11 Bridge Street

Fish at the Rocks – 29 Kent Street  
Sky Phoenix 77 Castlereagh (Yum Cha)  
Regal – 347 Sussex (Yum Cha)  
Fish outlets – Sydney Fish Market  
Chinatown – many Chinese restaurants around Dixon Street

Newtown eateries

Deus Café – 98 Parramatta Road  
Arabella (Lebanese) – 489 King Street  
Thanh Binh (Vietnamese) – 111 King Street  
Rubyos (Mod Australian) – 18-20 King Street  
Soffrito – 367 King Street

Suburbs for multicultural eating

Chinatown – Dixon Street  
Italian – Haberfield, Leichardt  
Marrickville – Greek  
Auburn – Turkish  
Petersham – Portuguese  
Punchbowl – Lebanese  
Cabramatta – Vietnamese

iv. Cultural pursuits

There are numerous venues in Sydney, which offer a wide range of entertainment. A complete programme of all the events during the week of the conference will be posted closer to time. However, sites that might help you in your planning are:

City recital hall (for small chamber groups etc):

[www.cityrecitalhall.com](http://www.cityrecitalhall.com)

Sydney Opera House (for symphony concerts, opera, theatre, ballet): [www.sydneyoperahouse.com](http://www.sydneyoperahouse.com)

Opera Australia: [www.opera\\_australia.org.au](http://www.opera_australia.org.au)

Sydney Conservatorium of Music (music department of the University of Sydney often has excellent concerts. The building in Macquarie Street is also worth a visit):

[www.sydney.edu.au/music](http://www.sydney.edu.au/music)

For Broadway type shows: Theatre Royal, Capitol Theatre, State Theatre

For live theatre:

Sydney Theatre Company [www.sydneytheatre.com.au](http://www.sydneytheatre.com.au)

Belvoir Street Theatre [www.belvoir.com.au](http://www.belvoir.com.au)

The Ensemble Theatre: [www.ensemble.com.au](http://www.ensemble.com.au)

Sydney Opera House [www.sydneyoperahouse.com](http://www.sydneyoperahouse.com)



For Dance:

Sydney Dance Company (various venues)

[www.sydneydancecompany.com](http://www.sydneydancecompany.com)

The Australian Ballet [www.australianballet.com.au](http://www.australianballet.com.au)

Bangarra Dance Theatre (mix of traditional Aboriginal and modern dance) [www.bangarra.com.au](http://www.bangarra.com.au)

- b. Walks and short trips around Sydney. An excellent selection of walks around Sydney can be found on the City of Sydney website at <http://www.cityofsydney.nsw.gov.au/aboutsydney/visitorguidesinformation/historicalwalkingtours.asp>
- i. Origins of medicine walk (See Appendix A)
  - ii. Coastal walks
    - 1. There is a 100 Km coastal hike from Palm Beach in the north to the Royal National Park in the south. It is possible to walk various chunks of this magnificent coastal walk. Information can be found at [www.walkingcoastalsydney.com.au](http://www.walkingcoastalsydney.com.au). (There is also a downloadable version on this website)
    - 2. Bondi-Coogee Coastal Walk (recommended): see Bondi Beach and for magnificent coastal scenery take this 6 Km trail which begins at the Icebergs Club on the southern end of Bondi Beach and heads south to Bronte Beach. There are numerous cafes at Bondi or Coogee or along the way. Take the Bus to Bondi (333,380,389 from Circular Quay, returning by the 373 from Coogee to Circular Quay)  
  
[www.waverley.nsw.gov.au/things\\_to\\_do/local\\_walks/bondi\\_to\\_bronte\\_coastwalk](http://www.waverley.nsw.gov.au/things_to_do/local_walks/bondi_to_bronte_coastwalk)
  - iii. Harbor walks
    - 1. The full walk of the harbour (28Km) can also be found at [www.walkingcoastalsydney.com.au](http://www.walkingcoastalsydney.com.au). There is also a very comprehensive “walking notes” and suggestions about shorter walks.
    - 2. Shorter walks on the harbour can be found at <http://www.harbourtrust.gov.au/things-to-see/exploring/walks>
  - iv. Macquarie Street (See Appendix B)
  - v. Taking a ferry (use your MyMulti2 weekly ticket on the public ferries)

