CONTENTS

Welcome! 3
UCEAP in Australia: Calendar Outline 4
UCEAP in Australia: Program Overview 5
Course Overview 6
Meet the staff 7
About UQ and the School of Biological Sciences 10
About Brisbane 11
Arrival in Brisbane 12
Medical, Insurance and Visas 13
Personal Expenses 14
Brisbane Transport 15
Health and Safety 16
What to Expect: Preparing for your Program Abroad 17
Field Trips: Locations 19
Field Trips: Important Terrestrial Information 20
Field Trips: Important Marine Information 21
What to bring: Packing light 22
What to bring: Suggested packing list 23
Travelling in your free time 25
Travel in and around Brisbane 26
Communicating with family and friends back home 27
Contact in Australia 28
G’day and welcome to Queensland, Australia!

During your 12 week visit to Queensland you will travel to rainforests, reefs, bushland and sand islands, learning about some of the most important ecosystems in the world and, of course, getting to know the famous “Aussie” lifestyle.

This information handbook will help you plan your time abroad. Please read the following pages carefully, as they include useful information on what to bring, what to expect and what to do upon your arrival in Brisbane. All participants are responsible for and must be familiar with, the material contained in this information handbook.

We encourage you to pass this information on to friends or family so they know what you will be up to during your time in Australia. As you will be travelling to remote areas with no cell phone or internet access, the calendar will be a useful tool for them to know when you will be out of contact.

Before you arrive you should also ensure that you have read the UCEAP pre-departure checklist and informational materials. When viewing the checklist, read UCEAP’s Your Program Guide thoroughly; it features EAP-specific information which is not included in this handbook.

If you have any questions you can contact us at international.programs@uq.edu.au. We are happy to assist you before and during your stay in Australia.

The International Programs Team in Brisbane are really looking forward to your arrival in Australia for these exciting three months. See you soon!
UCEAP in Australia: Calendar Outline

An outline of your program delivered at The University of Queensland, Australia is provided below.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11</td>
</tr>
<tr>
<td>Location</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Arrival Day</td>
</tr>
<tr>
<td>August</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Week 1</td>
<td>Orientation UQ</td>
<td>Terrestrial Ecology Field Trip</td>
<td>Location</td>
<td>Backpackers</td>
<td>UQ Lectures</td>
<td>Girraween National Park</td>
</tr>
<tr>
<td>August</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Week 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>TE Trip</td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lamington</td>
</tr>
<tr>
<td>Aug/Sep</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>Week 3</td>
<td>Terrestrial Ecology Field Trip</td>
<td>Free Day</td>
<td>Location</td>
<td>Lamington National Park</td>
<td>Homestay</td>
<td></td>
</tr>
<tr>
<td>September</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Week 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>UQ Lectures</td>
<td></td>
</tr>
<tr>
<td>September</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>Week 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>UQ Lectures</td>
<td></td>
</tr>
<tr>
<td>September</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>Week 6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Marine Biology Field Trip</td>
<td>MBRS</td>
</tr>
<tr>
<td>Location</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>UQ Lectures</td>
<td></td>
</tr>
<tr>
<td>Sep/Oct</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>Week 7</td>
<td>Marine Biology Field Trip</td>
<td></td>
<td>Location</td>
<td>Moreton Bay Research Station - Stradbroke Island</td>
<td>Homestay</td>
<td></td>
</tr>
<tr>
<td>October</td>
<td>30</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Week 8</td>
<td>Public Holiday</td>
<td></td>
<td>Location</td>
<td>UQ Lectures</td>
<td></td>
<td></td>
</tr>
<tr>
<td>October</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>Week 9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Last night Homestay</td>
</tr>
<tr>
<td>Location</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>UQ Lectures</td>
<td></td>
</tr>
<tr>
<td>October</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>Week 10</td>
<td>Terrestrial Ecology Field Trip</td>
<td>Transit to HIRS</td>
<td>Location</td>
<td>Carnarvon Gorge National Park</td>
<td>Gladstone</td>
<td>HIRS</td>
</tr>
<tr>
<td>October</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>Week 11</td>
<td>Marine Biology Field Trip</td>
<td></td>
<td>Location</td>
<td>Heron Island Research Station</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oct/Nov</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Week 12</td>
<td>HIRS</td>
<td>UQ</td>
<td>UQ</td>
<td>Lone Pine</td>
<td>Farewell Dinner</td>
<td>End of Program</td>
</tr>
<tr>
<td>Location</td>
<td>Backpackers</td>
<td>Backpackers</td>
<td>Backpackers</td>
<td>Backpackers</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
UCEAP in Australia: Program Overview

The UCEAP Marine Biology and Human & Terrestrial Ecology program is primarily based in Brisbane, with classes at The University of Queensland, St Lucia campus. You will spend 12 weeks in Queensland, exploring the biodiversity of Australian marine and terrestrial environments as well as learning about Australian history and culture.

During the program you are living like a local while you are housed with a homestay host in Brisbane, taking public transport to campus (like the majority of Australian students do), and study and take classes at the UQ St Lucia campus.

This program consists of two courses which equal 21 UC quarter units in total. BIOLS160 Marine Biology is worth 13 units and BIOLS106 Human and Terrestrial Ecology is worth 8 units. BIOLS106 is split into two components; Terrestrial Ecology which is worth 5 units and Australian Studies: History, Society and Culture Down Under which is worth 3 units. As you can imagine this is an intense program in order to deliver the content as well as take you to amazing field locations in just 12 weeks. This is an academically rigorous program but also a lot of fun, and you will have experiences that many people only dream of.

We believe in an interactive, experiential and field-based (where possible) approach to learning. During your time in Australia you will have many chances to put theory into practice, particularly during the field trips where you will visit iconic Australian landscapes in remote locations that many locals never see themselves.

Although you do not share classes on campus with other UQ students, there is opportunity for you to join clubs or sporting teams on campus to make the most of immersing yourself into the Aussie lifestyle. Just bear in mind that you may not find the time to fully commit to extra-curricular activities during this intensive program.

During your on-site orientation at the UQ St Lucia Campus in Brisbane, you will be provided with more detailed information on your time in Australia, and the opportunity to ask questions.
Course Overview

BIOLS160 Marine Biology - 13 UC Quarter Units

Course coordinator: Associate Professor Ian Tibbetts

The Marine Biology course comprises a series of lectures and two major field programs. The lecture series provides a range of general content, including topics such as the evolution of fish diversity and the ecology of distinctive marine habitats, as well as specific research driven content. Working along with Ian are a number of guest lecturers who will deliver course content as well as showcasing marine biological investigations at UQ. Through all marine biology lectures there is an emphasis on using models from the Australian system. As part of this course you will visit North Stradbroke Island, in Moreton Bay (just north of Brisbane) as well as Heron Island located in the Great Barrier Reef.

