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| **Draft itinerary prepared for**  **The College at Brockport SUNY, Sport, Nutrition, and Leisure in Australia**  **23 May 2020 – 8 June 2020** | | | | AUIP Logo Colour | |
|  | |  | |  | |
| **Saturday 23 May** | | **Day 1: Melbourne** | | | |
|  | |  | |  | |
| 5:45 AM | | **Group flight arrives in Melbourne** | | | |
| 6:45 AM | | **Depart for accommodation by coach** | | | |
| 7:15 AM | | **Arrive at accommodation** Please store your luggage at reception. | | | |
| 7:45 AM | | **Walking tour of Melbourne**  Your guide, Michelle Brown, is a Melbourne local with a passion for showcasing the best of her city to its visitors. Michelle will take you to some of the well-known areas of the city such as Federation Square, but also take you down narrow laneways, through arcades, and share with you some hidden gems you may not discover on your own.  The first stop on your tour is Queen Victoria Market where you will have the opportunity to purchase breakfast.  Considered Australia's “cultural and sporting centre”, Melbourne is the capital and the largest city in the state of Victoria. It is notable for its distinct blend of Victorian and contemporary architecture, and also for being home to the World's largest tram network. This walk will orient you to the best attractions of Melbourne and where to find items you might need during your stay.  Your tour will conclude at Captain Melville. | | | |
| 11:30 AM | | **Welcome and orientation** | | | |
| 12:30 PM | | **Group lunch at Captain Melville**  One main course and one soft drink per person. | | | |
| 1:30 PM | | **Free time**  You may want to use this time to visit the local supermarket, Aldi, to purchase some groceries. Your apartment at Nova Stargate has a small refrigerator. | | | |
| 2:00 PM | | **Check in to accommodation** | | | |
| 2:30 PM | | **Free time** | | | |
| 5:00 PM | | **Dinner on your own** | | | |
| 6:30 PM | | **Depart on foot and travel by tram to Marvel Stadium** | | | |
| 7:25 PM | | **AFL game (subject to fixture schedule)** | | | |
| 9:45 PM | | **Depart on foot and travel by tram to Nova Stargate** | | | |
| **Accommodation** | |  | | | |
| Nova StarGate Apartment Hotel, 118 Franklin Street, Melbourne, Phone: 03 9321 0300 Laundry facility, Laundry service, Restaurant, Gymnasium, Air conditioning, Tour & activity booking desk | | | | | |
| **Sunday 24 May** | | **Day 2: Melbourne** | | | |
|  | |  | | | |
| 09:00 | | **Breakfast on your own** | | | |
| 10:00 – 10:45 AM | | **Depart on foot from Ibis Melbourne for Melbourne Royal Botanical Gardens** Exit Ibis Melbourne and walk to either Elizabeth Street or Swanston Street.  Take any tram towards Flinders Street Station / Federation Square.  From Federation Square, cross the bridge (staying on the Federation Square side of the bridge) to the south side of the river.  Walk down St Kilda Road with the park on your left and the road on your right. You will walk for approximately 12 minutes (1km) until you reach Government House Drive on your left.  Turn left onto Government House Drive, walk to the roundabout, take the second exit on your right onto Birdwood Avenue.  Walk on Birdwood Avenue for approximately 450 metres, turn left and follow the signage to the Botanic Gardens Visitor Centre.  The walk from Federation Square to the Botanic Gardens Visitor Centre will take approximately 25 minutes. | | | |
| 11:00 AM | | **Melbourne Royal Botanical Gardens Aboriginal Heritage Walk** Birdwood Avenue, Melbourne, Phone: 03 9252 2300 Indigenous guides share stories, knowledge and experiences with visitors as they take them into the ancestral lands of the Koolin nation, teaching them about the plants and landscape, and the ways in which indigenous people lived in the area. As well as experiencing a traditional smoking ceremony, visitors will learn about indigenous use of natural resources for food, tools and medicine.  Meet at the Melbourne Royal Botanic Gardens Visitors Centre. | | | |
