



## NEW ZEALAND - COACH & COMPETE IN GYMNASTICS

Welcome to New Zealand - a must see destination! This energetic country has an abundance of adrenaline fuelled outdoor activities that utilize the natural landscape, much of which is protected.

This is nature's adventure playground.... Amidst breathtaking scenery you'll find the best locations for bungee jumping, white water rafting, hiking up glaciers, hang-gliding off mountains, sailing across fiords, skiing down active volcanoes, and swimming in thermal springs and geysers... you won't be disappointed! With both Māori and European influences, New Zealand also has a unique cultural background making it a wonderfully diverse and welcoming country.



### WHAT DO YOU GET?

- An exciting, never-to-be-forgotten adventure!
- 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 **feel local straight away!**
- 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 - you choose your start and finish dates. Placements may be subject to school terms and sports seasons
<b>Duration</b>	From 4 weeks to 1 year, subject to visa requirements.
<b>Requirements</b>	No qualifications or experience required, but you must have a very good knowledge of your sport and lots of enthusiasm!
<b>Price</b>	For up-to-date prices, please see <a href="#">Full Price List and other Currencies</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 ► Free T-Shirt.
<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 projects are open to all nationalities. You need to be 18 or over to participate in this project.

## PROJECT OVERVIEW

You'll work as a coach at a gymnastics club in the city of Auckland. The gymnastics club that we work with have a variety of ages that attend and you will be working with children across the different age groups.

You'll assist the head coaches for each particular event. This will give you good experience and a good insight into a variety of gymnastics events. On this project you will be able to improve your coaching skills and learn from the highly qualified and experienced coaches at the clubs.

No qualifications are required for this project but it would be best if you were a gymnast or ex gymnast and had coaching/training and competed within gymnastics.

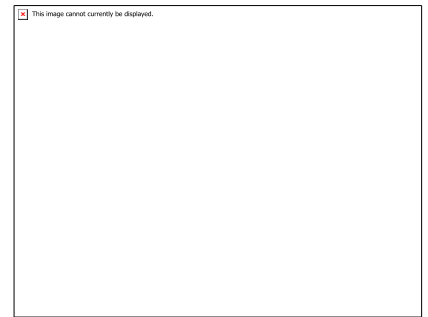


## WORK CONTENT

You'll work with a variety of age groups and with children at different levels of ability, from beginners through to national gym level.

There may also be the opportunity to work with a number of school groups that use the gymnastics club. The club have a variety of different gymnastics events and groups, including:

- Kindy Gym (2-5 year olds)
- School gymnastics
- General Gymnastics (recreational 5 - 12 year olds)
- Trampoline
- Recreational Gymnastics
- Men's Competitive Gymnastics
- Women's competitive gymnastics
- Teen Gym (13 - 16 year olds)
- Rhythmic Gymnastics



PLEASE NOTE: If you wish to compete within gymnastics on this project, there might an entry fee involved for a competition. As you'll be a coach at the club. You'll be able to use the club's facilities for training.

## A TYPICAL DAY

You'll work from Monday to Friday with some optional coaching on the weekend. As this project is very flexible, you may wish to coach on the weekend instead and have 2 days off in the week and arrangements to do this will take place between you and the head coach while on your placement. However, you'll have to take into account that certain events take place on different days. A typical day on this project is as follows:

- 9:30 - 1:30 Kindy Gym & School groups
- 1:30 - 3:30 pm: Administration work and lunch time
- 3:30 - 8 pm: All gymnastics groups at various times

These are long hours, but you'll only be expected to do between 6 and 8 hours per day. Your schedule will be arranged between you and the Head Coach. The best dates to come on this project is ideally during term 2 & 3 as there is more opportunities to do coaching during the day with the school groups.

If you wish to compete in gymnastics competitions, they do run all year round, but the main season is from May to September.

## LOCATION

Auckland is the gateway to New Zealand and a great place to start your travels. Water is at the heart of what has become New Zealand's most populated city, and its position on a thin stretch of land tucked between two harbours encourages an active, outdoor lifestyle. The many yachts that sail through the harbours and across the adjoining Hauraki Gulf have led to Auckland's name as the 'City of Sails'. Auckland is incredibly picturesque, with a backdrop of extinct volcanoes looking out across the many islands clustered around the coast.

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**CLICK TO APPLY**  
[Booking Form](#)

## ACCOMMODATION & FOOD

You'll be accommodated in a centrally located lodge that is friendly and relaxing, making it ideal for long-term stays. You may have your own room or you may share a room with other volunteers. There is an excellent kitchen and storage area for cooking meals and plenty of space to relax.

