WELCOME TO MERCURE SYDNEY

Our team have put together some helpful information to make your stay as seamless as possible.

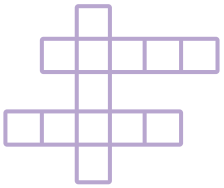
WELCOME QUARANTINIES

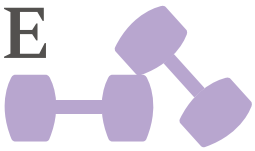
3. FAQ

4. DELIVERIES

8. MINI BAR

13. ZOOM FITNESS

14. ACTIVITIES 

24. ROOM EXERCISE 

30. HOTEL INFO

JOIN US ON KUDOBOARD

WHERE YOU CAN SHARE TIPS, MEMES & GIFS WITH YOUR FELLOW QUARANTINIES & WHERE OUR TEAM WILL POST DAILY CHALLENGES, LIVE ACTIVITIES AND OTHER BITS & PIECES

NO LOGIN REQUIRED

WE HOPE TO SEE YOU THERE!

Dear Quarantinies

We hear you when you say that too much waste is created during quarantine. Unfortunately, infection control measures create a lot of unavoidable waste. We have introduced several measures to reduce our footprint as much as possible, including providing you with reusable dinnerware, cup & cutlery to replace single use plastics.

Cleaning supplies have been provided in your welcome bag.

If you would like to purchase additional sets or a complimentary coffee mug, these are available via The Store.

Rubbish

Please tightly wrap your rubbish inside the plastic bags provided, tie the bag in a knot and place outside your room between 2-3PM & 7.30-8.30PM daily.

If you require more bags please call reception by dialling 9 or order via the housekeeping website; mercuresydney.orderup.com.au

Drinking Water

Sydney's drinking water is some of the cleanest & safest in the world.

It comes from rainwater stored in & surrounded by some of Australia's most unspoilt, native bushland.

It is 100% filtered to ensure safety and can be drunk straight from the tap.

We have provided you with complimentary water on arrival.

If you prefer not to drink tap water, additional bottled water is available for purchase via the Mini Bar

Alternatively, Brita filtered water bottles are also available for purchase.

Fastrack Groceries

WOOLWORTHS Priority

"To ensure vulnerable customers in the community have access to delivery services at this time, we will be providing a Priority Assistance service with dedicated delivery windows."

https://www.woolworths.com.au/shop/discover/priorityassistance?icmpid=sm:online-shopping:priority-assistance

COLES Priority

"To ensure that we can provide grocery items to the most vulnerable and those isolated during this time of unprecedented demand, we are giving some customers priority access to our online home delivery service."

https://shop.coles.com.au/a/murwillimbah/content/coles-online-access-form?cid=wsm

Equipment Hire

Please note, exercise equipment hired externally will need to remain in the room at least 48 hours from your departure until after the room has been deep cleaned. This is to ensure that items are fully sanitised in line with the public health order. Most equipment rental companies factor this into their charge but please ensure this is communicated at time of booking.

Quarantine Rentals
Save $20 with code"YESPLEASE"
quarantinerentals.com.au/collections/all

Quarantine Fit Club
Bikes, Treadmills etc. & NutriBullets
quarantinefitclub.com/store

Gymtel – $99 - A full gym in a bag
gymtel.fitness/shop/rental

Turbo Studios
turbo-studio.booqable.shop

Stop Paying Too Much!!
CHEMIST WAREHOUSE®

+ DELIVERY

CLICK & COLLECT

The Store Servicing You

CHEMIST WAREHOUSE HAYMARKET
GROUND FLOOR 2, 827-837 GEORGE STREET,
SYDNEY, 2000
TEL: (02)9212-3513 FAX: (02)9212-3523
HAYMARKET@CHEMISTWAREHOUSE.COM.AU

"CLICK & COLLECT" WITH FREE DELIVERY

How does it work?