BIOLS106 Human and Terrestrial Ecology - 8 UC Quarter Units

Terrestrial Ecology 5 units
Course Coordinator: Dr John Hall

The Terrestrial Ecology course provides a complete overview of Australian terrestrial ecology, beginning with the physical factors that define the landscape, such as geology, climate and fire. Australia’s biological heritage is explored, and how physical challenges have shaped the evolution of plants that now define unique Australian habitats such as Eucalyptus bushland and the Australian outback. Also explored, is the evolution of completely unique animal life, such as the kangaroo, cockatoo and platypus, which are found nowhere else on earth. The course concludes with an examination of the conservation of Australian biodiversity. As part of this course you will visit Girraween National Park, Lamington National Park and Carnarvon Gorge National Park on field trips that will involve hiking and

Australian Studies: History, Society and Culture Down Under 3 units
Course Coordinator: Dr Chris Salisbury

The Australian Studies course provides an overview of Australia’s history and culture, and reveals how and why Australia differs from other settler colonies and societies (such as Canada and the United States of America). Furthermore, the course focuses on certain aspects of the past, including experiences common to other societies in different parts of the world, that have contributed to the making of modern Australia and its people. The course aims to separate popular myths from realities in understandings of Australian history, and consider the uniqueness and commonalities that are inherent in contemporary notions of the ‘Australian way of life’.

Photo by Julian Rovell, 2018
Ian has a passion for teaching and mentoring students. He has been involved in the development of many marine-related teaching programs in the School of Biological Sciences. He is the Director of the Marine Biology Terrestrial Ecology program for UCEAP, coordinates the Marine Biology course within that program, coordinates the capstone research course ASIP005 in UCEAP’s Pacific Island Environmental & Community Health–Australia & Solomon Islands study abroad program; he teaches into the second level foundation course MARS2014 Marine Science, third level BIOL3340 Fish, Fish and Fisheries; and contributed to the development and content of the EdX Shark MOOC with Cornell University.

His immersion in all things marine had a cool start – growing up on the Devon coast, UK, and then taking a BSc degree in Marine Biology at Swansea University, Wales. Things heated up when he came to Australia to complete a PhD on fish in Moreton Bay, later to become the Director of the Moreton Bay Research Station for 10 years, Director of the Centre for Marine Science for 5 years, and is now Director of the School of Biological Sciences’ International Programs Unit. Ian’s lab investigates topics in marine ecology, fisheries biology and the sensory biology of electrosensitive fishes, including sharks, rays and catfish. He has supervised graduate students on projects based in Australia, Galapagos, Seychelles, Indonesia, and Solomon Islands. He chairs the Scientific Expert Panel, advising the Minister for Fisheries on implementation of the Sustainable Fisheries Strategy 2017-2027. He is a Director of the Moreton Bay Foundation and chairs its Research Advisory Committee.

Chris completed his PhD in History at The University of Queensland in 2013. He was appointed Postdoctoral Fellow in UQ’s Centre for the Government of Queensland, contributing to several web-based projects researching Queensland’s social and political history. Chris has coordinated the Australian Studies course for UQ’s International Programs since 2014. He has previously taught at UQ in Australian wartime history, Russian/Soviet-era history, and capstone courses in Australian public history. He has published widely in his specialist fields of Queensland politics, Australian social history and modern Polish history.
John has been teaching terrestrial ecology in the School of Biological Sciences since 2007, having come to UQ as a student in 1996 who never left! John inherited a love of nature from his father, who from an early age used to take him on hiking trips to places like Lamington and Girraween National Parks. As a University of Queensland graduate in Ecology and Geography, his post-graduate attention focused on cycads, an ancient group of plants with a fossil record dating back to before the dinosaurs. The story of these plants is bound with the idea of symbiosis - the intricate relationships between living things. For example, there is a specific species of beetle that make their home on one particular species of cycad, and live nowhere else, and in return the cycad can only reproduce after being pollinated by the beetle. The fate of the two species is completely dependent on each other, and without one, the other would go extinct. For John, it is a privilege to share with his students the knowledge and enthusiasm passed down by his father and subsequently refined and expanded by his own studies. His teaching philosophy is simple: “Plants Rock!” (but he does begrudgingly admit that animals can be pretty cool too).

While you are out in the field, the course coordinators will be supported by tutors (teaching assistants) whose research backgrounds compliment the learning outcomes on these field trips. These tutors have been carefully selected by the course coordinators to join these field trips to assist with academic field activities and enhance your learning abroad experience.

All of the academic staff that teach into your program not only provide you with the education and skills to succeed in this program but also offer a sounding board for questions and advice on furthering your academic and/or professional career.
Jemma Schneider
Program Coordinator

Jemma is located in the International Programs office at the School of Biological Sciences, The University of Queensland. Jemma will be your main contact in Australia, providing support and offering assistance prior to, and during your program. After spending several years travelling and working in New Zealand, the UK and Europe, Jemma now calls Brisbane home. With an extensive background in event management coupled with studies in communications, Jemma brings a wide range of skills and experience to the team, and for the past eight years has worked in the International Programs office with the goal to create an ‘Australian adventure of a lifetime’ for every student.

The International Programs support staff at UQ organise the logistical and administrative coordination of your program in Australia, and can be found in the International Programs Office within the School of Biological Sciences, at The University of Queensland’s St Lucia Campus in Brisbane. The support staff also provide a friendly and welcoming space if you have any issues, are looking for weekend travel tips or need help during your time in Australia.
The University of Queensland

For more than a century, The University of Queensland (UQ) has maintained a global reputation for delivering knowledge leadership for a better world.

The most prestigious and widely recognised rankings of world universities consistently place UQ among the world’s top universities. UQ has also won more national teaching awards than any other Australian university. This commitment to quality teaching empowers our 52,000 current students who study across UQ’s three campuses, to create positive change for society.

Our research has global impact, delivered by an interdisciplinary research community of more than 1500 researchers at our six faculties, eight research institutes and more than 100 research centres.

Just seven kilometres from Brisbane’s city centre, UQ St Lucia is renowned as one of Australia’s most attractive university campuses. Bounded by the Brisbane River on three sides, the 114-hectare site provides a perfect study, research and living environment. You will enjoy the best of both worlds: a vibrant campus with the tradition of an established university.