Entertainment at your accommodation includes cheap internet access and cable TV (Sky) as well as an outside balcony. You are literally a stroll from the Sky Tower, harbour and waterfront. Trains and buses are also only a few minutes away to take you to parts of Auckland and New Zealand or to the many other 'things to do'!

The city centre boasts great shopping, restaurants and pubs or head over to the viaduct for more pubs, nightclubs and multicultural cuisine.



## INDUCTION ON ARRIVAL

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

## 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.

## VISA

Visa requirements may differ between different nationalities, but don't worry we will liaise with you about your visa requirements, and make the visa process very easy.

## POLICE CHECKS:

Within New Zealand Law it is compulsory for all volunteers who work with children to undergo a police check. These checks are done to ensure the safety of children in New Zealand.



The checks are a simple process and we will provide you with all the details of what identity you need to take with you. On your arrival in Auckland, our New Zealand manager will complete the checks with you and take you through the process. As soon as you have registered, you'll be allowed to start working with children.

The fee for the checks is included in your project price and we will ensure that you have all the relevant information before you come to New Zealand.

## 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.

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## 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 project

## 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.

## COUNTRY PROFILE

New Zealand is a must see destination – with its stunning scenery of rolling hills, beautiful mountains and amazing beaches it's no wonder New Zealand is one of the most popular places to visit in the world! New Zealand's most striking feature is its variety of landscapes, with great beaches, mountain ranges, big lakes, volcanoes and geysers. Tourism in New Zealand rose dramatically after the success of the Lord of the Rings Trilogy, filmed on location throughout New Zealand.

Auckland has a mixed climate. The hottest months are January and February where temperatures can frequently reach the mid to high 20's. Occasionally the weather can reach 30+ degrees.



## THINGS TO DO IN NEW ZEALAND

This is an infinite list! New Zealand was made for all interests, passions, tastes and senses of adventure! You can throw yourself off a building attached to a bungee in Auckland, enjoy the serenity of Lake Taupo, bathe in natural hot springs in Rotorua or look for Hobbits in Mata Mata, and that's just the North Island! New Zealand really has it all - you will never forget your time there!

### The North Island:

Auckland is dotted with the Hauraki Gulf islands, some of which are minutes away from the city and make great day trips. The islands provide a good escape from the hustle and bustle of the city and provide good views of Auckland as you sail away.

The most popular island is Rangitoto which includes a 50 minute hike to the top of the summit where you can look down into the crater of the extinct volcano which erupted for its last time 600 years ago.

**Waiheke Island** is also a popular place to visit and is close to Auckland by ferry. The island boasts many beautiful beaches and rolling hills with vineyards on them. The Great Barrier Island is the largest island in the gulf and is a very rugged and scenic island - it is 88km from Auckland.

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**Northland & Bay of Islands:** Northland is the winterless paradise, with varied and spectacular scenery – beautiful beaches, awesome trees, lush national parks and world-class dive sites.

#### **The South Island:**

**The Abel Tasman National Park:** The Abel Tasman National Park is a very popular hiking area (or tramping as it is known in New Zealand). There are a number of treks in the park that allow you to pass through some beautiful scenery (considered by some to be the best in New Zealand).

**Franz Josef Glaciers:** The glaciers are one of the most famous sights and tourist spots in New Zealand. The glaciers are well worth a visit - a hike with a tour guide is a must.

**Christchurch:** Christchurch is often described as the most English city in New Zealand - with its' English style buildings and heritage it is not hard to see why. Christchurch has a number of attractions and is a major stopping off point for people traveling down the east coast of the South island. There are a number of attractions to see in Christchurch including; cathedral square, the botanic gardens, museums or simply just walking through Christchurch to get a feel for the place.

**Queenstown:** Queenstown is referred to as New Zealand's adrenaline activity capital and with all the activities it has to offer it is not hard to see why. There are numerous white knuckle activities to test your nerves; these include bungee jumping, skiing, skydiving, rafting, sledging, jet boating, caving and hand gliding.

**Milford Sound:** Milford Sound is a Fiord and one of New Zealand's biggest tourist attractions. The clear calm waters either side of the cliffs are very picturesque, with a 1692 peak in the distance and rainfall which creates amazing waterfalls. A beautiful and mysterious place.

**Stewart Island:** Stewart Island is New Zealand's 3rd largest island and is very rarely visited by tourists. The island is south of the main South island and is renowned for its beautiful red sky and natural untouched beauty.

## **WHY GO WITH TRAVELLERS?**

- Professional & structured programmes!
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- Your own dedicated Project Coordinator 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.

## **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 – 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!**