



## AUSTRALIA: COACHING SPORTS

Australia is a must see destination – the sheer size, amazing natural wealth, awesome scenery and huge variety of plant and animal life make this unique destination one of the most incredible places on earth!

Experience the *real Australia*, head to Western Australia! WA has earned its reputation as the 'State of Excitement' – and you'll soon see why! It's much less touristy, there's more left to be discovered and you will have lots more opportunities to mix with the locals.



### WHAT DO YOU GET?

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.
- Experienced local staff with 24/7 back-up and support who'll meet you at the airport on your arrival - helps you **feel safe and never alone!**
- An in-depth Induction makes you **fee I local straight away!**
- A unique insight into another culture – **see it from the inside** in a way you could never do as a tourist.
- An opportunity to **make lifelong friends from all over the world.**
- And best of all ... **an unforgettable experience!**



### ► SUMMARY FACTFILE

<b>Start Dates</b>	All year round, but some sports subject to seasons. <i>Flexible:</i> you choose your start and finish dates!
<b>Duration</b>	From 4 weeks to 1 year, subject to visa restrictions
<b>Requirements</b>	No qualifications or experience required, but you must be enthusiastic and have a very good knowledge of sports. You should also be aged 18 or over.
<b>Price</b>	For up-to-date prices, please check our website <a href="http://www.travellersworldwide.com">www.travellersworldwide.com</a>
<b>What's included</b>	► Accommodation ► Meeting you at the Airport ► Transfer to your accommodation ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support
<b>What's not included</b>	Flights, Food, Insurance, Cost of Visas (if a visa is required, but we'll provide necessary documents and assistance), Transport to and from your project, Return transfer to airport.
<b>Who can do this Project?</b>	All our projects are open to all nationalities. Unless otherwise stated, you need to be aged between 18 and 70+

## PROGRAMME OVERVIEW:

On this project you can combine teaching with coaching sports to children in either Primary Schools or High Schools. The majority of the schools we work with are Intensive English Centres, where you'll be able to coach disadvantaged refugee children and also do some teaching at the same time, thus helping them to adjust and settle into their new home country. Many of the children come from war-torn countries such as Sudan and Somalia.

Your teaching and sports coaching will help them to learn new skills and give them the confidence to interact with their Australian peers on a level playing field (pardon the pun). These programs aren't just for guys, so ladies, if you'd like to coach some sports abroad, you can do that here.



### The Coaching Sports Programme

On this placement we work with a variety of schools that each differ in terms of the ages of the children and their sporting abilities. Your day will usually be made up of a mixture of teaching in class plus the chance to coach children a sport or a number of sports during PE lessons. As the sports lessons won't fill up your time-table, you'll help out with other lessons, too, such as English and helping with reading and writing. The sports that you can usually coach are Football and Cricket.

By coaching these children new and exciting sports, you'll not only be helping them to learn new skills, you'll also be giving them the confidence to interact with their Australian peers on a level playing field (pardon the pun).

Our sports programs are not just for guys, so ladies, if you'd like to coach and play sports abroad, there are plenty of opportunities to do so on a Travellers sports project.

Don't worry about not having any coaching qualifications; but if you do you can put them into good use on this placement. The whole idea of Travellers is to provide coaching help wherever possible.

### Work Content

You'll have the opportunity to coach a sport, or a number of sports, in the day time during school hours. The combination of teaching and coaching will give you great diversity on the project. Different sports have different seasons, as follows:

- Cricket: season normally runs from October to March
- Football: season normally runs from April to September (pre-season training is during Feb to April)

The sports are generally coached by season, but if you wanted to coach a sport that was not in season, or if you wanted to introduce a new sport to the children, the school would welcome it as long as it was of benefit to the children.



### THE HIGH SCHOOLS (Age Range: around 11-18):

We currently work with several mainstream high schools (none refugee schools) which are suitable for people who are passionate about sports. When you are working on sports, you will be working as an assistant to the sports teacher during school hours.

You may not be involved in sports all the time, as the school may assign you to whichever activities are needed most by the children at the time of your project. When you are working on sports, you will be working as an assistant to the sports teacher during school hours. We provide you with a coaching manual for each sport which we have produced in-house to aid you, should you need it.

Usually, you will be involved in a wide range or specific sporting activities, which will give you a very diverse project. Some of the sports are generally taught by season, but many are taught all year round. You'll also help with sports lesson plans. The school has excellent facilities.

### THE PRIMARY SCHOOLS (Age Range: around 5-10)

We also work with a number of primary schools in Perth. At these schools there will be little to modest sports available. You must be very prepared to get involved in all aspect of school work and here you will do a lot of classroom teaching. The children at the school are young and sport is part time and to a "playground" standard only.

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[Booking Form](#)

These primary schools are IEC (Intensive English Centers) schools and take refugee children from countries such as Afghanistan, Sudan and Somalia. Most of your work here will be in the classroom, teaching non-sports subjects.