| 12:30 PM | | **Depart on foot and travel by tram to Bourke Street Mall**  Take trams 6 or 64 on St Kilda Road and alight at Bourke Street Mall. | | | |
| 1:00 PM | | **Lunch on your own** | | | |
| 1:45 PM | | **Travel by tram from Bourke Street Mall to Melbourne Museum** | | | |
| 2:15 PM | | **Melbourne Museum** 11 Nicholson Street, Melbourne, Phone: +61 3 8341 7777 Melbourne Museum showcases Australian social history, Indigenous cultures, science and the environment. Major features include celebrating Victoria's local Koorie culture in Bunjilaka, Aboriginal Cultural Centre. Explore Melbourne's rich history in the Melbourne Story exhibition; be immersed in evocative stories and discover the icons and personalities that have shaped Melbourne since the early 1800s. | | | |
| 5:00 PM | | **Depart on foot for Nova Stargate**  This walk takes approximately 20 minutes. | | | |
| 5:30 PM | | **Dinner on your own** | | | |
| **Accommodation** | |  | |  | |
| Nova StarGate Apartment Hotel, 118 Franklin Street, Melbourne, Phone: 03 9321 0300 | | | | | |
| **Monday 25 May** | | **Day 3: Melbourne** | | | |
|  | |  | |  | |
| 8:45 AM | | **Breakfast on your own** | | | |
| 9:30 AM | | **Depart on foot and travel by train to Melbourne Cricket Ground**  1. Depart your hotel and walk to Melbourne Central Station.  2. Take the train signposted ‘Hurstbridge’ and alight at Jolimont Station.  3. When you alight the train, cross the footbridge and walk through the park to the MCG. | | | |
| 10:00 AM | | **Melbourne Cricket Ground tour** Brunton Avenue, Melbourne, Phone: 03 9657 8960 Explore the inner sanctum of the MCG, walk on the hallowed arena and experience where legends play. Gain an insight into Melbourne's sporting culture while exploring one of the world's most iconic stadiums, as you hear from proud MCC (Melbourne Cricket Club) volunteers and go behind the scenes of the 'G.  Highlights of the tour include: The famous MCC Long Room, MCC Library (founded in 1873), player change rooms, Cricketers’ viewing room, walk on the arena. | | | |
| 11:00 AM | | **National Sports Museum** Brunton Avenue, Melbourne Across a multitude of sports, the museum features memorabilia from some of the country’s biggest heroes and highlight moments that have shaped the traditions of Australian sport. The NSM displays: Olympics through the years Australian Gallery of Sport and Olympic Museum Sport Australia Hall of Fame Australian Cricket Hall of Fame Australian Football Hall of Fame Champions – Thoroughbred Racing Gallery Melbourne Cricket Club Museum The museum also boasts other displays of basketball, boxing, netball, soccer, cycling, tennis, golf, Paralympic Games, rugby union, and rugby league. | | | |
| 12:00 PM | | **Travel by Tram to Spencer Street**  Exit the MCG and walk over the footbridge to the MCG Hisense Arena/ Melbourne Park tram stop.  Board tram 70 towards Docklands and alight at Spencer Street.  This will take approximately 15 minutes. | | | |
| 12:15 PM | | **Lunch on your own** | | | |
| 1:30 PM | | **Meet at tram stop Batman Park / Spencer Street** | | | |
| 1:40 PM | | **Travel by tram to the Victorian Institute of Sport**  Board tram 12 signposted ‘St Kilda’ and travel for 6 stops, alight at Albert Rd / Clarendon St stop.  Walk south for 230 metres on Aughtie Drive and you will see the Victorian Institute of Sport on your left. | | | |
| 2:00 PM - 5:00 PM | | **Victorian Institute of Sport tour**  33 Aughtie Drive, Melbourne, Phone: 03 9321 2236, 0407 053 284 The session includes a private tour of the Victorian Institute of Sport – where the Melbourne Vixens Netball Team do their strength and conditioning training and a variety of other professional and emerging athletes from Victoria train. The tour includes: - Heart rate monitoring, jump mat (measuring vertical elevation and fast twitch fibres), nutrition, visit to high performance, recovery and sports science. - A presentation from a Sports Scientist who supports the Vixens team. - A presentation from a member of the High Performance team.  Please dress appropriately in comfortable active wear. | | | |
