G’day and welcome to your semester abroad in Australia!

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

This information pack will help you with planning your trip. 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 pack.

We encourage you to pass this information on to friends or family so they know what you will be up to. As you will be travelling to remote areas with no mobile 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 “Your Program Guide”, the program-specific guide published by UCEAP and posted to your UCEAP pre-departure checklist.

If you have any questions please feel free to email us on international.programs@uq.edu.au. We are happy to assist you before and during your stay in Australia.

We are really looking forward to you joining us for these exciting three months.

Ross Strong
Manager, International Academic Programs
We believe in a hands-on approach to learning, and during your time in Australia you will have many chances to put theory into practice. On the field trips you will visit spectacular and remote locations that many locals never see. An outline of your activities in Australia is given below.

<table>
<thead>
<tr>
<th>UC EAP Program Timetable</th>
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</thead>
<tbody>
<tr>
<td>We believe in a hands-on approach to learning, and during your time in Australia you will have many chances to put theory into practice. On the field trips you will visit spectacular and remote locations that many locals never see. An outline of your activities in Australia is given below.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 1</th>
<th>am</th>
<th>Orientation</th>
<th>Lectures</th>
<th>Terrestrial Ecology Field trip to Girraween (There is no internet access available)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>Backpackers</td>
<td>UQ</td>
<td>Girraween National park</td>
<td>Homestay</td>
</tr>
<tr>
<td>Aug/Sep</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>Week 2</td>
<td>pm</td>
<td>Annotated Bibliography</td>
<td>FREE DAY</td>
<td></td>
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<tr>
<td>Location</td>
<td>Lectures at UQ</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>September</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Week 3</td>
<td>am</td>
<td>TE Draft Lit Review</td>
<td>MBRS Proposal</td>
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<tr>
<td>Location</td>
<td>Lectures at UQ</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>September</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>Week 4</td>
<td>am</td>
<td>Terrestrial Ecology Field trip to Binna Burra (There is no internet access available)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td>Lamington National Park</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>September</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>Week 5</td>
<td>am</td>
<td>TE Exam1</td>
<td>MB Exam 1</td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td>Lectures and Exams at UQ</td>
<td>MBRS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>September</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>Week 6</td>
<td>am</td>
<td>Marine Biology trip to MBRS (Stradbroke Island)</td>
<td></td>
<td></td>
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<tr>
<td>Location</td>
<td>Moreton Bay Research Station</td>
<td>Peer review1</td>
<td>Homestay</td>
<td></td>
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<tr>
<td>Sep/Oct</td>
<td>30</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Week 7</td>
<td>am</td>
<td>MB Peer review final</td>
<td>AS Exam AS Report</td>
<td>TE Final Lit Review</td>
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<tr>
<td>Location</td>
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<tr>
<td>October</td>
<td>7</td>
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<tr>
<td>Week 8</td>
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<tr>
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<td>14</td>
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<td>16</td>
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<td>Week 9</td>
<td>am</td>
<td>MB Exam2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td>Lectures and Exams at UQ</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>October</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
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<td>Week 10</td>
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<td>Terrestrial Ecology Field trip to Carnarvon Gorge (There is no internet access available)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td>Carnarvon Gorge National Park</td>
<td>Overnight bus</td>
<td>HIRS</td>
<td></td>
</tr>
<tr>
<td>Oct/Nov</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>Week 11</td>
<td>pm</td>
<td>Marine Biology Field trip to HIRS (There is limited internet access available)</td>
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<tr>
<td>Location</td>
<td>HIRS</td>
<td>HIRS</td>
<td>HIRS</td>
<td>HIRS</td>
</tr>
<tr>
<td>November</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
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<tr>
<td>Week 12</td>
<td>am</td>
<td>HIRS</td>
<td>UQ</td>
<td>FREE DAY</td>
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<tr>
<td>Location</td>
<td>Backpackers</td>
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<td>Backpackers</td>
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</tbody>
</table>

*Arrival Day*
Academic Staff

Associate Professor Ian Tibbetts
Program Director and Marine Biology Course Coordinator
Ian is practically a celebrity when it comes to undergraduate teaching at UQ. He has a passion for teaching and mentoring students and is the drive behind the development of many teaching programs in the School of Biological Sciences. His immersion into all things marine had a cool start - in Swansea, Wales. Things heated up when he came to Australia to study fish communities within Moreton Bay, later to become the Director of the Moreton Bay Research Station for 10 years. Ian's lab consists of over 17 researchers studying different aspects of fish biology ranging from tiger sharks to pygmy seahorses.