1. Shop online and order through https://www.chemistwarehouse.com.au by clicking and select Haymarket as your store

2. Place personally required items in the cart and when complete, go to **Pay Securely > Collection Details > enter Room # & Hotel Name and complete the remaining payment details.**

Cut Off For Click & Collect + Delivery	
7pm Daily	Delivery into Hotel **NEXT DAY** between 10am-11am
1pm Daily	Delivery into Hotel **SAME DAY** between 3pm-4pm

3. Order will be dropped off at the hotel.

PRESCRIPTION DELIVERY

This will be handled differently to the Click & Collect service, the hotel will arrange these orders. For any patients requiring Prescriptions and/or medication, ensure the below information is readily available should the pharmacist request further information or clarification:

- Full patient name
- Residential address
- Date of birth
- Contact number
- Medicare number & individual reference number
- Concession/Veterans card number (if applicable)
- Allergies
- If patient is a child, weight will be required

PRESCRIPTION PAYMENT

A representative from Chemist Warehouse will call you for payment. Please ensure to have your CREDIT CARD nearby (accepting VISA OR MASTERCARD ONLY) for secure payment over the phone.

For any **enquires** please call us on: (02) 92123513 - Chemist Warehouse Haymarket

LOCAL DELIVERY RECOMMENDATIONS

We work here and as much as we shouldn't, we all eat out way too much!
The good news is, we know all the best places and recommendations for you to try!

Coffee Addicts: Hatch - Located just downstairs in Railway Square & with a 4.9 google rating, Hatch is a local favourite for coffee, bacon & egg roles & grilled halloumi wraps. Peruse their food menu online: hatchespresso.orderble.menu and text the team directly for deliveries mon-fri from 6am to 2pm - 0415917545

Kate from Revenue: Kyo-To in Spice Alley - As close to authentic ramen she's eaten outside of Japan, a personal favourite – Tonkotsu Ramen of course, with a side of pork Gyoza. Arigato!

Trudy from Sales & Marketing: Bank Luck Thai in Spice Alley - Literally the best Chicken Fried Rice I have ever eaten! There's always a line up at Bang Luck at lunch time and this is why! The Pulled Duck Pancakes and the Holy Basil are also a must.
Schnitz Broadway Shopping Centre - If you are after the all Australian tradition of a schnitzel roll or wrap, this is the place. Trudy's personal favourite is the Basic Instinct wrap and the fries are some of the best she's ever eaten.

Minty from Finance: X23 - Devil chili crab pasta and salted egg yolk prawn pasta is on regular lunch rotation for Minty.
Gong Cha - Specialising in Bubble Tea. Lychee oolong with Aloe or a Royal Milk Tea are Minty's favourite drops.
Little Spoon - Highlights include the Trip C Croissant (deep fried karaage style chicken, sauce, cherry tomato, cheese and deep fried garlic) the deep fried chicken burger or the Tempura Stack. Both offer GF and vegan

Victoria from Front Office: Lukumades - Plain Jane is the teams vote for best dish, as well as delicious, crispy Greek donut bites coated in decadent toppings – 100% the best way to satisfy your sweet cravings!

Lise from Reservations: Bad Hombres - The flavours are out of this world, better yet, its vegan! Best dish, Mexican bowl with the miso eggplant filling.

Cassandra from Sales & Marketing: Lilong by Taste of Shanghai - The Wasabi Beef and Crispy Skin Chicken are to die for, but everything this restaurant serves tastes amazing!

Zohie from Sales: Guzman Y Gomez -The best fast food Mexican this end of town and the naked Burrito bowl is one of her all-time favourites. Always in the Bang Luck lunch line, it's great to see Zohie broadening her horizons.

Adam from Engineering: Malabar South Indian Restaurant - Without doubt some of the very best Indian food in Sydney!! A winner on Trip Advisor every year since 2016, the garlic and cheese Naan is always the best way to start. If you like flavour, they have everything from mild and sweet to HOT, HOT, HOT!!!

Other team favourites:
McDonalds: I know, I know!! Yes its McDonalds but you can't go past it for a sweet treat! A Mc Flurry, hot apple pie, frozen Coke or hot fudge sundae, there's nothing better for a quick fix and let's face it, it's just across the road so you know your order is coming in hot (or cold if it's an ice cream)

Sumo Salad: The Thai chicken grain bowl is filling, flavoursome and healthy! Or try the Salmon Buddha bowl, Morrocan Lamb salad or the Falafel nourish bowl. You can't go wrong with anything from this lunch time favourite, all are perfect served hot or cold.