1. Manly. One of the most famous ferry trips will take around 30 minutes. The ferry leaves from Circular Quay and heads up the Harbour towards the “Heads”. Leaving the ferry on the harbour side, you can walk down the pedestrian Corso, to the ocean beach.
2. Taronga Zoo (see special places)
3. Cockatoo Island. One of the islands in the harbour. Originally a convict colony, there are still many convict buildings. Subsequently a ship building industry was developed on the site. This has now gone but the island has been saved as a marvelous site for visitors. It is a 15-minute ferry trip to the island. There are plenty of places to eat; many walks through the convict buildings and the old industrial places. The various walks around the island can take up to 3 hours. There is also a great view up the harbour to the Harbour Bridge.

c. Special places

i. Opera House

The best way to see the opera house is to attend a performance. There are various venues at the opera house, which include a concert hall, and various theatres for opera/ballet as well as stage productions.

There are also backstage tours conducted in various languages throughout the day. [www.sydneyoperahouse.com](http://www.sydneyoperahouse.com) (02 9250 7777)

ii. Harbour Bridge

As well as admiring the Harbour Bridge from afar, one can “get up close and personal”. The most expensive option is to actually climb the structure. You need to have a head for heights! Information is available at [www.bridgeclimb.com](http://www.bridgeclimb.com) (02 82747777). You can also walk across the pedestrian way, which is accessed from Cumberland street in the Rocks, or from an elevator at the eastern end of Circular Quay up to the Cahill Walk. There is also a Pylon Lookout open 10-5 daily [www.pylonlookout.com.au](http://www.pylonlookout.com.au)

iii. Taronga Zoo

“A zoo with a view”. The best way to reach the zoo is by ferry; a short trip from Circular Quay (Wharf 2). From the zoo wharf take the Sky Safari, which will elevate you over the zoo to the entrance, from here it is a walk back downhill to return to the ferry terminal. You can also take a bus (Bus 247 from Wynyard Stand A or QVB Stand D).

The views from the zoo are magnificent and the displays of Australian native animals as well as endangered species set

amongst native gardens are well worth the trip. If you would like to combine this with a walk of the foreshore – see harbour walks. <http://taronga.org.au/taronga-zoo>

iv. The Rocks

The area around the Southern end of the Harbour Bridge next to Circular Quay is known as “The Rocks”. This was the site of the first European settlement. There are some quaint buildings, museums, galleries, and restaurants. (See origins of medicine walk)

d. Day trips from Sydney

i. Blue mountains

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

The Blue Mountains are to the west of Sydney and have a World Heritage Listing. This is suitable for a day visit but an overnight stay will be less rushed. There are organized tours but the trip can be done by public transport. Take the train from Central Station and alight at Katoomba Station (trains run hourly from Central and takes about 2 hours).

<http://www.cityrail.info/timetables>

There is a “hop-on-hop-off” bus, which tours the scenic spots on a continuous loop. There are many popular bush walks that can be coordinated using this bus.

<http://www.explorerbus.com.au/howitworks/tourmap.htm>

ii. Hunter Valley

1. See commercial tour companies for Hunter Valley trips.

The Hunter Valley is a wine growing area about 1-2 hours north of Sydney. [www.visitnsw.com](http://www.visitnsw.com)

(4) AFTER THE MEETING – we strongly recommend that you spend some time exploring at least some of this vast land before or after your trip to Sydney

a. Australian and New Zealand History of Medicine Meeting – Darwin 3-6<sup>th</sup> July 2013

<http://www.anzshm2013darwin.org>

By including Darwin in your conference itinerary there is the opportunity to visit the “top-end” and “Red-centre”.

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

b. Canberra

The Australian capitol situated between Melbourne and Sydney

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

c. Great Barrier Reef

<http://www.australia.com/explore/icons/great-barrier-reef.aspx>