Dr John Hall
Terrestrial Ecology Course Coordinator
John is one of the School of Biological Sciences terrestrial ecology experts, joining the University in 2007. John inherited a love of all things botanic from his father who very early on introduced his son to the natural splendours and living complexities contained within the Lamington National Park. A University of Queensland graduate in Ecology and Geography, his post-graduate attention soon focused on cycads, an ancient group of plants that rely for pollination entirely upon a mutual and exclusive relationship with a particular beetle. For John, it is a privilege to pass to his students the knowledge and enthusiasm given to him by his father and subsequently refined and expanded by his own research. His teaching philosophy is simple, 'Plants Rock!'

Dr Erin Giuliani
Australian Studies Course Coordinator
Erin completed her PhD in history at UQ in 2012 following a period of time working in London at King’s College and the Menzies Centre for Australian Studies, University of London. As well as teaching several modern history courses in Queensland and the UK dealing with British and colonial history, Erin has undertaken research consultancies in heritage assessment and provided professional research assistance to educational and historical projects of various kinds. She has published internationally in her specialist field of policing, justice and surveillance in nineteenth-century colonial contexts.
International Programs Administration

Ross Strong
Manager, International Academic Programs
Ross has worked for Universities in Australia and in the UK in academic administration and international marketing. Having grown up in Europe, Ross moved to Australia with his family. While studying his degree in International Business he became involved with the administration of short term English programs and eventually moved into administering and teaching undergraduate academic programs. Ross joined UQ to coordinate the operations of the UQ Business School’s postgraduate programs and was involved in marketing these programs in Europe. Ross has also been an active teacher having taught undergraduate courses in Marketing, Management and Communication studies.

Justine Kennedy
Administrative Officer, International Academic Programs
Justine travelled, lived and worked throughout Europe, America and Asia for more than ten years. Four of these were spent in Japan, travelling and working. She returned to Australia and studied a Bachelor of Languages and Linguistics, majoring in Japanese. The next years were spent working in customer service, and starting a family. Unable to resist the travel bug, she returned to Asia with her family, travelling through South East Asia to China. Justine spent just over a year teaching English in China, before returning to Australia. Her love of learning, travel and meeting new people drew her to the International Programs office where she has been working for the past two years.

Jemma Schneider
Administrative Officer, International Academic Programs
Jemma has spent several years travelling and working overseas in New Zealand, the UK and Europe. Starting out in the tourism and hospitality industries, this experience eventually lead to event administration and coordination. While based in London, Jemma gained extensive experience in event management while spending her free time exploring Europe. Jemma returned to Australia to settle down in Brisbane, and for the past two years has worked in the International Programs office, enjoying the enthusiasm and energy that each student brings to the program.
Field Trip Locations

**Girraween** is a national park 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 honeyeaters 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** is a national park 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, birdlife, 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 northwest 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.
About The University of Queensland

The University of Queensland was established by an act of Parliament on December 10, 1909 to commemorate the 50th anniversary of Queensland’s separation from the colony of New South Wales. Its foundation four months later made it the first university in the State and the fifth in the nation. In 1911, 83 men and women attended the first classes of the University of Queensland.

The First World War slowed development of UQ but afterwards, research and teaching burgeoned as demand for higher education increased. The fledgling University outgrew its initial buildings in Brisbane City and the search for a larger campus began. In 1929 the Brisbane City Council and a wealthy local Brisbane family dedicated 274 acres of land at St Lucia to the University as its permanent home. Named after the sugar-producing island of St Lucia in the West Indies, the area originally was used to farm sugar, arrowroot, cotton, maize and pineapples.

It took nearly a decade to raise the funds necessary for construction of the first building, later named the Forgan Smith Building. The Second World War diverted the use of many of the University’s buildings to military purposes as it served as the advance headquarters for the Allied Land Forces in the South Pacific. The University of Queensland currently has over 40,000 students enrolled from over 120 countries.

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
About Brisbane

“Brissie”, your home from August to November, is the state capital of Queensland and Australia’s third-largest city with a population of approximately 2 million people. 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 St Lucia and is about a 15 minute bus ride from the CBD. It is also 10 minutes from Toowong, which is the closest suburb with a shopping centre, cafes and restaurants.