Chargrill Charlies: Pair your bbq chook with decadent sides and salads. One of Sydney's best and most popular takeaway's. Grab the quarter chicken and 3 sides deal to really hit the spot. Lots of healthy salads to enjoy here, but when there is chicken skin involved - who can say no to that!

Zeus Street Greek: The well-priced menu features plenty of meat, chicken, seafood and vegetarian dishes. Indulge on Spanakopita, halloumi chips and feta filo fingers drizzled with honey and sesame, or traditional souvlaki.

Kirspy Kreme: We have all put on our version of the Covid19 (kilo's that is) from eating out at all these great places, so why not top it off with something sweet from this dessert staple. Located just across the road from the hotel you'll get your delivery in no time. An assorted 4 pack might just last you all week….or not!

MERCURESYDNEY.ORDERUP.COM.AU

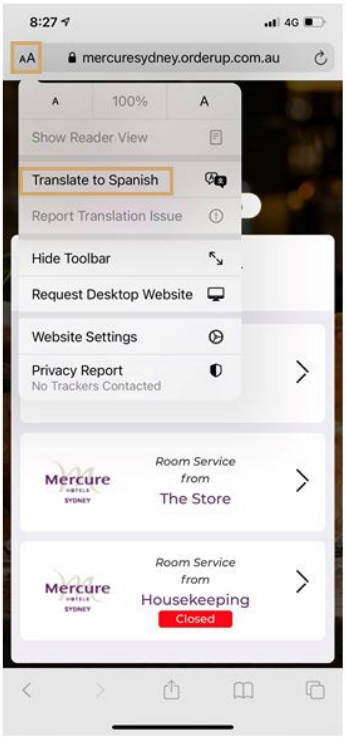
PUZZLES
ELECTRONICS
MINI BAR

HAPPY HOUR
HOUSEKEEPING ITEMS
EXERCISE EQUIPMENT
GAMES

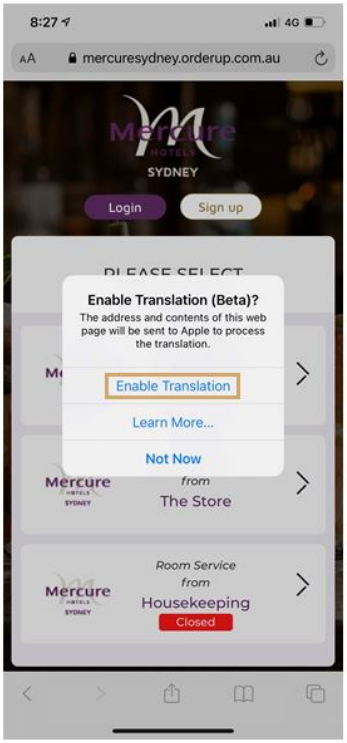
Please note, due to NSW Health restrictions, hotel staff are unable to make deliveries to a floor when swab testing is being undertaken and for 30 minutes from completion or while arrivals & departures are underway.
This may result in delays in delivering your orders.
For more information, please see your welcome letter or contact reception.

APPLE

Scan this QR code to open Minibar page



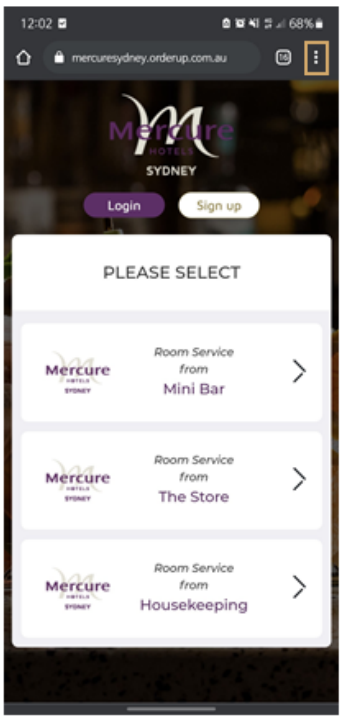
Click on 'AA' on left top and select Translate to your language