At UQ, we can help you to see the world differently. We believe education and research can transform you, providing you with the knowledge and discovery that will change how you see the world. And when you learn to see opportunities where others don’t, your path to success becomes clear. Our aim is simple: to create change in our students so they can create change in the world.

The School of Biological Sciences

The School of Biological Sciences is one of the largest Schools of its type in Australia with 52 full-time academic staff. The School provides unique opportunities for study or research in plant and animal biology with research programs spanning ecology, molecular plant sciences, marine biology, entomology, and genetics & evolution.

Currently, over 200 students are enrolled in higher degree research programs in the School. Further information, including details of the research interests of academic staff may be accessed on the school’s website at www.biology.uq.edu.au

The School of Biological Science’s reputation for research excellence and enterprise is reflected in UQ’s consistent high scores in international rankings.

According to the latest Center for World University Rankings by Subject, we’re global leaders in:

- Biodiversity Conservation (#1)
- Marine and Freshwater Biology (#3)
- Ecology (#6)
- Environmental Sciences (#6).

About UQ

The School of Biological Sciences at UQ
Brisbane

“Brissie”, your home from August to November, is the state capital of Queensland and Australia’s third-largest city. The city is located around the Brisbane River with bike and foot paths along its banks. Brisbane’s small central business district (CBD) is the main hub for business and shopping and is home to most of the city’s sights. On its southern end you find South Bank, a large parkland area with Brisbane’s famous man-made beach, shops, restaurants, weekend markets, and the city’s Cultural Centre.

The University of Queensland is situated in the suburb of St Lucia and is about a 15 minute bus ride from Brisbane’s CBD.

More information on Brisbane can be found at: www.wikipedia.org/wiki/Brisbane www.visitbrisbane.com.au

Brief History of Brisbane

Originally inhabited by the Turrbal people, the first Europeans settled at Redcliffe in 1824. After this unsuccessful settlement, a harsh penal colony was established on the present site of Brisbane. In 1842 the Moreton Bay area was opened to free settlement and the colony grew and developed with the discovery of gold in various locations around Queensland, banishing much of the aboriginal community from the area. By the time of Federation in 1901, Queensland was the fastest growing state in the new nation and Brisbane was its economic hub. Despite the drought, floods and depression of the 1890s, trade and industry were booming. The Brisbane River was a hive of maritime activity.

The city grew steadily until World War II when it become the main allied headquarters in the South Pacific and an influx of Australian and American servicemen stretched the population to three quarters of a million. Industry flourished and continued to boom post war and Brisbane firmly staked its claim as the third largest city in the country. The 1982 Commonwealth Games were hosted in Brisbane and the city received a massive infrastructure and sporting facilities boost as a result. In 1988 the World Expo was hosted at Southbank (across the river from the CBD), and the event also helped put Brisbane ‘on the map’. This year the Commonwealth Games have been held on the Gold Coast, at the doorstep of Brisbane, and is the largest sporting event to be staged in Australia this decade.

Did you know?

- Brisbane is the state capital of Queensland, which is nearly 2.5 times the size of Texas!
- Approx. 2.3 million call Brisbane home!
- Brisbane boasts on average 283 days of sunshine every year!
- There are 130 koalas to cuddle at Lone Pine Koala Sanctuary!

Photo by Sanchala Sehgal, 2017
Arrival in Brisbane, Australia

Arriving in Brisbane on the 11th of August
The official arrival day for the program is Sunday, 11th of August 2019. The International Programs team is very much looking forward to your arrival into Brisbane. We will be providing airport transfers to your accommodation on the official arrival day, but in order to do so you will need to email your flight itinerary details to international.programs@uq.edu.au by no later than the 7th of June, 2019. If you arrive before the official arrival day you will need to organise your own airport transfer. Some hotels/hostels provide an airport pick-up service so check in advance.

If you arrive earlier than the 11th of August you will need to organise and cover the expenses for your accommodation, meals and transport. We recommend that you book accommodation at the Brisbane Backpackers Resort (West End) as that is where you will be spending your first few nights of the program. This means you won’t have to worry about packing up and moving to another location (only to another room!).

On the 11th of August, there will be a casual welcome by International Programs staff at the Brisbane Backpackers Resort at 12:30pm. If you have arrived by this time, we ask that you meet at the outside dining area for a brief meet and greet, and to share lunch together (lunch will be provided).

Airport pick-up information
If your flight arrives on the 11th of August an airport pick-up will be organised for you. The details of where to go upon your arrival into Brisbane airport will be sent to you one week prior to your flight departure.

Late arrivals cannot be approved
We cannot accept late arrivals, so plan to arrive on or by the official program arrival day of August 11th. If you change the time of your original flight on the 11th, we can re-arrange your airport transfer if you advise us of any delays ahead of time. If an unforeseen delay occurs on the day you are flying, please call to let us know at +61 (0) 401 671 286. If you encounter an emergency or sudden illness that will delay you significantly, please email international.programs@uq.edu.au and notify us as soon as you can.

Strict customs in Australia
Australia has strict quarantine guidelines, and customs might not allow you to bring herbal medicine, large quantities of medicines, food items (e.g. meat products, nuts and fruit) or wooden products such as drums or jewellery into Australia. These customs regulations also apply when sending items by post to Australia. For information on what you can and can’t bring or post to Australia visit the Customs and Quarantine page online.

Bringing Medication
You should arrange for sufficient medicines to meet your personal medical needs for the duration of your time abroad. Check with the Australian embassy to ensure your medicine is legal here before you leave home. If you have a large amount of medicines you will need to obtain a doctor’s letter stating who the medicines are for, what they are and the dosage, and store the medicines in their original packaging. For more information visit: www.tga.gov.au/entering-australia

Photo by Brittany Tholan, 2015
Medical, Insurance and Visa

Medical
Your UCEAP insurance covers the cost of medical expenses in Australia. See the insurance links for detailed information. If you are sick or injured while in Australia and need medical attention, you will be required to pay for treatment and medications up front and then submit a claim for reimbursement upon your return home. It is therefore important to save all of the receipts and related documentation from any medical appointments as you will need to submit these with your claim.

Expect to pay around $80 Aussie dollars up front for a consultation at a Medical Centre with a GP. For example, if you have the flu and need to see a doctor you will pay around AUD$80 for the consultation plus the additional cost of any required medication. You will then be reimbursed for these costs when you make your claim.