More information on Brisbane can be found at:

wikipedia.org/wiki/Brisbane
www.visitbrisbane.com.au

Brief history

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’.
**Arrival in Brisbane**

**Arriving in Australia on the 18th of August**

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 day of your arrival, 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 17th of May.

If you arrive earlier than the 18th of August you will need to organise and cover the expenses for your accommodation, meals and transport. A good starting point is www.accommodation.uq.edu.au to find accommodation in Brisbane.

**Delays on your arrival**

We can re-arrange your airport transfer if you advise us of any delays ahead of time. If the delay occurs on the day you are flying please call to let us know on +61 (0)401 671 286. If the delay occurs a few days ahead email international.programs@uq.edu.au.

**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 (eg. 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 this site www.daff.gov.au/aqis/travel/entering-australia

**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.medicareaustralia.gov.au/travelling-to-australia.
Brisbane Transport

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:

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 have replaced paper tickets and are the cheapest and quickest way to travel on public transport. They can be used on trains, buses and ferries.

Brisbane public transport may be more expensive than what you are used to. All 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 $3.05 within one zone, $3.58 for travelling in two zones and $4.24 for three zones. Please note that you are not eligible for concession & student fares as you are not enrolled as a student at UQ. These fares are slightly cheaper if travelling off-peak (9am to 3.30pm, and after 7pm on weekdays, all day on weekends).

**You will need to budget AUS$250 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.

Safety

By any standard 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).
Comparisons

The following comparison 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 middle column is the costs in Australia converted to US Dollars at the current exchange rate. 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.

<table>
<thead>
<tr>
<th>Item</th>
<th>Avg US cost (in USD)</th>
<th>Avg Aust cost (in USD)</th>
<th>Avg Aust cost (in AUD)</th>
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<tr>
<td>Meal cost x 1 (inexpensive restaurant)</td>
<td>$11.25</td>
<td>$15.95</td>
<td>$15.50</td>
</tr>
<tr>
<td>Meal cost x 1 (mid range)</td>
<td>$21.75</td>
<td>$32.35</td>
<td>$31.40</td>
</tr>
<tr>
<td>Combo meal at McDonalds</td>
<td>$5.95</td>
<td>$6.65</td>
<td>$6.45</td>
</tr>
<tr>
<td>Domestic beer</td>
<td>$3.25</td>
<td>$5.60</td>
<td>$5.45</td>
</tr>
<tr>
<td>Coke/Pepsi (0.33L)</td>
<td>$1.65</td>
<td>$2.95</td>
<td>$2.85</td>
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<tr>
<td>Eggs (dozen)</td>
<td>$2.50</td>
<td>$3.80</td>
<td>$3.70</td>
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<tr>
<td>Loaf of bread</td>
<td>$2.80</td>
<td>$2.65</td>
<td>$2.60</td>
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<tr>
<td>Water (1.5L)</td>
<td>$1.75</td>
<td>$2.75</td>
<td>$2.65</td>
</tr>
<tr>
<td>Chicken breasts (1kg)</td>
<td>$7.75</td>
<td>$9.85</td>
<td>$9.55</td>
</tr>
<tr>
<td>Bottle of wine (mid range)</td>
<td>$12.00</td>
<td>$13.75</td>
<td>$13.35</td>
</tr>
</tbody>
</table>

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!
Insurance
Before you leave to come to Australia please make sure you have the appropriate travel insurance. This insurance needs to cover your semester in Australia as well as any subsequent trips you may decide to take during your free time.

Medical
Remember you are required to hold health insurance that covers you in Australia with comparable services to the one you have in the US. If you get sick or are injured while in Australia and require medical attention you will be required to pay the doctor's bill yourself. When you return home you will be able to claim reimbursement from your insurance provider by submitting your receipt.

Expect to pay around $80 AUD 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 $80 for the consultation plus the additional cost of any required medication.

If you take any regular medication please ensure that you bring with you enough 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.

Visas
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 more information about visas and Australia go to [http://canberra.usembassy.gov/visas-geninfo.html](http://canberra.usembassy.gov/visas-geninfo.html)

Note
The UCEAP Program Guide that you received form your UCEAP Advisors contains information on your insurance cover and visas. Please read through it carefully before arriving in Australia and speak to your Advisors immediately if you have any concerns or queries.
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 rehydrated by drinking plenty of fluids.

The Cancer Council of Australia recommends 5 steps to protect you from sunburn.