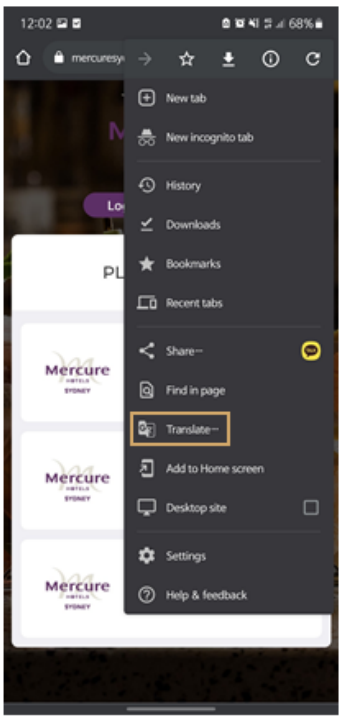
When prompt, select 'Enable Translation' to translate the page

It is ready to order

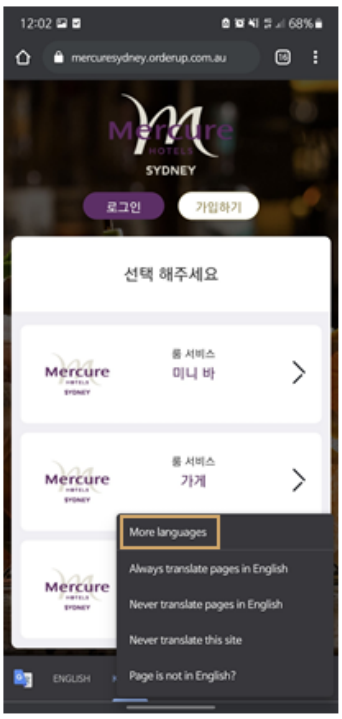
ANDROID



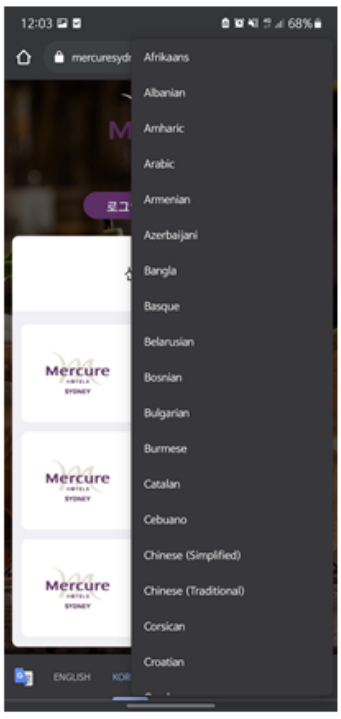
Open mini-bar website using chrome, then select three-dots on the right top



Select translate



Select 'more languages'



Choose your language

DAILY SPECIALS

mercuresydney.orderup.com.au
T&C & daily limits apply

MON - $10 tea & scones

TUES - $6 shake & cookies

WED - $12 espresso martini

THURS - $3 beer & nuts

FRI - $6 pie & choc milk

SAT - $10 cocktails

SUN - $12 wine & cheese

A COFFEE A DAY KEEPS YOUR SANITY IN PLAY

From one addict to another,
we'll help you through.
Get every 7th coffee on us

JOIN WEEKLY ZOOM YOGA

生 ikiru

YOGA . WELLNESS . LIFE

The aim of this class is to share with you some key Japanese yoga moves and to help you remain active whilst in a small space.

This niche style of yoga therapy will increase blood flow and tone the body and organs. Now, more that ever, it is important to take active breaks and to use specific movements to improve our physical, emotional and mental health.

COMPLIMENTARY JAPANESE YOGA

PRESENTED BY IKIRU WELLNESS

Every Thursday at 09:30am

Bookings essential, use the QR code below or www.ikiruwellness.com

JOIN US FOR
MAI NOMURA'S
COMPLIMENTARY
30 MINUTE
ZOOM WORKOUT
SESSIONS
Every Monday at 2pm and
Every Wednesday at 10am
ZOOM MEETING ID #: 449 748 8887
PASSCODE #: 482469