If you take any regular medication please ensure that you bring enough with you to cover the duration of your time abroad. It may be difficult to find the exact medication in Australia to what you would normally use and it might be more expensive than what you would pay at home. If you are bringing a large amount of medication with you ensure that it is accompanied with a doctors prescription and that it is enclosed in its original packaging.

Insurance
You are covered by insurance through UCEAP for your time in Australia. Please use the insurance links within the online UCEAP pre-departure checklist under the Insurance tab for further details on your cover.

Visa
All foreign travellers to Australia must have either an ETA (Electronic Travel Authority subclass 601, valid for US citizens and 31 other nationality passport-holders) or a visitor visa subclass 600 (only for certain nationalities) to enter Australia. It is essential to ensure that your visa covers the entire program as well as any personal travel before and/or after the program. For information on applying for your visa read through the UCEAP Pre-departure Checklist and visit the Australian Home Affairs website.

Important Note
The UCEAP Your Program Guide and the more general UCEAP Guide to Study Abroad, posted to the UCEAP Pre-departure Checklist, feature EAP-specific information not covered in this Information Handbook. Please read through all program-related information carefully before arriving in Australia. If you have questions about UCEAP procedures or policies, contact the UCEAP Systemwide Office.
Personal Expenses

Budgeting for Brisbane
Visiting a new country is always filled with excitement. You will inevitably make comparisons between home and Australia and soon realise that costs can be very different. Australians enjoy an excellent standard of living by world standards, however the population of Australia is significantly smaller than the US which does mean that the cost structures are different.

During your program, you will have some out-of-pocket costs to pay. These include:
- weekend travel and sight-seeing
- medical expenses (e.g. if you need to see a doctor for a cold and are prescribed antibiotics)
- public transport (this includes getting to campus each day from your Homestay, as well as any extra travel on weekends and free days)
- some snacks (if you want additional snacks to eat on campus or during field trips).

Be prepared
It is best to have a back-up plan for unexpected extra costs. The most common extra cost that past students have encountered is medical expenses. If you need to see a doctor it can be an additional expense that you had perhaps not budgeted for. Keep this in mind when budgeting for your semester abroad and if you are lucky enough to escape sickness and injury then you will enjoy the extra spending money for souvenirs!

Currency Comparison
The Australian Dollar varies against the US Dollar so check out the exchange rate closer to your travels. How much you should budget for your trip depends on what kind of traveller you are, but please be aware that you will probably spend more for a meal, a coffee, or drinks than you would at home.

The following comparison table below is taken using data from the World Bank and several agencies that compare the cost of living. The table below is a comparison snapshot between costs in the US and in Australia. The prices listed below are to give you an indication of costs in Brisbane. On average items cost between 10-35% higher than in the US. Check out the Numbeo website to give you an idea of comparative costs www.numbeo.com/cost-of-living/in/Brisbane

<table>
<thead>
<tr>
<th>ITEM</th>
<th>Avg COST IN US (in USD)</th>
<th>Avg COST IN AUS (in USD)</th>
<th>Avg COST IN AUS (in AUD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal x 1 (inexpensive restaurant)</td>
<td>$15.00</td>
<td>$14.50</td>
<td>$20.00</td>
</tr>
<tr>
<td>Meal x 2 (mid range, three course)</td>
<td>$80.00</td>
<td>$60.90</td>
<td>$80.00</td>
</tr>
<tr>
<td>Combo meal at McDonald’s</td>
<td>$8.00</td>
<td>$8.50</td>
<td>$12.00</td>
</tr>
<tr>
<td>Domestic beer at pub (pint)</td>
<td>$6.50</td>
<td>$5.50</td>
<td>$8.00</td>
</tr>
<tr>
<td>Domestic beer (0.33L)</td>
<td>$2.00</td>
<td>$3.50</td>
<td>$4.50</td>
</tr>
<tr>
<td>Coke/Pepsi (0.33L)</td>
<td>$2.25</td>
<td>$2.35</td>
<td>$3.30</td>
</tr>
<tr>
<td>Eggs (dozen)</td>
<td>$3.35</td>
<td>$2.80</td>
<td>$4.00</td>
</tr>
<tr>
<td>Loaf of bread (fresh white)</td>
<td>$3.80</td>
<td>$1.50</td>
<td>$2.50</td>
</tr>
<tr>
<td>Water (1.5L)</td>
<td>$1.75</td>
<td>$1.40</td>
<td>$2.00</td>
</tr>
<tr>
<td>Chicken Breast (1kg)</td>
<td>$13.00</td>
<td>$6.50</td>
<td>$9.50</td>
</tr>
<tr>
<td>One-way ticket (Local transport)</td>
<td>$2.75</td>
<td>$2.70</td>
<td>$3.80</td>
</tr>
</tbody>
</table>
Brisbane Public Transport

Getting around Brisbane
Brisbane’s public transport network includes buses, trains and city-cat ferries operated by Translink. You have different options to obtain information regarding routes and travel times:

Online: www.translink.com.au/
Telephone: 13 12 30
In person at the Tourist Information Centre on Queen St.

You will be provided with a public transport card called a Go Card, during your first day at UQ. These Go Cards replace paper tickets and are the cheapest and quickest way to travel on public transport. They can be used on trains, buses and ferries.

All Brisbane public transport fares operate on a zone system. Zone 1 and 2 include the city centre and the surrounding suburbs and should get you around for most of your trips. With the Go Card, a single fare costs AUD$3.20 within one zone and AUD$3.90 for travelling in two zones. These fares are slightly cheaper if travelling off-peak (9am to 3.30pm, and after 7pm on weekdays, all day on weekends).

After 8 journeys on your Go Card within a 7 day period, you will then travel for half price for the remainder of the week (Monday - Sunday).

As this program is shorter than a semester and does not require UQ student status or a student visa, you will, unfortunately, not be eligible for student discounts and student fares.

You will need to budget approx. AUD$350 for public transport costs to and from campus. This does not include personal travel on weekends.

UQ has two main bus stops: Chancellor’s Place and UQ Lakes. Chancellor’s Place is the primary stop and has a number of buses which leave for the city and western suburbs. Buses using the UQ Lakes stop travel over the Eleanor Schonell Bridge connecting UQ with the south side of Brisbane and the city.

You can call a cab by dialling 13 19 24 (Yellow Taxis) or 131 008 (Black & White Cabs) in any Australian city.
Health and Safety

In Brisbane
Brisbane is regarded as a safe city, but much like anywhere in the world it is always best to be cautious. Be conscious of your self and your belongings when out and about, and always travel with other people at night. Look out for each other and don’t leave anyone behind.