| 5:00 PM | | **Travel by tram to Nova Stargate**  1. Exit the Victorian Institute of Sport and walk north on Aughtie Drive which will become Clarendon Street.  2. Continue straight until you reach the crossroads with Park Street.  3. Turn left onto Park Street and the tram stop will be across the street.  4. Board tram number 1 signposted ‘East Coburg’.  5. Travel 12 stops and alight at RMIT University/Franklin Street.  6. Walk along Franklin Street to Nova Stargate.  This will take approximately 35 minutes. | | | |
| 6:00 PM | | **Dinner on your own** | | | |
| **Accommodation** | |  | | | |  | |
| Nova StarGate Apartment Hotel, 118 Franklin Street, Melbourne, Phone: 03 9321 0300 | | | | | |
| **Tuesday 26 May** | | **Day 4: Melbourne** | | | |
|  | |  | |  | |
| 8:00 AM | | **Breakfast on your own** You will be spending a lot of time outside observing the training session this morning so please take plenty of layers of warm clothing. You are by the coast and the wind can be very chilly! You may also want to take some snacks and a water bottle with you as you will not arrive back to the accommodation for a break until approximately 2:00pm.   Before departing the hotel this morning please ensure you have your Myki travelcard. | | | |
| 8:45 AM | | **Depart accommodation on foot for Flinders Street Railway Station**  The directions below are the same as yesterday to get you from Nova Stargate to Federation Square / Flinders Street.   1. Exit Nova Stargate and turn left. Walk until you reach Swanston Street.  2. Turn right onto Swanston Street and cross to the opposite side of the street. (You do not need to use the tram; you can walk all the way down Swanston Street if you prefer).  3. Go to tram stop RMIT University/Swanston St and take any tram numbers 1, 3/3a, 5, 6, 16, 64, 67, 72 in the direction of Flinders Street / Federation Square.  4. Get off the tram at Federation Square/Swanston Street stop and cross the road diagonally to Flinders Street Station.  This should take approximately 20 minutes. | | | |
| 9:22 AM | | **Depart by train from Flinders Street Railway Station for Moorabin** 1. When you enter Flinders Street Station you need to use your Myki card to get through the barriers.  2. Check the boards for the train to Frankston and go to that platform and board the train. Please pay attention to announcements and signage as sometimes there are last-minute platform changes.  3. We recommend you take the 9:22am train from Flinders Street to Frankston.  4. You will travel for approximately 30 minutes (13 stops) to Moorabin. There is signage in most carriages of the train and voice announcements. You will want to start getting organized to get off 2 stops before, which is at ‘Bentleigh Railway Station’, 4 minutes before you arrive at Moorabin.  5. When you exit the train please touch off your Myki card on the machine before leaving the railway station.   The train journey takes approximately 30 minutes. | | | |
| 9:50 AM | | **Depart station on foot for RSEA Park**  1. On exiting Moorabin Station turn left and walk on Station Road until you reach Central Avenue.  2. Turn right onto Central Avenue and walk for approx. 300 metres until you reach Healey Street.  3. Turn right onto Healey Street and walk for approx. 75 metres until you reach Horscroft Lane.  4. Turn right onto Horscroft Lane which becomes Horscroft Place and continue until you reach Linton Street.  5. Turn right onto Linton Street and you will see the RSEA Park approximately 85 metres down the street.  This walk should take approximately 10 minutes. | | | |