BOREDOM BUSTERS

HOTEL QUARANTINE

WORDS CAN BE FOUND GOING ALL DIRECTIONS

Answers can be found at the back of the book

L	E	F	U	H	D	T	H	G	I	L	F	S	P
S	P	G	I	O	H	E	P	I	C	T	E	O	A
Y	H	E	L	M	S	Y	L	L	R	R	N	U	P
N	H	B	P	E	D	Y	O	I	U	U	S	A	E
N	E	T	F	L	I	X	T	C	V	T	N	R	R
A	A	E	X	R	A	I	R	S	R	E	U	Y	B
Z	O	O	M	E	E	E	W	A	E	S	R	O	A
C	G	S	M	W	M	A	L	S	R	P	S	Y	G
O	F	A	R	O	B	I	V	I	L	R	E	S	S
V	I	F	O	H	A	M	I	F	A	M	I	L	Y
I	E	E	F	S	H	A	P	P	Y	H	O	U	R
D	E	O	B	O	R	E	D	V	S	L	S	Y	A
A	S	Y	D	N	E	Y	T	L	E	T	O	H	T
O	Y	U	T	S	P	O	T	I	F	Y	U	O	F

DELIVERY
SYDNEY
HAPPY HOUR
BORED
NETFLIX
SHOWER
AUSTRALIA
MERCURE
ZOOM
HOME
SPOTIFY
NURSE
FAMILY
SAFE
COVID
FLIGHT
SWAB
HOTEL
PAPERBAGS

Mercure HOTELS SYDNEY

BOREDOM BUSTERS

AUSTRALIA

WORDS CAN BE FOUND GOING ALL DIRECTIONS

Answers can be found at the back of the book

A	N	M	E	L	B	O	U	R	N	E	R	N	A
R	C	M	N	E	N	T	A	B	M	O	W	D	A
S	O	K	C	O	R	S	R	E	Y	A	N	I	B
S	M	B	R	I	S	B	A	N	E	I	O	N	A
G	M	U	H	A	A	R	T	U	M	Q	U	G	R
A	O	R	E	T	U	Y	E	N	D	Y	S	O	R
A	N	U	O	O	R	A	G	N	A	K	K	A	I
D	W	L	R	K	N	E	A	A	U	A	A	L	E
E	E	U	E	R	T	I	P	A	T	R	U	A	R
L	A	A	R	R	U	B	A	K	O	O	K	O	R
A	L	G	A	U	R	B	E	S	H	I	E	K	E
I	T	L	O	A	U	S	T	R	A	L	I	A	E
D	H	R	B	A	W	Q	U	A	N	T	A	S	F
E	A	A	I	N	A	M	S	A	T	F	S	E	I

WOMBAT
KANGAROO
TASMANIA
COMMONWEALTH
PERTH
QUANTAS
MELBOURNE
ADELAIDE
KOOKABURRA
AYERS ROCK
BARRIER REEF
AUSTRALIA
ULURU
DINGO
KOALA
BRISBANE
SYDNEY

Mercure
HOTELS
SYDNEY

BOREDOM BUSTERS

AUSTRALIAN ANIMALS

WORDS CAN BE FOUND GOING ALL DIRECTIONS

Answers can be found at the back of the book

T	A	S	M	A	N	I	A	N	D	E	V	I	L
D	O	I	L	R	E	D	D	A	H	T	A	E	D
A	Y	B	L	I	B	A	D	K	A	A	R	S	E
A	G	O	A	N	N	A	B	A	B	B	N	O	I
I	W	A	L	L	A	B	Y	N	A	M	F	B	Y
A	D	A	C	I	C	E	U	G	R	O	L	R	A
A	L	A	O	K	B	L	A	A	R	W	Y	O	R
L	B	R	A	U	U	I	N	R	A	A	I	W	G
H	A	L	A	G	L	D	D	O	M	I	N	N	N
D	I	N	G	O	L	O	I	O	U	R	G	S	I
F	D	C	L	E	A	C	H	Y	N	E	F	N	T
D	S	D	G	M	N	O	C	O	D	H	O	A	S
A	G	L	K	U	T	R	E	V	I	T	X	K	O
R	R	E	D	B	A	C	K	S	P	I	D	E	R

CROCODILE
GOANNA
GALAH
RED BACK SPIDER
KANGAROO
BROWN SNAKE
WOMBAT
ECHIDNA
BILBY
FLYING FOX
STINGRAY
CICADA
KOALA
EMU
DEATH ADDER
TASMANIAN DEVIL
BARRAMUNDI
BULL ANT
WALLABY
DINGO

Mercure
HOTELS
SYDNEY

SUDOKU

Answers can be found at the back of the book

3		5		4		6		7
	6		1					
7				5	3		8	2
2	5	6	9			8		
		4				1		
		8			6	3	9	5
4	1		8	6				9
					2		3	
5		9		1		7		8

Mercure HOTELS SYDNEY

WORD JUMBLE

FOR EACH CLUE, FIND A CORRESPONDING WORD THAT STARTS & ENDS WITH THE SAME LETTER.