In the field
You are required at all times to pay close attention to the staff in charge during your field trips. On the terrestrial trips you will be hiking for long durations, and it is essential to have worn-in shoes or boots and support for any pre-existing injuries. On marine trips it is mandatory that you can swim and you will be required to undertake a swim test prior to any water activities.

Be Sun Smart
Australia is exposed to higher levels of ultraviolet (UV) radiation than almost anywhere in the world and skin damage occurs rapidly, especially during the middle of the day. It is important to wear sun protection even on cloudy days and reapply sunscreen regularly. Aside from sunburn there can be some serious consequences for not being Sun Smart during your stay such as dehydration and heat exhaustion. Make sure you keep hydrated by drinking plenty of fluids.

Beach safety
It is important to always observe correct beach safety while in Australia. Only swim at patrolled beaches where a lifeguard is present and remember to swim in between the red and yellow flags. Never run and dive into the water from the beach and always check for warning signs, if in doubt ask. Australia’s beautiful beaches can hold hidden dangers in the form of strong currents called rips. If you do need help stay calm and attract attention by waving your arms and calling out for help.

Medical needs
If you have ongoing medical needs, please speak with an International Program Advisor at your college to plan ahead for any medical or mental health arrangements you might need during your time in Australia.

Vaccinations
Ask your doctor what vaccines and medicines you will need, especially if you have recently travelled internationally or are traveling from a country other than the US.

Recommend Vaccinations

**Influenza**
Recommended for all travellers from May through October

**Tetanus-diphtheria**
Re-vaccination recommended every 10 years

**Measles, mumps, rubella (MMR)**
Two doses recommended for all travellers. Only if not previously given.

**Yellow fever**
Required for travellers entering Australia within 6 days of having been in or passed through a yellow fever infected area in Africa or the Americas. Not recommended or required otherwise.
What to expect: Preparing for your program abroad

These are key points that past students have shared with us as being important aspects of the program and which they feel should be relayed to future students.

Pack warm clothes
On your field trip to Girraween National Park (which is your first field trip) it will be very cold at night! You will be sleeping in tents and the temperature during the night can get down to –5°C (23°F). Make sure you pack warm clothes including a warm jumper and a woolly hat, layering is a good way to keep warm as well, and ensure that your sleeping bag is warm enough to handle these temperatures.

Communicate openly
During the program you will be staying with a homestay family. It is important that you are considerate and helpful guests during your stay. You will find that the more you engage with your family the more you will gain from the experience. Help with chores, keep your room clean, be polite, treat them as you would want to be treated if the roles were reversed.

Prepare for long bus rides
There will be a number of long bus rides when travelling to field locations.
A few things to note are:
• Bring a pillow onto the bus.
• Bring a light blanket, sarong or jumper for the bus as the air-conditioning can be very cold and cannot be turned off.
• Bring a book, or pre-downloaded music playlists on your phone to keep you entertained.

Spending money
Make sure you bring enough spending money. Australia is more expensive than the USA so keep this in mind when planning your budget. For example a local bus trip (one way) is between AUD$2.83 and AUD$4.91, and beer at a pub or club can range between AUD$6-9.

Use your time wisely
This is not a vacation and you will have to work hard to achieve good results. The more time you spend during your week studying and keeping on top of your workload, the more time you will have on the weekends to travel and explore Brisbane and other areas of Australia.

Quotes from past students
Read some quotes from past University of California students with helpful tips and advice (quotes were collected anonymously).

"Read the information guide before coming, prepare for the workload, prepare to have an amazing semester abroad.

Invest in a waterproof camera - it’s worth it.

Girraween is cold! Bring layers of clothes.

Pack light (bring just a backpacking backpack). Travel a lot on the weekends, don’t spend to much time stressing about classes. Plan carefully on what essentials to bring.

Be prepared financially. Know the public transport system. Pack for freezing cold and dry heat.

Make sure to stay on top of school work in order to have fun. Absorb as much of Australia as much as you can. Be sure to travel on your weekends.

Don’t have any expectations! It will be nothing like you have ever imagined. Be open to meeting everyone, you are likely to make lifelong friends here if you have an open heart!

Don’t hesitate to ask the International Programs, professors for assistance or advice. Get to know your tutors and International program staff because first off they’re amazing people and more importantly they are there to help you out in any situation.

Enjoy every second because it goes extremely fast"
What to expect: Preparing for your program abroad

Program Accommodation
Your primary accommodation while in Brisbane will be with a Homestay family. We aim to house our groups close to the University but Brisbane is a wide-spread city and most students travel 45 minutes to 1 hour to get to campus via public transport, and you can expect the same.

Australians come from a wide range of backgrounds and every Homestay family is different, so your experience will differ from your peers. It is important to be respectful, polite and friendly with your Homestay family. It can be challenging to fit into a new household but we expect that you will make an effort to engage with your hosts and contribute to the household, by starting conversations and helping with chores. During your stay, if you have any questions or concerns regarding your Homestay family, we encourage you to come and talk to us immediately.

Field Trip Accommodation
During your program you will travel on five field trips; three Terrestrial Ecology trips and two Marine Biology trips and. You will stay in a range of accommodation including dorm rooms at UQ’s research stations, dorm rooms in a forest lodge, and camping in tents. There are shared bathroom facilities at each location.

Water
Water is a precious resource throughout Australia with many parts of the country facing drought conditions. Please note that Brisbane is currently on water restrictions so please be aware of your water usage at all times. As an example, most Brisbane residents restrict their daily showers to 5 minutes.

The Weather
The seasons in Australia are the opposite of those in the USA. You will be arriving at the end of the Australian Winter. Luckily for you even in winter, Brisbane is relatively warm during the day (59°F and 70°F) but it can drop below 50°F at night.

You can expect the end of your stay to be a little warmer with temperatures between 70°F and 105°F during the day and 60°F to 70°F at night. Heavy rain and storms in the afternoon are common so bring rain gear such as a rain jacket and umbrella with you (weather can change drastically in a very short period of time).

Handy Tip
To convert Celsius to Fahrenheit: Times by 9, divide by 5 and add 32 e.g. 20°C x9 (180) ÷5 (36) +32 = 68°F)
Field Trips: Locations

**Girraween National Park** is located on the Queensland / New South Wales border 260km south-west of Brisbane. Girraween boasts massive granite outcrops, balancing boulders and clear running streams. Brilliant turquoise parrots, yellow tufted honey-eaters and superb fairy-wrens splash the granite-strewn countryside with colour, while red-necked wallabies, brush-tailed possums and spiny echidnas weave their way through the woodland.