**Slip, Slop, Slap, Seek, Slide.**
- Slip on some sun protective clothing
- Slop on SPF30+ sunscreen
- Slap on a wide brimmed hat
- Seek shade
- Slide on some sunglasses

More information on The Cancer Council’s Sun Smart initiative is available at [www.cancer.org.au/sunsmart](http://www.cancer.org.au/sunsmart)

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.

Diving

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 $150 & $200 AUD per day.
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 will be travelling 45 minutes to 1 hour to get to campus via public transport.

It can be difficult to fit into a new household and we do our best to help you adapt to your new home. Please remember that Australians come from a wide range of backgrounds and every family is different, so your experience will be different from others. Along with the Homestay allocations we provide some guidelines to help you adapt to living in a new country and to know what to expect at your Homestay. If you have any questions or problems with your Homestay family, we encourage you to come and talk to us immediately.

Keep in mind that you may need to contribute towards some costs such as internet during your stay. We also recommend you buy snacks for your own consumption for time on campus and to take with you on field trips.

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 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 in the afternoon is 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).

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.

Handy Tip
To convert Celsius to Fahrenheit: Times by 9, divide by 5 and add 32 (eg, 20°C x 9 (180) ÷ 5 (36) + 32 = 68°F)
If you are looking to travel to other destinations in Australia come and have a chat with the staff in the International Programs Office about how to organise your trip. Some places are not as easy to travel to as you may think.

**Travelling close to Brisbane**

**Brisbane**


**Sunshine Coast**

One hour north of Brisbane is the beautiful Sunshine Coast. You will find miles of pristine coastline and lush hinterland, superb cuisine, action and adventure or just the perfect piece of sand on which to sit and ponder. The Sunshine Coast is one of Queensland's premier holiday destinations. Information on what to do on the Sunshine Coast is available at [www.visitsunshinecoast.com.au](http://www.visitsunshinecoast.com.au/)

**Gold Coast**

Just south of Brisbane is the Gold Coast. Explore the beaches, rainforests, theme parks, nightlife, shopping, unique animal adventures and accommodation of one of Australia’s most beautiful locations. More information on the Gold Coast is available at [www.verygoldcoast.com.au](http://www.verygoldcoast.com.au/)

**Byron Bay**

Located 3 hours south of Brisbane in Northern New South Wales, Byron Bay is a relaxing sea side town where the surf is big and the beaches are white. This laid back town is a must to see. [www.visitbyronbay.com](http://www.visitbyronbay.com/)

More information on what to do in Sydney and Melbourne (including accommodation options) can be found on these Tourism websites:

Getting around

A great place to start planning your trip is the websites for the major domestic airlines, they also usually have links for some great accommodation deals wherever you are going. There are four major airlines that fly domestically in Australia. To visit their websites just click on their logos below.

Airlines

Accommodation

Car Rental
VERY IMPORTANT

If you do head off exploring other parts of Queensland or Australia please 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.

Want to Find out More?

Have a chat to some of the past students who have completed a semester abroad in Australia.

UCEAP 2012
Important Information for Field Trips

On the Terrestrial Ecology field trips you will explore some exceptionally beautiful Australian wilderness. The National Parks that you visit and hike through are true wilderness regions therefore it is important to read through the following information:

You will be exploring the various national parks on foot, which means that day-hikes of various length are an essential (compulsory) aspect of the terrestrial ecology field trips. The hikes can be strenuous (especially on uphill sections!) but be assured that all the hikes are readily achievable by any walker with a positive attitude and a basic level of fitness and mobility.

If you have an 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 and ensure that you have supportive hiking boots that are already worn in. The longest hike is 14km (8.7miles) which is covered over a day and the most strenuous hike is a 6.4km (4miles) steep climb.

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 at minimum 2 litres of water on all hikes. Rain is always a possibility so you will need to bring wet-weather clothing that you can hike in comfortably.

While there are sanitation and bathing facilities at the campgrounds, there are none on the hiking trails. Consequently, you should be aware that toilet stops during a full-day hike means going behind a tree!

During 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.

On your field trip to Heron Island there will be lots of opportunity to snorkel and observe beautiful marine life. You may even be lucky enough to see turtles nesting. Snorkelling is a great experience which requires you to be able to swim. While it is not compulsory, we would encourage you to be confident in the water so that you can enjoy snorkelling alongside the sea creatures and plants of the Great Barrier Reef.
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’ 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 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 would be ideal
WHAT TO BRING

Packing for a three-month trip is challenging! You will need to come prepared for your time on campus, as well as for your trips to the rainforest, the beach and the reef.

