Tasmanian Health Minister Sarah Courtney has held talks with training and junior doctors at the Royal Hobart Hospital over concerns about burdening workloads and insufficient training facilities.

The talks came about, after a petition was signed by over 150 junior doctors at the Royal, and Ms Courtney has assured all staff that reasonable actions will be taken to make the hospital a more comfortable workplace for all staff and patients.

Ms Courtney said the government would be recruiting 12 more junior doctors next year, while also adding a second overnight registrar.

A Launceston man has been sentenced in the supreme court to 18-months jail for permanently injuring another man with a one-hit punch while on a night out in August 2017.

Joseph William Freeman hit Sean Taggart-Barwick outside a taxi rank on George Street with such force, that the man was unable to break his fall, landing severely on his head and tragically being knocked unconscious.

When the helpless victim came to, he immediately suffered a seizure, and was flown to the Royal Hobart Hospital where he was kept in an induced coma for several days while swelling around his brain eased. As a result of the violent act Mr Taggart-Barwick spent two weeks in hospital, was out of work for seven months, suffered memory loss and damaging to some simple motor functioning, nerve damage and social anxiety.

The Australian Antarctic Division has assisted an associate French Antarctic vessel, the L'Astrolabe, after the key scientific ship recently suffered a suspected propeller shaft problem, rendering it unable to sail.

While the L'Astrolabe is docked here in Hobart, the Aurora Australis will instead embark on a 20-day

voyage early next month, with additional expeditioners, cargo and 250,000 litres of fuel, to resupply the French Antarctic station Dumont d'Urville and the French-Italian station of Concordia.

While the Aurora Australis is still on its return voyage back to Hobart, the Australian Antarctic Division operations manager Robb Clifton said that assisting the French in their Antarctic endeavours is all in the spirit of Antarctic cooperation, saying quote "the great thing about the Antarctic treaty system is that nations help each other out. Antarctica is there for peace and science, and we regularly collaborate with other countries."

Aaand Tasmania has recently been announced by the National Geographic as one of its top 25 must-see destinations in 2020.

The prestigious list goes on to name globally recognised remarkable adventures, brand new discoveries, cool and interesting cities and natural wonders, each year, and Tasmania was the only location in Australia to warrant a mention.

Along with locations such like Wales Way in the UK, the Kamchatka Peninsula in Russia and the Zakouma National Park in Chad, Tasmania was regarded for quote "its raw, natural beauty, which it owes largely to a combination of its remoteness, and the enduring green spirit of its residents."

To sport now, and 19-year-old local swimming superstar Ariarne Titmus has taken out the Tasmanian athlete of the year award, surpassing cyclists Georgia Baker and Amy Cure, rower Sarah Hawe, Kookaburras captain Eddie Ockenden and Jake Birtwhistle.

Titmus ended this years swimming season with a handful of record breaking achievements, and numerous

gold medals at the swimming championships in South Korea.

She now heads into the Tokyo 2020 Olympic Games as one of Australia's strongest gold medal contenders.

And finally, in the WBBL, the Hobart Hurricanes are in desperate need to win their next two matches if they have any hope of making it through to the finals next month.

The Hurricanes are currently three wins out of the top four, and with two games in the next two days, they need to come out on top against the top two sides, right here at Blundstone Arena.

Taking on the Brisbane Heat tonight, and the Adelaide Strikers tomorrow night, coach Salliann Briggs is looking forward to finally returning home to play their first match in Hobart and hopefully secure the much needed points to see them through to the finals.

And that's what's making news on the 22nd of November