**Lamington National Park** is found in Queensland, lying on the Lamington Plateau of the McPherson Range on the Queensland/New South Wales border. The park is 110km North of Brisbane. Lamington National Park is known for its natural beauty, rainforests, bird-life, ancient trees, waterfalls, walking tracks and mountain views. The park is part of the Shield Volcano Group of the World Heritage Site Gondwana Rainforests of Australia inscribed in 1986 and added to the Australian National Heritage List in 2007.

**Stradbroke Island** was a large sand island that formed much of the eastern side of Moreton Bay near Brisbane. Today the island is split into two by the Jumpinpin Channel. Moreton Bay Research Station is the perfect base to research North Stradbroke Island's and Moreton Bay's many and varied ecosystems. Located on the bay side of North Stradbroke Island, in the community of Dunwich, MBRS is just 30 minutes from the mainland and approximately 90 minutes from the UQ campus in St Lucia.

**Carnarvon Gorge National Park** is located in the Southern Brigalow Belt bioregion in Central Queensland, 593km north-west of Brisbane. It began life as a 26,304-hectare reserve gazetted in 1932 to protect Carnarvon Gorge for its outstanding scenic values, its indigenous and non-indigenous cultural heritage, and its geological significance. Hidden in the rugged ranges of Queensland's central highlands, Carnarvon Gorge features towering sandstone cliffs, vibrantly coloured side gorges, diverse flora and fauna and Aboriginal rock art.

**Heron Island** is a coral cay located near the Tropic of Capricorn in the southern Great Barrier Reef, 72km north-east of Gladstone in Queensland, and 539km north of the state capital Brisbane. The island is situated on the western side of Heron Reef, a fringing platform reef of significant biodiversity, supporting around 900 of the 1,500 fish species and 72% of the coral species found on the Great Barrier Reef. The University of Queensland Heron Island Research Station is situated in the island's south-west quarter. Established in the 1950s, the facility is one of the world’s principal coral reef research stations, with a variety of research undertaken in coral reef ecology.
Field Trips: Important Terrestrial Information

On the Terrestrial Ecology field trips you will explore some exceptionally beautiful Australian wilderness. The National Parks you will visit are among the most spectacular in Australia, but to enjoy them to the fullest, it's important that you come into the program well-prepared for the physical realities of hiking and camping.

You will be exploring the National Parks on foot, which means that day-hikes of various length are an essential (compulsory) aspect of the course. The following summary is to give you an accurate understanding of the amount of hiking you will be doing on the terrestrial ecology field trips:

<table>
<thead>
<tr>
<th>National Park</th>
<th>First Day</th>
<th>Second Day</th>
<th>Third Day</th>
<th>Fourth Day Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Girraween</strong></td>
<td>4 miles</td>
<td>4.5 miles</td>
<td>3 miles</td>
<td>2 miles mountain climb</td>
</tr>
<tr>
<td><strong>Lamington</strong></td>
<td>3 miles</td>
<td>8.5 miles</td>
<td>7.5 miles</td>
<td>10.5 miles</td>
</tr>
<tr>
<td><strong>Carnarvon Gorge</strong></td>
<td>4 miles</td>
<td>8.5 miles</td>
<td>2.5 miles</td>
<td></td>
</tr>
</tbody>
</table>

This equates to around **14 miles over 3 days**

**Lamington**: 3 miles on the first day, 8.5 miles on the second day, 7.5 miles on the third day with an optional hike of up to 10.5 miles on the fourth day. Hence, you could hike **up to 30 miles over 4 days**!

**Carnarvon Gorge**: 4 miles on the first day, 8.5 miles on the second day and 2.5 miles on the third day. This equates to **around 15 miles over 3 days** (in the hot conditions that characterise outback Queensland at that time of year).

The hikes can be strenuous (especially on uphill sections!) but please be assured that all the hikes are readily achievable by any walker with a positive attitude and a basic level of fitness and mobility. However, it is sensible to come into these hikes with good preparation. It is essential to bring a pair of good, supportive boots or shoes to hike in that are already worn in and comfortable. Before coming to Australia, it would be wise to do a few walks of comparable length to those listed above, to get a sense of the level of physicality involved. Finally, if you have a pre-existing leg, knee, ankle or foot injury, or weak ankles that require extra support, please bring your own brace, tape or bandage with you to carry on the hikes as a precaution.

On some field trips it is unlikely, but not impossible, that night-time temperatures could drop as low as -5°C (23°F). This is a little below freezing, so it is important to bring a suitably warm sleeping bag and plenty of warm clothing! At the other extreme, it is unlikely, but not impossible, that day-time temperatures could rise as high as 40°C (104°F). Therefore you will be required to carry a minimum of 2 litres of water on all hikes (2 litres of water weighs 2 kilograms, or 4 pounds). Rain is always a possibility so you will need to bring wet-weather clothing that you can hike in comfortably.

Finally, while there are sanitation and bathing facilities at the camp grounds, there are none on the hiking trails. Consequently, you should be aware that toilet stops during a full-day hike will mean going behind a tree!
Field Trips: Important Marine Information

During the Marine Biology field trips you will encounter marine environments such as sea grass beds and mangroves as well as the iconic Great Barrier Reef. On these field trips it is essential to wear protective shoes such as dive booties, reef shoes or old sneakers. We advise on bringing a ‘rashie’ (rash guard) or old shirt to protect against the sun while in the water and on the beach. It is also sensible to use 50+ sunscreen to avoid sunburn.

On your marine field trips you will have the opportunity to snorkel and observe unique underwater life. Snorkelling is a great experience which requires the ability to swim. It is a program requirement that you are competent and confident in the water so that you can safely enjoy snorkelling alongside the sea creatures and plants of the Great Barrier Reef. Snorkelling equipment is provided on the field trips.

In order to snorkel on this program, you must achieve the swimming pre-requisite which requires a successful demonstration of a basic swimming level and reasonable confidence in the water. For your own safety and the safety of the group as a whole, all participants are required to have a basic swimming ability and be reasonably confident in the water. These skills will be tested on the program, prior to any swimming or snorkelling activities. The swim test will be waived if you can provide evidence that you are a competent swimmer (e.g. diving certification, surf life saving certification, swimming awards etc.).

