

Swimming: Play the season in Australia

Duration: 23 weeks



Overview

Get the full, undiluted Aussie swimming experience! Compete, train and party all season long with a local swimming 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 times & technique
- Exploring Oz with your new mates
- Boosting your CV with a part time job

At a glance:

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

Sporting adventures

The Season allows you to spend 6 months living, working and swimming in Australia. You'll have loads of time to make strong friendships and become fully integrated into Aussie life. You have the choice of three amazing cities across Australia where you'll be placed with a swimming 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

Melbourne	23 weeks	27/09/2010	06/03/2011	£ 7395
Brisbane	23 weeks	27/09/2010	06/03/2011	£ 7295
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 swimmingclub
- 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 swimmer?

Absolutely not! We cater for swimmers 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 swimmer, 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.

Swimming in Australia

We have links with a wide range of fantastic Australian swimming clubs who'll welcome you as a new member. Get ready for plenty of banter - the Aussies love to have a laugh with their new Pommey club mates!

Club structure

Most of our swimming clubs in Australia have between 8-10 squads. These squads span the full spectrum of ability from international, national and state through to intermediate and social squads. As clubs have lots of members and a variety of squads they are able to accommodate swimmers of all abilities from elite to social.

Competitions and training

You will train 3-4 times per week and compete regularly at the weekends. Each club also offers high quality coaching and many have instructors who have worked with state and national swimming squads. In addition, a number of the swimming clubs have both indoor and outdoor pools and on-site gyms. Swimmers going to Melbourne train at the aquatic centre which hosted

the majority of swimming events during the 2006 Commonwealth Games.

Out of the pool

With so many members, your club will be a hive of social activity. There'll be drinks after training and competitions, plus social events throughout the season - club nights and regular socials. Many clubs also attend swimming competitions in other cities - a great chance to get to know your teammates whilst exploring a new part of Oz.

Swimming development

Our clubs are selected for their high quality coaching and facilities, helping you to return home as a much improved swimmer. If your performances are noted, you could also find yourself selected for a State representative squad - highly prestigious!

...and finally

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

Social life

Through your swimming club...

Australian swimming clubs are incredibly social, so get ready to swim hard and party harder. Pre-season tours, pub crawls, fancy dress parties, BBQs and 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 your chosen Aussie city.

Your programme will begin with introductory drinks during the first week, co-ordinated by your mentor who will also organise monthly social events. These might include a day out at a seasonal sporting event, a traditional Aussie barbie, pub golf, etc.