Travel light, and remember comfortable and practical clothes - clothes appropriate for field work are essential (eg. Clothes that can get dirty and some clothes for very cool nights!). You will have time in Brisbane to shop for any extra items that you may need.

Clothes

Essential
- Sunglasses (Polarised glasses are recommended)
- Waterproof coat / rain jacket
- Pants, sweaters, warm clothes (eg. Thermals)
- You will need warmer clothes on some field trips for the evenings / to sleep in
- Lighter clothes (for humid weather, temperatures 70°F to 105°F, heavy rainfall)
- Long sleeved shirts and pants for fieldwork
- UV Protection Shirt (eg. rashie) or old t-shirt for water activities
- Old clothes that can get muddy and wet
- On field trips it won’t be possible to wash clothes so bring enough old/hiking clothes for a week
- Swimsuit and beach towel

Desirable
- Nice clothes for going out
- Semi-formal attire for the Farewell Dinner (eg. collared shirt, long pants, dress shoes / nice dress

Shoes

Essential
- Comfortable, 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!
- Reef shoes, dive booties or old joggers (this is an absolute must!)
- These shoes must be worn during reef walks on Heron Island
- 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+)
- Towels (for beach and shower use)
- Personal toiletries eg. shampoo, conditioner, toothpaste etc
- Insect repellent

Desirable
- Sea sickness medication for ferry trips across the open ocean
- Any medication you may need (enough for the whole trip)

Don’t forget to bring a copy of the original script with you to show Customs upon your arrival into Brisbane airport
**Miscellaneous**

**Essential**
- Sleeping Bag to 0 degrees or below (for fieldtrip camping)
- Head Lamp/Torch
- Water Bottle - minimum capacity 2 litres (0.5 gal US)
  
  *Metal bottles do a great job keeping water cool and reducing plastic waste!*
- Smaller backpack for daytrips (e.g. day bush walks)
- Smaller bag 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*
- Tea towel (for camping)
- Extra support for hiking if you need it (eg, ankle brace, knee brace, bandages, tape)

**Desirable**
- Stationery: notebook, document holder, USB, pencils, pens, inexpensive calculator, ruler, highlighters, eraser, folder or clipboard (to provide a firm writing surface while on field trips).
- Spending money: ATMs 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 of around 3%*

**Electrical**

**Essential**
- Laptop with power supply, USB stick and power cable
- *Ethernet cable and installation software would be helpful in case a reset is necessary*
- Mobile phone
  
  *Your phone will need to be set up for global roaming, but it’s probably cheaper to either purchase a pre-paid phone or buy a SIM card when you arrive in Australia. Check your phone is not ‘locked’, preventing it from accepting a different SIM card. You may need to pay a fee to ‘unlock’ your phone to other networks before you come to Australia.*

**Desirable**
- Digital Camera (with charger and a cable to upload pictures)
- MP3-player or iPod with charger (you will be travelling a lot)
- DVDs or a book for the long bus trips
- Electrical adapters (Australia runs on 240 volts)

*Australian electricity supply is 240 volts. Most electronics stores stock wall plug adaptors for appliances with different pin arrangements. Always check if your 110v appliance has automatic switching for a 240v supply. If not, it is recommended that you get an 110v/240v transformer before leaving home.*
**Internet**

You will be able to access the internet at The University of Queensland with your own laptop or a UQ computer. 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.

Please note, the level of connectivity at 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**

If you choose to bring your mobile phone from home, it will need to be set up for global roaming. Alternatively you can purchase a pre-paid phone or buy a SIM card here in Australia, both options are cheaper than setting up global roaming. If you choose to bring your phone from home and purchase a SIM card you will need to ensure it has been ‘unlocked’ by your service provider before arriving in Australia.

**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 longer to get here than your post office at home may have indicated.

All mail to participants should be addressed with the name of the student and sent to the following address:

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STUDENT NAME  
International Programs Office  
School of Biological Sciences  
Goddard Building (8)  
The University of Queensland  
St Lucia Qld 4072
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Contact in Australia

The International Programs team is here to help you throughout your stay in Australia.

Our contact details are below:

Email: international.programs@uq.edu.au

Phone: +617 3346 7331 or +617 3365 8857

In case of emergency please contact:
Ross Strong: +61 466 776 331

Please ensure your parents, guardians and friends have these details in case they need to contact you.

We look forward to seeing you soon!