

Athletics: Play the season in Australia

Duration: 23 weeks



Overview

Get the full, undiluted athletics experience! Compete, train and party all season long with a local track and field club. Enjoy 4-star accommodation at the heart of the action and make friends for life along the way.

Recommended for:

- Living like an Aussie, all season long
- Improving your skills in a club environment
- Exploring Oz with your new mates
- Boosting your CV with a part-time job

At a glance:

- Hand-picked Aussie athletics club
- Regular competitions, training & socials
- 4* fully furnished accommodation
- 24/7 mentor support throughout your stay

Sporting adventures

The Season allows you to spend 6 months living, working and competing in Australia. You'll have loads of time to make strong friendships and become fully integrated into Aussie life. You have the choice of amazing Australian cities where you will be placed with club that suits your sporting ability and personality! Our centrally located 4-star accommodation puts you at the heart of the city so get ready to enjoy the freedom and excitement of life in Australia with a group of new mates.

Prices and dates...

Location	Duration	From	To	Price

Brisbane	23 weeks	27/09/2010	06/03/2011	£ 7295
Melbourne	23 weeks	27/09/2010	06/03/2011	£ 7395
Sydney	23 weeks	14/03/2011	21/08/2011	£ 7295
Brisbane	23 weeks	21/03/2011	28/08/2011	£ 7295
Melbourne	23 weeks	28/03/2011	04/09/2011	£ 7395

FAQs

1. What type of visa do I need and what are the restrictions?

UK citizens aged 18-30 are normally eligible for an Australian Working Holiday Visa which enables holders to live and work in Australia for up to 12 months. It costs around £150 and can take up to 4 weeks to process so we recommend getting the paperwork sorted well in advance of your departure. For more information see the [Travel & Visa](#) section in the Need to Know area of our site.

2. What's included in the price of my programme and how much spending money will I require?

The cost of all Sport Lived programmes includes the following:

- 4-star accommodation including most household bills (telephone and internet charges are **NOT covered**)
- membership of your athletics club
- airport pick-up at the start of your programme
- mentor support throughout your stay
- a handbook with useful information

The programme cost does **NOT** include the following:

- flights, insurance, visas, return airport transfer, local transport or food

Your main costs whilst overseas will be transport, match/competition fees plus food and beer money. A [cost of living guide](#) for each Sport Lived destination is provided in the Need to Know section. This should help you plan and budget for your time away.

3. Do I need to be an elite athlete?

Absolutely not! We cater for athletes of all abilities. We will obtain further information on your sporting ability once you have submitted your booking form. This will allow us to match you with a suitable club. If you're an elite athlete, we'll ensure you're matched with a top-class club who know you're serious about sport!

4. When will I find out full details of my programme e.g. what club I will join and where I will live?

Once you have sent in a booking form, we'll start working behind the scenes to put everything in place for the perfect programme. 3-4 weeks later you'll receive a confirmation document outlining details of your club, key dates and an overview of your specific programme details.

Final payment for all programmes is due 12 weeks before to departure which allows us to finalise accommodation arrangements and send you details of your flatmates and your new address in Oz!

The pre-departure briefing takes place around 8 weeks before you join us and provides a chance for you and your parents to meet up with the Sport Lived team and fellow participants and ask any remaining questions you may have.

5. How can I find out more general information?

Hopefully, most key pieces of information are available on the website where you can download programme notes, prices and dates. Our [Need to Know](#) section also contains lots of useful information. If you have other questions or just want to have a chat, we're always available either on the phone or via email.

We know that planning a trip overseas can be scary at times and there's loads to think about. So don't hesitate to get in touch if you need to discuss anything at all.

Working overseas

You'll have plenty of spare time between training and competing if you'd like to get a job. As well as enhancing your CV and boosting your bank balance, working overseas will help you meet new people and provide more structure to your time away.

Top tips for getting work:

- Plan the type of work you'd like to obtain
- Try to gain relevant work experience
- Prepare a CV and have two references
- Be proactive & persistent in job hunting

Employment options:

- Café/bar work: sociable environment
- Office work: good rates of pay
- Coaching: fulfilling and well paid
- Work experience: boost your CV

Working in Australia

You'll be living close to lots of employment options like offices, shops, bars and restaurants. Contacts at your sport club might also help you to find coaching work.

In addition, your mentor will provide guidance on working in Australia but you should ensure you're well prepared as the job market can be as competitive as the sports arena!

Your pad

Accommodation is key to the Sport Lived experience. You'll live in 4 star centrally located apartments. Your club will be easily accessible by public transport and with lots of bars, clubs, restaurants and shops close by there are plenty of places to work, rest or play!

At a glance:

- 4-star apartments all fully furnished
- Located close to transport and nightlife
- Shared with other Sport Lived participants
- Stress free as the price includes most bills

Home from home...

Apartments are shared with other Sport Lived participants and include many mod-cons. Each complex has a 24 hour reception and many have an in-house swimming pool and gym. Apartments are fully furnished including a TV, linen, kitchen appliances, washing machines, etc. They are also serviced weekly (but you will have to wash your own undies!)

NB: Illustrative accommodation pictures.

Athletics in Australia

We have links with a wide range of fantastic Australian Athletics clubs who will welcome you as a new member. Get ready for plenty of banter; the Aussies love to have a laugh with their new Pommey team mates!

Club structure

Most clubs have training sessions every night of the week and the majority of members train 3-4 times a week. In each city clubs take part in inter-club competitions. Events for these are usually held on Saturdays but there are some twilight competitions during the Summer. Most athletics clubs have large junior sections and we encourage all Sport Lived participants to get involved in coaching juniors during their time in Australia. Coaching is lots of fun and a great way to develop key skills such as leadership, communication and organisational skills.

Off the track

With so many members, your club will be a hive of social activity. There are often drinks after training and competitions plus social events throughout the season - new members' night, pub

crawls and an end of season dinner. Many clubs also arrange training camps, a great chance to get to know your teammates whilst exploring a new part of Oz.

Your sporting development

Our clubs are selected for quality coaching and facilities, helping you to return a much improved athlete. Whatever your discipline there will be coaches on hand to work with your on technique, strength and improve overall results.

...and finally

What are you waiting for? Get out there and show the Aussies how it's done!

Social life

Through your athletics club...

An active social scene is an important selection criteria for any Sport Lived athletics club. Your club will offer a warm welcome and plenty of social activities during your time away. Get ready to train hard and party harder. Pre-season tours, pub crawls, fancy dress parties, BBQs and even an end of season ball ensure there's never a dull moment.

With Sport Lived...

You'll live alongside other Sport Lived participants who are playing and coaching a wide variety of sports. This provides a ready made group of friends for you to get together with and explore life in Brisbane.