Answers can be found at the back of the book

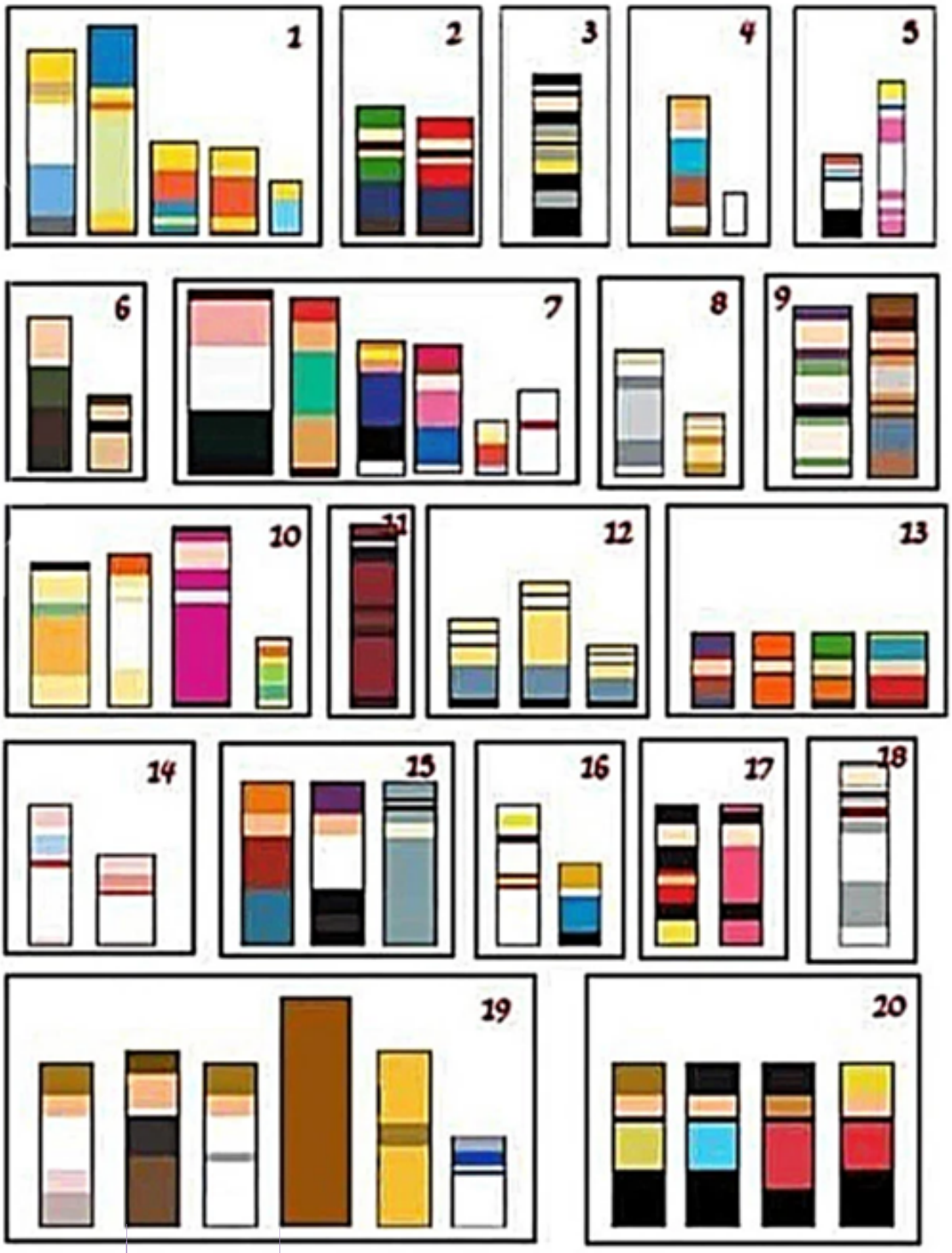
Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Inuit transportation.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation	
Water storage area.	