As well as teaching English, you get involved with teaching a number of other subjects with the children from the IEC centre. The subjects that may be available for you to teach are:

- Art
- Maths
- Music
- Science
- Sports

Depending on the time of year and the location of your project it may be possible to also coach and play with a local sports club in Perth where you will be able to coach and/or train in your field. Please talk to us for further information when applying.

## LOCATION:

**Western Australia is home to some of the best and largest surfing waves in the world, white sandy beaches and a virtually untouched coral reef stretching for 260km!**

Our programs are based in Perth, the gateway and capital city of Western Australia (WA). Of the almost two million people that live in Western Australia, the vast majority reside in the state's capital. Perth was settled on the banks of the Swan River in the 1800s and leaves a lasting impression on all of its visitors.

Perth's brilliant blue skies and warm sunny climate must be experienced to be believed. Perth is said to have the most days of sunshine of any capital city in Australia. There is always plenty to do in this sophisticated and scenic city – enjoy water sports on the Swan River, sample local wine or explore the 400 hectares of natural bush land in central Kings Park.

Perth is also the home of the world's oldest operating mint (where gold and silver production can be seen), numerous museums and art galleries, historic buildings full of character, a five-star resort and casino and a great variety of shopping - all of which are only minutes from the Central Business District. Perth boasts over 80 kilometres of white sandy beaches to sunbathe on – the most popular being Cottesloe and Scarborough, both within easy reach of the city.

Northbridge is Perth's cultural and entertainment area, just a few minute's walk north of Perth City the other side of the train station. Northbridge is home to a number of pubs, nightclubs, bars, cafes, shops, galleries and oh so many restaurants.

## ACCOMMODATION & FOOD:

You'll be accommodated in a centrally located lodge that is friendly and relaxing, making it ideal for long term stays. Your accommodation is located in the CBD (Central Business District) of Perth, Western Australia. Therefore you are very central, close to the main train station and shopping district. You'll have your own room, but will share a bathroom with others on your floor.

There is an excellent kitchen and storage area for cooking meals and plenty of space to relax. Entertainment at your accommodation includes a pool table, cheap internet access, arcade machines and cable TV (Foxtel), to name a few. But with all the sunshine Perth has – you'll be out and about enjoying the many outdoor activities! You are literally a stroll from the Swan River and free CBD transport.

At weekends you will find markets, entertainment and plenty of



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alfresco style cafes to laze in. Perth has restaurants to suit all tastes - the most popular cuisine is of course the great Australian BBQ. Barbeque facilities are abundant in local parks - take your own food and cook up a feast, Australian style.

## GETTING TO YOUR PROJECT

Transport budget is not included in your placement. You'll travel to your project using public transport. On your first day, you'll usually be accompanied by a Travellers team member who will show you how to use public transport to get to your placement. If you have any questions regarding the transport routes please ask your organiser who will be happy to help you.

## VISAS:

Visas are required for Australia, but don't worry we will liaise with you about specific visa requirements, and make the visa process very easy.

## FLIGHTS:

You have the option to arrange your own flights or we can assist you with your flight arrangements. If you would like us to do this for you, we will liaise with you regarding available flights and dates to suit you. All arrangements for your flight bookings/payments will be fulfilled by [Murray Rogers Travel Limited](#), ATOL No. 6856.

## INDUCTION ON ARRIVAL:

When you arrive, you will be welcomed at the airport by our Australian Organiser, who will take you to your accommodation. During your first few days you will be given an induction so that you can learn about Perth and its culture, as well as useful information like how to use the transport system etc.

## COSTS:

Please see the prices pages of our website [Full Price List](#). The price of this project is a reflection of the following costs:

- ✓ Accommodation
- ✓ Meeting you at the airport
- ✓ Local in-country team support and backup
- ✓ 24hr emergency helpline
- ✓ Full pre-departure support
- ✓ UK administration
- ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations)
- ✓ Project Research/Site Inspection
- ✓ Staff Training/Equipment
- ✓ Donations to worthwhile projects

## HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.

For every volunteer, a donation is made by Travellers on your behalf into the [Bridge The Gap Foundation](#). This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.



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## COUNTRY PROFILE:

Australia's most striking feature is its variety of landscapes, with endless miles of unspoilt beaches (over 7,000 beaches - more than any other nation), tropical rainforests, mountain ranges and huge areas of desert - the famous 'outback'. The natural scenery is unbeatable.

Australians are known for their love of life and enjoyment of the great outdoors. While Australians have a relatively short history they have quickly developed their own unique culture - with their love of the humble meat pie, the arts and music, sport (Australian Rules Football is the national game), the beach and BBQs.

Visitors may be confused when first arriving in Australia. While it's common knowledge that Australians speak English, you may hear a unique colloquial language. You'll hear words such as 'G'day', 'fair dinkum', and 'cobber'. Don't worry, you'll get the hang of it and will be talking like an Aussie in no time!

