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Australia Learn To Surf

Adventure



Relaxation



Culture



Trip Name: Australia Learn To Surf **Trip Code:** OZSS **Duration:** From 5 days

Trip Highlights

- Live the surfers dream down under Aussie style!
- Ride your first wave within an hour of starting!
- Chill out (and party) at your beach-side cabin accommodation
- See how quickly you progress your surf skills in just 5 days!
- Explore the stunning Seven Mile Beach National Park
- Party with free beer and pizza with new friends upon return to Sydney



Overview

Travel the east coast of Australia, learning to ride the waves and living the surfing lifestyle – that means barbies, parties and relaxing by the beach. A highlight of any gap year!

Surfing in Australia is a dream. You get 5 days learning to surf from at one of the country's most beautiful and unspoilt beaches. We will find the best waves for progressing your surfing from beginner to advanced level. You're going to be travelling down to Seven Mile Beach, living a surfer's dream of freedom, travel, good waves and good times.

Destination Info

The East Coast of Australia is an astounding 18,000km long. Eastern Australia is the epitome of beach life and water sports. Other than the stunning ocean, you'll find there are other treasures to discover: mountain ranges, rainforest, the outback and three buzzing capital cities; Cairns, Brisbane and Sydney.

Itinerary

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Learn to surf at some of Australia's most pristine white sand beaches. Travel to Seven Mile Beach; living a surfer's dream of freedom, good waves and good times – nothing could be better! Whether you are taking a full gap year to Australia or are there as part of a round the world trip, learning to surf is an absolute must.

We will find the best un-crowded waves for progressing your surfing from beginner to advanced. The crew of all-Australian experienced instructors are experts at teaching absolute beginners. Their office is the beach so it's no wonder their laidback, outgoing personalities will ensure you have fun catching the waves. Our instructors will take you through all the basics and by the end of the week you will have learnt the following:

- Standing up
- Paddling
- Wave selection
- Taking the drop
- Cutting across waves

Not sure how you'll go? Expect to be standing and riding your first waves within an hour of starting. This surf trip embraces all aspects of the surfer's way of life. Expect some fun on-tour parties and jam sessions!

All surfing equipment is provided, and you will be given equipment appropriate to your size and ability.



Departing from Sydney in the morning, sit back, relax and enjoy the view as you travel down the South Coast to the surf school in Gerroa. You will then arrive at Seven Mile Beach, not only is it a picturesque national park

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beach but also the location for beginners to learn to surf.

For your first lesson you'll be taken straight to the beach and receive tuition on tides and conditions, how to identify the safest part of the beach to surf, followed by teaching you the paddling technique. When you are comfortable with this, your instructor will then go on to teach you how to stand up on your board and take you into the water to experience catching your first wave. From our experience most people will stand up within the first lesson. Each of your lessons will be two hours long and will progress your technique and skills from the one before. Between each lesson you will have a rest period and be provided with lunch. After your lessons, it's your time to relax in this stunning location. Why not unwind in a hammock or go for a walk along the National Park beach.



Wake up to the sounds of surfing life, as you all meet up for breakfast, before starting your first lesson of the day and heading to the beach. After your first two hour lesson you will have a chance to relax and have lunch before another lesson in the afternoon. In the evening chill out and enjoy all that surfing life brings.



By day three you will probably be dreaming of catching waves, waking up raring to hit the surf. The way the next two days are structured will be very similar to the second day; however you will continue to build on your surfing techniques, making turns and riding across the waves.



This will be your last day at the surf school before heading back to Sydney. After your second 2 hour lesson you will have time pack and get ready for the journey back to Sydney. You should get back to Sydney at roughly 6pm. This is your chance to enjoy some free beer, pizza and party at Scubar!

Accommodation

You will stay in a modern beachside cabin at the surf camp in Gerroa. The cabins are only a short walk to the beach and local bar. The accommodation also has great facilities that you can use during your stay, including; hot showers, a swimming pool, hammocks, internet, DVD movies, laundry and café. You will be staying in either a 4 or 6 berth dorm room.

Programme Services and Facilities

Surf camp features;

- Comfortable cabin accommodation (or camping if during the winter months May - September)
- Hot Showers
- Swimming pool
- Outdoor cinema
- Huge variety of waves to suit all levels of surfers and all weather conditions

Internet

There is internet in your accommodation at the surf school at Seven Mile Beach.

Telephone

The international telephone access code for Australia is +61.