Mercure HOTELS SYDNEY

PICTURE CHALLENGE

CAN YOU NAME THE MOVIES & TV SHOWS BELOW?

Answers can be found at the back of the book



Mercure HOTELS SYDNEY

REBUS PUZZLES

SOLVE THESE VISUAL WORD PUZZLES

Answers can be found at the back of the book

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat 8a
5. T B Bush A E	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. IMONSTERI

Mercure HOTELS SYDNEY

REBUS PUZZLES

SOLVE THESE VISUAL WORD PUZZLES

Answers can be found at the back of the book

1. FACE	2. EGG EGG HAM
3. BUR	4 THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS . . .
5. TEEF FEET TEEF	6. FAMILY SHEEP
7. poFISHnd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. TIME a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYSALLWORK

Mercure HOTELS SYDNEY

LEARN TO SIGN
COVIDSUCKS

Auslan Alphabet

A a B b C c D d E e F f

G g H h I i J j K k L l

M m N n O o P p Q q R r

S s T t U u V v W w X x

Y y Z z

WEBSITES & APPS
TO KEEP YOU CONNECTED

Still feeling jet lagged?
Download
RADIO GARDEN
to listen to shows from
all over the world

Catchup on some great
Australian TV with
ABCiVIEW
or
SBS ON DEMAND

Didn't you always
want to learn
Korean?
DUOLINGO
오늘 시작해보세요

Take advantage of a
30 day free trial for
AUDIBLE
and listen to 200,000+
audio books and
podcasts

It's 5o'clock
somewhere. Join
HOUSE PARTY
and catch up with
friends

Start planning your
next big Aussie
adventure with
VISIT A CITY
Itinerary's and Tours
and Bookings, Oh My!

Reverse age like
Benjamin Button.
Download
TIK TOK
and dance like you're
15 again!

Virtually Tour the
Louvre or 2000+ other
famous museums with
GOOGLE
artsandculture.google.com
/partner

Go down a
TED TALK
rabbit hole, you'll either
come out enlightened
or more confused than
ever!

Meditate the weeks away
Download the
Simple Habit App

Finally read
War & Peace
or 60,000 other
free e-books via
PROJECT GUTENBERG
www.gutenberg.org/

LOOKING FOR INSPIRATION?
Try these uplifting
podcasts.

READY TO SWEAT?
Try this challenging
40 min workout

Get started on your
10,000 hours of
practice with
MASTERCLASS
or, just drool over
Gordon Ramsey
describing food instead

Morning Ritual

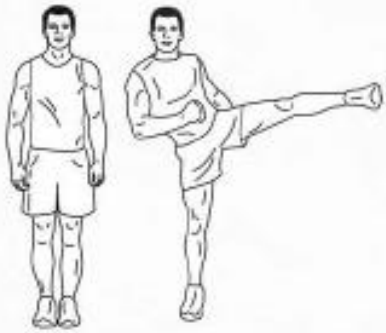
DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.

EXPRESS WORKOUT

BY DAREBEE © darebee.com

10 lunges



20 side leg raises

10 squats

10 slow climbers

10 push-ups

10-count elbow plank

one & one

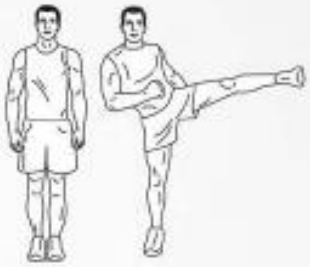
DAREBEE WORKOUT © darebee.com

1 minute each exercise | **1 minute** rest between each

high knees

jumping jacks

squats



side leg raises

lunges

plank arm raises

plank leg raises

planks with rotations

climbers

knee push-ups

Mercure HOTELS SYDNEY

sore muscles stretch

by DAREBEE

© darebee.com

30 seconds each exercise

15 seconds per side

Mercure HOTELS SYDNEY

BOREDOM BUSTERS

HOTEL QUARANTINE

AUSTRALIA

AUSTRALIAN ANIMALS

SUDOKU

3	9	5	2	4	8	6	1	7
8	6	2	1	7	9	5	4	3
7	4	1	6	5	3	9	8	2
2	5	6	9	3	1	8	7	4
9	3	4	7	8	5	1	2	6
1	7	8	4	2	6	3	9	5
4	1	3	8	6	7	2	5	9
6	8	7	5	9	2	4	3	1
5	2	9	3	1	4	7	6	8