Perth's weather and climate is best described as Mediterranean, with long dry summers and mild rainy winters. It is because of these long hot summers that many Perth activities revolve around the water. So if you enjoy water sports such as swimming and surfing or lazing on clean sandy beaches, Perth is the perfect destination.

The hottest months are January and February, and temperatures can frequently reach the mid to high 30's Celsius (95-100F). Occasionally the weather can reach 38 degrees Celsius or more (100+ Fahrenheit), and when it does, it is colloquially referred to as "a scorcher".

The mild Perth winter begins at the start of June and finishes in September. It is generally a rainy season, interspersed with chilly yet sunny days. A typical Perth winter day may fall between 16-18 degrees Celsius (60-65 degrees Fahrenheit).



## THINGS TO DO IN: AUSTRALIA

- **Cities on the East Coast** include Sydney, Melbourne, Brisbane and Cairns. Sydney has one of the most instantly recognisable Skyscrapers in the world, where sunset views of the Opera House and Harbour Bridge are unforgettable. If you're feeling brave you can arrange to climb the Harbour Bridge - a 52 tonne structure! Sydney also has excellent nightlife, cuisine from around the world, many parks and museums, and not far from the city some incredible mountainous scenery. Many people don't realise that Sydney is not actually the capital of Australia - it's nearby Canberra, the country's political centre. Manly beach and the famous **Bondi Beach**, two popular surfing spots, are both located near Sydney.
- **Melbourne** is the state capital of Victoria and is the second largest city in Australia. Melbourne is very much about lifestyle with its vibrant energy, staggering choice of restaurants, funky boutiques, café-filled laneways, cool bars, unbeatable galleries, lush parks and village-like inner suburbs. New futuristic designs combined with the Melbourne of old create a fascinating mix of architecture and ensures the skyline is constantly changing. A standing joke in Australia is that Melbourne can experience four seasons in a day but this is really just another example of how they have it all!
- **Byron Bay** and **Noosa**, located further north and close to Brisbane, are very popular for surfing and are good for professionals and amateurs!
- **Fraser Island**, the largest sand island in the world. This protected region has over 100 freshwater lakes, ancient rainforests growing out of sand, and dunes stretching for miles.
- **The Great Barrier Reef**, located along the East Coast of Australia, is the largest coral reef in the world and wonderful place to learn to dive or simply snorkel. North of Cairns the region of **Cape Tribulation** has some spectacular beaches backed by rainforest.



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- **Uluru** is a must see (also known as Ayres Rock). This sacred Aboriginal Meeting place, located in the middle of the outback, offers inspirational views, particularly at sunrise and sunset. Camping trips under the stars are popular. Nearby Kings Canyon, a less well known 'Grand Canyon' is another unforgettable site and something that everyone should see on a visit to Australia.
- **Endless Sandy Beaches.** On the West Coast of Australia, between Perth and Broome, there are miles and miles of perfect sandy beaches. Excellent wreck diving is abundant around Perth and this is also one of the best places to learn to dive in Australia. There are also plenty of snorkelling and other water sports on offer around Perth. As the majority of Australia's 20 millions residents live close to the coast, beaches are an important part of life, and there are certainly plenty to choose from. Surfing, Snorkelling, Diving, Sailing and all other water sports are plentiful - so much so that Australian Dollar Notes are waterproof, just in case you should leave them in your shorts by accident.

## WHY GO WITH TRAVELLERS WORLDWIDE?

- Professional work experience placements
- 15 years' experience sending thousands of participants overseas, plus the largest variety of **flexible projects** that are **value for money!**
- Excellent support - second to none in the industry
- Accredited projects helps **appeal to future employers**
- Your own dedicated Project Co-ordinator to answer all questions prior to, during and after your **trip of a lifetime!**
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our *EXTRANET*, **available from anywhere, 24/7.**
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport.

## VOLUNTEER FEEDBACK:

"I just wanted to say a huge thank you for helping me arrange my project in Perth. I had such an amazing time and left with an unforgettable experience. I'll definitely advise 'Travellers' to anybody hoping for a similar opportunity and experience! I'm already planning my return to Australia after I finish University! Thank you once again!"

- Keira Rowsome

## HOW TO BOOK:

Please complete a [booking form](#) online or you can send a postal booking from our free brochure. When we receive this, we'll telephone you to discuss the details and then start the exciting process of planning your trip!

**We do hope you'll join us and are confident that you'll find this an incredible experience. Don't hesitate to contact us with any questions - we'll be happy to help you plan your exciting adventure!**

You may also be interested in other courses with Travellers, or do other projects in our other destinations – please visit our [website](#) for details of all our projects. In fact you can choose from over 300 projects in 19 countries!

**Make a Difference – Get Involved!**

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