To place an outgoing, direct dialled international call, dial +44 for the UK, +49 for Germany, followed by the telephone number. For example to call Real Gap Experience dial +44 1892 516164 / +49 69 222226 475.

It is advisable to buy an international phone card, such as the one Real Gap offers.

The easiest option may be to take your mobile and purchase a pay-as-you-go SIM in Australia, or get a Real Gap SIM before you depart, to allow you to text and call cheaply, and keep track of your spending. Before you depart, please ensure that your mobile is set up with international roaming and unlocked, so you may use a pay-as-you-go SIM while you are away.

Laundry

There are laundry services available at your accommodation during your three days at the Surf school.

Meals

All your meals are included while staying at the surf camp in Gerroa. We know that you use up lots of energy when surfing which means you'll be hungry for some tasty food so we provide plentiful, tasty and healthy meals to meet your big appetite! Vegetarian options are available along with any other special dietary requirements; please let us know at time of booking if these apply.

What's Included

- 5 Day progressive surf course
- Use of quality Rip Curl equipment
- 4 nights beachside cabin accommodation
- All transport from Sydney - Gerroa - Sydney
- All Meals



What's Not Included

- All flights
- Visas
- Personal travel insurance
- Alcoholic beverages



Additional Information

Orientation

The surf instructors will take good care of you. They have years of experience and will give you lots of individual attention in the water to ensure your safety. They are there with you for the whole trip so they can help with any questions or advice you may need.

What to Pack

Please note that this kit list is intended to help you plan what you may need to take with you and therefore, you may not need all of the listed items on your travels nor is it exhaustive.

Personal Admin

- Visa documents
- Passport
- Driving Licence
- NHS card or a National Insurance card or proof of entitlement to your National Health Service, or the German Krankenversicherungskarte
- Insurance policy document or card
- CV if planning to work
- Credit card, for emergencies and booking internal flights

General

- Journal or diary
- Towel
- Toiletries (shampoo, soap, toothbrush etc)
- Alarm clock
- Torch and batteries (useful for camping)
- Sleeping bag
- Sun block (factor 30+ recommended)
- Small padlock to secure luggage

Clothing

- Clothing suitable for all weather conditions (remember long sleeved trousers and tops to protect you from the sun)
- Raincoat and/or waterproof clothing
- Sturdy walking shoes and thick socks
- Wide brim hat
- Sunglasses
- Casual clothes
- Shorts
- T-shirts
- Swimming costumes (several)

Medical Kit

- Medication
- First Aid Kit
- Insect repellent

Please note: Bags are limited to backpack/soft travel bag per person, plus one small piece of hand luggage.

Minimum Age

18 years

Flights

Your flight to Australia should arrive at Sydney Airport the day before your programme start date, and your return flight should be arranged to leave from Sydney Airport on your programme end date.

To book your flights, please contact your travel advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.

Please note: If you are flying to Australia via the USA you will need to obtain Travel Authorisation by registering online through the Electronic System for Travel Authorisation (ESTA) no later than 72 hours before departure. This is compulsory and will cost USD\$14 to register. To register, please visit: www.esta.cbp.dhs.gov

It is important that once you have booked your flights you add these details to your Online account, or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

FAQs

1. **What locations do I surf at?**

All of the surfing is done on Seven Mile Beach, outside of Sydney. This stunning white sandy beach is the perfect place for learning.

2. **Why does the programme not run in winter?**

During the winter months, the water is too cold!

3. **How fit do I have to be?**

You will need some level of fitness, but you don't have to be an athlete.

4. **Does it matter if I have never surfed before?**

No. You will be taught everything from Paddling to Cutting Across waves!

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days

in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

The unit of currency is the Australian Dollar. Changing foreign currency or travellers cheques is usually no problem at banks throughout Australia or at licensed moneychangers.

Australia is affordable by Western European and American standards, but if you are travelling on from Southeast Asia you'll notice a big increase in costs!

Meal, Inexpensive Restaurant 13.37 \$

Domestic Beer (0.5 litre draught) 5.04 \$

Coke/Pepsi (0.33 litre bottle) 2.40 \$

Water (0.33 litre bottle) 2.14 \$

(Prices quoted in US Dollar)

Passports and Visas

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

All visitors to Australia need a visa – only New Zealand nationals are exempt, however you will receive a 'special category' visa on arrival.

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For entry into Australia you will require an eVisitor visa. UK passport holders can apply for a 90-day tourist visa online at www.immi.gov.au All other nationalities should consult the relevant embassy.