Mercure
HOTELS
SYDNEY

PICTURE CHALLENGE

1 Simpsons
2 Mario & Luigi
3 Batman
4 Tintin
5 Dexter's Laboratory
6 Wallace & Gromit
7 Family Guy
8 Tom & Jerry
9 Toy Story
10 Flintstones
11 Deadpool
12 Minions
13 South Park
14 Pinky & The Brain
15 Futurama
16 Danger Mouse & Penfold
17 Mikey & Minnie Mouse
18 Bugs Bunny
19 Star Wars
20 Star Trek

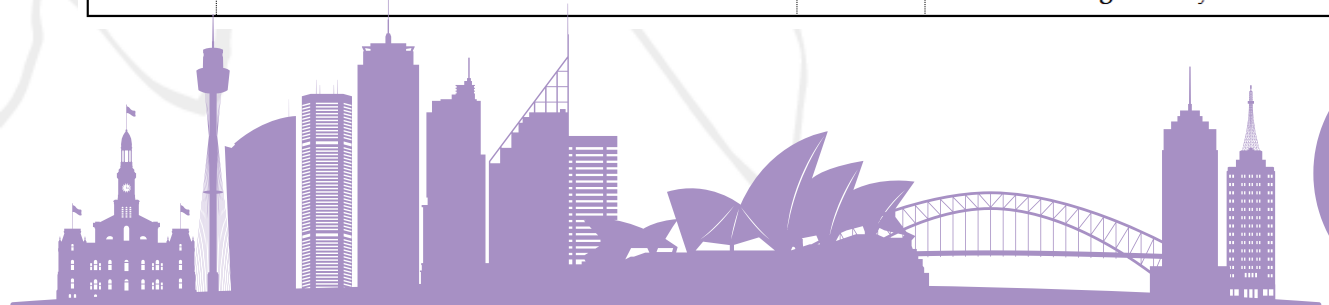
WORD JUMBLE

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	HUNCH
Pioneer in photocopying.	XEROX
Bitterly sarcastic.	CAUSTIC
Gas in some signs.	NEON
Eskimo canoe.	KAYAK
Chinese medicinal root.	GINSENG
Where a rubber duckie lives.	BATHTUB
Roll in the mud.	WALLOW
Pleasure traveller.	TOURIST
Temporary loss of memory.	AMNESIA
Deadly.	LETHAL
Pizza herb.	OREGANO
Very knowledgeable.	ERUDITE
Forty-eight hours before tomorrow.	YESTERDAY
The most.	MAXIMUM
Excessive.	SUPERFLUOUS
Feudal land.	FIEF
Trepidation	DREAD
Water storage area.	RESERVOIR

REBUS PUZZLES

1	Red in the Face	2	Green Eggs & Ham
3	Backrun	4	All thumbs
5	Two left feet	6	Black sheep of the family
7	Big Fish in a little pond	8	Tennis shoes
9	Long time, no see	10	All in a day's work

1	Adding insult to injury	2	A bit under the weather
3	The ball is in your court	4	Let the cat out of the bag
5	Beat around the bush	6	No one to blame
7	Yellow belly	8	Take from the rich & give to the poor
9	Three blind mice	10	A green eyed monster



Mercure HOTELS SYDNEY

MERCURE SYDNEY

818 - 820 GEORGE ST SYDNEY, 2000

+61 2 9217 6666

H2073@ACCOR.COM

INTERACT
KUDOBOARD.COM/BOARDS/DPKIEZVT

MORE INFO
MERCURESYDNEY.COM.AU/WELCOME-QUARANTINIES/

MINI BAR
MERCURESYDNEY.ORDERUP.COM.AU

FEEDBACK
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