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OCTOBER 2007  
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# Good **M**agazine

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CATRIONA  
ROWNTREE

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# summer!

PART 2

- special 4-week diet plan
- tone up with weights
- smoother skin, shinier hair

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GETAWAY'S CATRIONA ROWNTREE  
TALKS TO ANNETTE ALLISON ABOUT  
THE LOVE OF HER LIFE ... TRAVEL

Travels with

# CATRIONA

**How long have you been with the Nine Network's Getaway program?**

I've been doing Getaway for seven years now, travelling for around 42 weeks of the year.

**What was your best trip?**

I tend to enjoy trips I probably wouldn't choose to take myself such as cycling through China or horse-riding along the coast of Portugal. I tend to find the more adventurous trips the most rewarding.

**What kind of trip would you choose for yourself?**

Paris, London or New York. A lot of trips around Australia are quite amazing as well – I went to the Daintree for the first time at the end of last year, and was blown away by its beauty.

**Do you ever get homesick?**

I get very homesick! I'm a true Cancerian ... I am a bit of a homebody. I miss my family and friends hopelessly, but I just run up a very big phone bill! It's the price you have to pay if you want to have an adventurous life.

**Where is home, for you?**

I live at home with Mum and Dad in Sydney. A lot of people ask me how I handle that, but the truth is I'm home so rarely we don't really have the time to get into arguments or get on



The pleasure is, I wonder who I'm going to meet today

each other's nerves. I just seem to be in a constant mode of saying goodbye.

**What do you love the most about travel?**

When I first began, it used to be the sheer excitement of "What country am I going to be in next?". Now the pleasure is, "I wonder who I'm going to meet today?".

**You must be an expert "packer" by now – any tips?**

I can't remember the last time I bought anything that needed to be ironed! I'm pretty well prepared before I go away – I have an idea of where I'm going

and what I'm doing, so I can nut out maybe three colours to wear, a couple of pairs of comfy shoes, and something to wear at night.

**Do you ever tire of travel?**

It is physically exhausting, and you do tend to be in a constant state of jet lag or exhaustion. I do worry that I sometimes look really tired. But I really appreciate being employed in a job I enjoy. I'm determined to make the absolute most of it!

**Do you have any remedies for jet lag?**

A couple ... I take a herbal tablet called Jet Ease, I never leave home without ear-plugs because you tend to wake up at maybe three in the morning at the slightest noise, and if my times are completely muddled, sometimes sleeping tablets for the first couple of nights.

**What do you do for holidays?**

I recently went to Tasmania and did a hike around the Bay of Fires, which was wonderful. I'm happy to go to a beach in Queensland or just chill out with a good book. I find I don't really like to leave Australia.

**How do you stay healthy while you're travelling?**

I just look after myself and try to be as healthy as possible. I don't smoke, I don't drink

copious amounts ... I really try to look after myself. I do find though, it is a challenge to keep my weight down. Sometimes I'm just too tired to get up in the morning and go for a run but I have exercises I do in my hotel rooms.

**Do you think you'll ever want to stop travelling?**

I've always said I'm going to do this job until I get married and have children. But the penny has started to drop that maybe I'm not married and a without children because of this job.

**Are you in a relationship?**

Yes I am and, like everything, it requires work. It is long-term but I don't really want to get into it too much – I just find that whether it's a boyfriend or my five-year-old niece, I have to put double the effort in to make my presence felt in their life.

**Is it difficult to find people who are understanding of your lifestyle?**

I have remained best friend with my closest girlfriends from school. My closest relationship verge on unconditional love. I don't have an overflowing social calendar because that doesn't work for me, and I don't need that. It doesn't make me happy.



## TAKE NOTE

Top 10 hints for travellers, from the Australian Department of Foreign Affairs and Trade.

- **1** Take out travel insurance to cover hospital treatment or medical evacuation.
- **2** Make sure that your travel insurance is appropriate. If you think you may go bungee jumping or parasailing, insure yourself for it.
- **3** Read up on where you're going. Check developments at your destination by reading country-specific travel advices available by visiting the website [www.dfat.gov.au/travel](http://www.dfat.gov.au/travel)
- **4** Get the necessary visas for the country or countries you are visiting.
- **5** Keep in regular contact with friends and relatives in Australia by phone or e-mail.
- **6** Make copies of your passport details, insurance policy, travellers' cheques and credit card numbers. Carry one copy and leave one with someone at home.
- **7** Take all possible precautions against illness.
- **8** Don't carry illicit drugs. Make sure your prescription drugs are legal in countries you plan to visit.
- **9** Carry additional copies of your passport photo with you.
- **10** For longer stays in a country, or where the security situation is volatile, register your details with the local Australian embassy or consulate, or online at [www.dfat.gov.au/travel](http://www.dfat.gov.au/travel)