If you intend to work after your week in Sydney you will be required to apply for a working holiday visa.

Working Holiday Visa

To take part in this programme you will require a working holiday visa. The working holiday visa is available to anyone age 18-30. The emphasis is on casual employment: you are meant to work for no more than six months at any one job. If you want to stay in Australia for up to 24 months, this is now possible for some nationalities. Speak to one of our sales advisors for more information.

To be eligible for a Working Holiday Visa, you must:

- Be aged between 18 and 30 years at the time of application
- Have a valid passport for one of the countries listed at Australian Immigration, www.immi.gov.au
- Have no dependant children
- Have not previously entered Australia on a working holiday visa
- Meet health and character requirements
- Be outside Australia at the time of visa grant

To be granted a working holiday visa you must also agree that:

- Your main reason for coming to Australia is to holiday
- You must not undertake studies or training for more than 4 months
- You will leave Australia at the end of your authorized stay
- You must have sufficient funds to support yourself for the initial part of your stay. AUD\$5000 minimum is regarded as sufficient. You may have to provide evidence of this in the form of a bank statement.

For the most up to date information on visa requirements, please visit <http://www.immi.gov.au/>

Cultural Considerations

Australia is a melting pot of different cultures. It has a population of over 21 million people with most of the population living on the east coast between Adelaide and Cairns. High waves of immigration from England, Ireland, Italy, Greece, Malta and Eastern Europe have occurred during Australia's brief history, particularly after World War II, and the later waves from the Middle-East, East, and South-East Asia, as well as the Indian subcontinent, have created a truly diverse population.

Although Australia has no official language, English is spoken by 80% of the population. Chinese, Italian and Greek are respectively the next most common languages, reflecting Australia's cultural diversity and concentration of nationalities. Australians have very strong attitudes and belief systems which are reflected in their culture. Australians traditionally have a very ironic sense of humour.

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary

depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

Safety

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you keep safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your bag without your permission.
- Don't carry excess amounts of cash
- Wherever possible, walk around in groups, especially after dark, and avoid taking short cuts
- Do not pick up hitchhikers if you are driving and do not hitch hike yourself
- When you are out do not leave your drinks unattended, as there have been reports of drinks being spiked

We advise that you check your government's advice before travelling abroad. For UK and American customers please see the relevant links below;

UK: www.fco.gov.uk

USA: www.travel.state.gov

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Language Guide

Here are some Australian terms and phrases that you might find useful:

Bottle Shop - *Off-licence/Liquor store*

Bonzer - *Good*

Bush - *Unsettled country area*

Dag - *Nerd*

Esky - *Portable insulated box to keep food/drink cold*

Fair Dinkum - *Honestly, truly*
Pokies - *Gambling machines*
Pom - *Person of English descent*
Singlet - *Sleeveless cotton vest*
Smoko - *Tea break*
Thongs - *Flip flops/Sandals*
Ute - *Utility vehicle/pick-up truck*

Food & Drink

You will find food in Australia to suit all taste buds, with the larger cities in particular offering a great range of places to eat. Due to the large amount of British settlers, Australian food is reasonably similar to that in Western Europe, but if you are feeling particularly adventurous get involved in some bush tucker (kangaroo, emus) or the infamous vegemite. For less scary Aussie food, look out for fresh seafood and of course, a typical Aussie barbecue!

Please let Real Gap know before you depart if you are a vegetarian or have any other dietary requirements.

Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for Australia, please see the link below:

www.timeanddate.com/holidays/australia/

Weather

Australia is located in the southern hemisphere, where seasons are the opposite of those in the northern hemisphere.

The summer months in Australia (November to March) can get very hot. Up north, in Queensland for example, the summer period brings the rainy season and the weather can be very hot and humid with lots of rainfall. The winter months (June to August) in Queensland bring much dryer weather but still heat. The further south you go the colder and wetter winter becomes and in some mountainous areas of New South Wales, Victoria and Tasmania skiing is possible.

Time

Australia is such a big country that it has three time zones:

Eastern Standard Time (Queensland) – 10 hours ahead of GMT depending on Daylight Savings
Central Time – 9.5 hours ahead of GMT
Western Time - 8 hours ahead of GMT

Electricity

Electricity in Australia is 240 Volts, alternating at 50 cycles per second.



Sockets in Australia are V-shaped flat prongs.

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as we make improvements that result from travellers' comments, our own research or from time to time as a result of recommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

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