Basic swimming skills include:
- Ability to confidently swim breaststroke and forward crawl (freestyle)
- Ability to equalise your ears when diving (or flying)
- Ability to time breaths while swimming
- Swim competently with fins for 20 minutes
- Jump into water with fins and immediately begin swimming without pushing off a wall

Prior to any water activities, you will be required to undertake a swim test consisting of:
- A dive into water
- 10 minutes of continuous swimming, demonstrating at least two strokes
- Back motionless floating for 2 minutes
- Tread water for 2 minutes

During both of the marine field trips you will be undertaking research projects which require you to conduct experiments and have contact with the living creatures that occupy the waterways. It is essential to remember that these marine habitats are delicate and must be treated with the utmost respect, everything that is handled must be done so with care.

Scuba diving is not part of the program. However, you can dive with commercial operators during your free time on Heron Island, or North Stradbroke Island. The University of Queensland also has its own dive club. If you are already a certified diver, don’t forget to bring your log book and dive certificate card. Dives can cost between AUD$150 & $250 per day.
What to bring: Packing light

Packing for a three-month trip is challenging! You will need to come prepared for your time on campus and Brisbane city life as well as for your trips to the rainforest, the beach and the reef. Remember that you are in Australia to study and a lot of your time will be spent out in the field. On your field trips you should only carry what you need for that field trip. You should not be leaving behind large amounts of luggage with your Homestay family or in the programs office at any time.

Important Packing Tips
When packing for your semester abroad in Australia please keep the following points in mind:

• Read through the packing list (‘What to Bring: Suggested Packing List’ section) and make sure you pack all Essential items listed.

• Do not bring any valuable jewellery or other precious items.

• We advise that you do not bring any electrical appliances such as hair dryer, straightener or shaver. Australian electricity supply runs on 240volts compared to 110volts for the US. Using American electrical appliances in Australia will destroy the appliance or even worse could shock you or start a fire. If you really need to bring an electrical appliance with you ensure that you purchase an electrical adaptor/transformer.

• Limit your luggage to 23kg (50lbs) or under! You will be travelling by bus and ferry to field trip destinations and you will not want to drag around heavy, oversized luggage. You will be able to leave some possessions with your Homestay family or at the programs office when you go away in the field. Therefore it is recommended to bring an extra duffel bag in your luggage that you can pull out and use for field trips.

• You must be able to carry your own luggage to and from field trip destinations - pack light!

• There are plenty of shops in Brisbane to buy things if you need to. Especially if you want to get bulky items here - i.e. toiletries, sleeping bag, beach towel.

You really don’t want to be struggling with heavy, oversized luggage

One medium sized suitcase with a smaller backpack OR one rucksack with a smaller backpack is ideal
What to bring: Suggested packing list

**Clothing**

**Essential**
- Sunglasses (Polarised glasses are recommended)
- Waterproof coat / rain jacket
- Warm clothes (trousers, sweaters, warm hat and gloves, thermals for layering). You will need warmer clothes on some field trips at night as it can get below freezing.
- Lighter clothes (for humid weather, temperatures 70°F to 105°F, heavy rainfall).
- Long sleeved shirts and comfortable long pants/trousers for fieldwork and hiking.
- UV Protection Shirt (e.g. rashie/rash guard) or old t-shirt for water activities.
- Old clothes that can get muddy and wet. On field trips there will be limited opportunity to wash clothes - bring enough old/hiking clothes for a week.
- Swimsuit and beach towel. A wetsuit and snorkel gear is available for your use at Heron Island and Stradbroke Island.

**Desirable**
- Nice clothes for going out. Most Australian restaurants, pubs and bars have dress codes.
- Smart-casual attire for the Farewell Dinner (e.g. collared shirt, long pants, closed-in dress shoes / nice dress or outfit with dressy shoes).

**Shoes**

**Essential**
- Comfortable, sturdy, enclosed shoes or boots for hiking. Please bring worn in shoes (if you are buying new ones make sure you wear them in before you arrive). You will spend a lot of time walking in the Aussie Bush and blisters can be a real pain!
- Thick pair of socks also recommended for hiking.
- Reef shoes, dive booties or old joggers (this is an absolute must!) These shoes must be worn during reef walks on Heron Island.
- Flip-flops / sandals (or 'thongs' as Aussies say!).

**Desirable**
- Nice shoes for Farewell Dinner and for going out.

**Toiletries and Medication**

**Essential**
- Sunscreen (at least SPF 30+)
- Bath towel (don’t forget you will need a towel for shower and beach use). You can buy a cheap bath/beach towel in Australia when you get here to save on packing space.
- Personal toiletries e.g. shampoo, conditioner, toothpaste etc.
- Insect repellent
- Any medication you may need (enough for the whole trip). You must bring a copy of the original script with you to show Customs upon your arrival into Brisbane Airport.

**Desirable**
- Sea sickness medication for ferry trips across the open ocean.
- Lip balm.
What to bring: Suggested packing list (continued)

Miscellaneous

**Essential**
- Sleeping Bag to 0 degrees Celsius (32°F) or below (for field trip camping).
- Head Lamp or Torch (Flashlight). *You will be expected to carry one with you on all hikes.*
- Water Bottle - you must carry 2L (0.5 gal) with you on hikes. Either bring one 2L or two 1L bottles. *Metal bottles do a great job of keeping water cool and reducing plastic waste!*
- Smaller backpack for day trips (e.g. day bush walks).
- Duffel bag (or similar) for field trips (packed empty in your larger bag). *You will be able to leave some possessions with your Homestay family or at the Programs Office when you go away in the field.*
- Extra support for hiking if you need it (e.g. ankle brace, knee brace, bandages, tape).

**Desirable**
- Binoculars (particularly if you are very interested in spotting wildlife).
- Stationery: notebook, pencils, pens, inexpensive calculator, ruler, highlighters, eraser, folder or clipboard (to provide a firm writing surface while on field trips).
- Sleeping pad (for extra warmth when camping - cots and air mattresses are provided).
- Spending money: ATM’s are widely available in the cities - ask your home bank about collaborators in Australia and the fees involved. *Westpac Bank and St George Bank have a reciprocal arrangement with Bank of America so there are no withdrawal fees ($5) for Bank of America cards. There will still be a currency conversion charge.*

Electrical

**Essential**
- Laptop with power supply, USB stick and power cable.
- Digital camera (with charger and a cable to upload pictures). *Invest in a waterproof camera or waterproof casing or Go Pro to take underwater shots. Underwater cameras will be provided for educational purposes. If you think you would like to take photos or film during your free snorkel time, you must have your own camera.*
- Travel adaptor for charging your electronics.
- Mobile (Cell) Phone. *Your phone will need to be set up for global roaming, or you can purchase a cheap prepaid phone in Australia, or buy a SIM card when you arrive in Australia. Ensure your phone is not ‘locked’, preventing it from accepting a different SIM card.*

**Desirable**
- Headphones and pre-downloaded music playlists on your phone or a book for the long bus rides
- Power pack for your phone. *In the field there will be limited electrical power point outlets so bringing a power pack will help to keep your phone charged (particularly for photographic purposes).*
- Electrical transformer. *Australia runs on 240 volts. Most electronic stores stock wall-plug adaptors for appliances with different pin arrangements. Always check if your 110v appliance has an automatic switching for a 240v supply. If not, acquire a 110v/240v transformer.*
Travelling in your free time

Weekend Travel
The majority of your weekends will be free throughout the program and so long as you are on top of your course work, this is the perfect opportunity to explore Brisbane and the surrounding region. If you have any questions about your weekend travel, stop by the International Programs Office for some friendly advice and suggestions.

Considering jetting off further afield? Firstly make sure your trip doesn’t conflict with any assessment you may have (or need to prepare for), and start planning your trip. You might consider seeing who else in the group would want to join you. Your weekends, especially your long weekends, would be a great time to go and visit another part of Queensland or Australia, if your time management skills are up to scratch.

More information on visiting Sydney, Melbourne, Cairns and Tasmania (to name a few iconic Aussie destinations) can be found on these tourism websites:
www.sydney.com
www.visitmelbourne.com
www.discovertasmania.com.au

Safety
By any standard Australia is a safe country, and Brisbane is a safe city. Students are advised to be conscious of their personal safety in much the same way as they would anywhere else in the world. Whilst common sense should dictate your actions during your stay we do ask you take reasonable precautions when travelling and where possible to travel as part of a group, especially in the evenings.

Very Important
If you do head off exploring other parts of Queensland or Australia you must complete two actions before you leave:

1. Let the International Programs Office know where you will be by sending us an email at: international.programs@uq.edu.au just in case we need to get hold of you in an emergency. Your email must include: where you are going (city and accommodation name); who is going with you; dates you are away; and a contact number.
2. BE SURE to complete your Travel Sign-out in MyEAP!
Travel in and around Brisbane

Brisbane
Fancy spending a little more time exploring Brisbane? Try logging on to visitbrisbane.com.au to see what's happening in the city. Some ideas for weekend activities include ghost tour at Toowong Cemetery, Eat Street markets, rock climbing at Kangaroo Point, bicycle ride along the river, hiking around Mt Coot-tha, rollerblade at South Bank, or check out awesome live music around West End and Fortitude Valley. Another great website for inspiration is mustdobrisbane.com.au

Sunshine Coast
One hour north of Brisbane is the beautiful Sunshine Coast. You will find miles of pristine coastline and lush hinterland. For a beautiful beach escape try Caloundra, Mooloolaba or Noosa, chilled but vibrant beachside towns. For a more nature-loving bush escape, hike up the Glass House Mountains at sunrise, or visit Montville or Maleny, cute little towns up in the hills that are surrounded by lush forest, scenic lookouts and picturesque waterfalls. Information on what to do on the Sunshine Coast is available at visitsunshinecoast.com

Gold Coast
Just south of Brisbane is the Gold Coast. Famed for it's long sandy beaches and surfing spots, the Gold Coast is known for it's rainforests, theme parks, night-life, and shopping. Surfer's Paradise sits at the heart of the Gold Coast and is famous worldwide for its sand, surf and entertainment. More information on the Gold Coast is available at destinationgoldcoast.com

Byron Bay
Located 2 hours south of Brisbane in Northern New South Wales, Byron Bay is a relaxed sea side town where the surf is big and the beaches are white. It is a popular holiday destination know for its beaches, surfing and scuba diving sites. Between June and November, humpback whales can be spotted from headland viewpoints. This laid back town is a must to see, for more info head to visitbyronbay.com

South East Queensland
For more inspiration for places to go in the Brisbane and surrounds check out the South East Queensland website discoversoutheastqld.com.au. We hope you get to see and do as much as possible on your free weekends.
Arriving to the other side of the world
When you arrive in Brisbane after your long flight from home, contact your parents, guardians or friends back home to let them know that you have arrived safely.

Staying in touch
It is important that you keep in touch with your family and friends back home so that they know you are safe, and so you can share your adventures with them. We do ask that you limit your contact with home so that you can fully immerse yourself into your time in Australia. It is so easy to spend a lot of time on Facebook, Instagram and other socials, but your experience on this program will have a bigger impact if you live in the moment and be mindful and reflective during your program. Try and limit your contact with home to once a week.

Internet
You will be able to access the internet at The University of Queensland with your own laptop. As you will be spending a large amount of time in the field, there will be times when you do not have access to the internet at all. And many places will not have the level of connectivity you are used to at home. Your Homestay will provide internet access however they may restrict usage (e.g. movie downloads or other data-heavy downloads may not be acceptable).

Please note, the level of connectivity at the research stations at both Stradbroke Island and Heron Island will be very limited, as the internet is often very slow. Also, sites like Facebook are blocked and you will not be able to access them at all.

Over the phone
It is a good idea to have a mobile (cell) phone with you during your time in Australia. The simplest and most cost effective way is to bring your ‘unlocked’ phone from home and purchase an Australian SIM card. Alternatively you can set your phone up with global roaming, investigate options with your service provider at home before you leave.

Communication no-go zones
During your stay there will be periods where you will have no telephone or internet access. You should expect that you will not have internet or mobile access during all field trips. Make sure your family and friends know that you will be out of contact during these times. The calendar at the front of this information handbook will help.

Snail Mail
Note that mail and packages need to travel through the University’s mail system to get to the International Programs Office which means it will take a little bit longer to get here than your post office at home may have indicated.

All mail to program participants should be clearly addressed to the student and sent to the following address:

STUDENT NAME
International Programs Office
School of Biological Sciences
Goddard Building (8)
The University of Queensland
St Lucia QLD 4072
AUSTRALIA

Photo by Samantha Geikie, 2014
Contact in Australia

The International Programs team are located at The University of Queensland in Brisbane, Australia. The team will be your main point of contact during the program, and also prior to the program.

It is important that you take note of the International Programs Office contact details, and ensure your parents/guardians and friends have these details in case they need to contact you or the office in an emergency.

Want to find out more?

- Send and email to the International Programs team in Australia with your questions.
- Contact your UCEAP Campus Advisor.
- Any familiar faces from last year? Maybe you know a past student you can chat with?

From all of us at the International Programs Office in Australia,

We look forward to seeing you soon!