| 10:00 AM | | **Observation of training session**  RSEA Park, 32-60 Linton Street, Melbourne, Phone: 1300 467 246  Saint Kilda Football Club is a member of the AFL (Australian Football League). Today, you have the opportunity to observe their team training session in preparation for their game against the Brisbane Lions this Saturday. The training session is scheduled to take place around 10:30am and it usually lasts for approximately 1-2 hours. After the training session, you will have the opportunity to meet with the Club Nutritionist. | | | |
| 1:00 PM | | **Depart RSEA Park for Moorabin Station** 1. Exit RSEA Park and walk to your right, then take the left turn onto Horscroft Place.  2. Follow the road round to Healey Street then Central Avenue.  3. Turn left onto Central Avenue and walk for approx. 300 metres until you reach Station Street.  4. Turn left onto Station Street and the train station will be on your right. Look for the platform signed for Melbourne or Flinders Street Station.  This should take approximately 10 minutes. | | | |
| 1:17 PM | | **Travel by train to Ormond Station (approximately 7 minutes)**  Trains depart every 10 minutes. If you need to purchase lunch you may want to alight at Bentleigh Station, buy lunch and then take a train to Ormond Street. | | | |
| 1:24 PM | | **Lunch on your own** | | | |
| 2:15 PM | | **Walk from Ormond Station to Melbourne Sports Institute (approximately 15 minutes)**  1. Exit Ormond Station onto North Road and turn right.  2. Walk for 1.1km (approximately 13 minutes) and Melbourne Sports Institute will be on your right. | | | |
| 2:30 PM | | **Introduction to the Melbourne Sports Institute** 339 North Rd, Caulfield South, Melbourne, Phone: 03 9576 7171, 0420 647 806  Cameron Miller, Sporting Schools Coordinator, will give an introduction to the Melbourne Sports Institute.   Established in 2003, the prime objective of the Melbourne Sports Institute is to nurture the development of sport from grassroots to professional levels while embracing Australian values of fair play, sportsmanship, team unity and morale. Their vision is to be at the forefront of research and consultancy for the advancement of youth sport development, which will allow them to evolve and create a foundation for new services while maintaining their core commitment to their clients. Physical exercise and the continued development of athletic skills during youth set the stage for success as an adult. Using sport as a vehicle, they provide a distinctive educational encounter that will become the building blocks for students continued physical, emotional and social development.  The Melbourne Sports Institute currently facilitates sporting programs to over 200 client schools and sporting organisations around Melbourne in a wide range of sports. They are the 'team behind the team' as they work diligently behind the scenes to help enrich and, ultimately, optimise sport development programs. | | | |
| 2:45 PM | | **Athlete experience optimisation program with Dr Andrew Mills** 339 North Rd, Caulfield South, Melbourne, Phone: 03 9576 7171, 0420 647 806  Underpinned by leading research in talent development and sport and performance psychology, Dr Andrew Mills has developed a simple yet powerful way for sports organisations to get a reliable read on their current athlete experience (AX) and, importantly, develop a deep understanding of the quality of their development environment as viewed by their athletes.  Dr Mills will discuss his research and the development of AXPulse®. | | | |
| 3:45 PM | | **Depart on foot for Ormond Station** | | | |
| 4:00 PM | | **Travel by train to Flinders Street Station**  From Flinders Street Station you can board trams 3/3a, or 64 and alight at RMIT University / Swanston Street to walk to your hotel (4-minute walk).  Alternatively, you can change trains at Flinders Station and board any train to Melbourne Central and walk to your hotel from there (7-minute walk) | | | |
| 4:30 PM | | **Dinner on your own** | | | |
| **Accommodation** | |  | |  | |
| Nova StarGate Apartment Hotel, 118 Franklin Street, Melbourne, Phone: 03 9321 0300 | | | | | |
| **Wednesday 27 May** | | **Day 5: Melbourne to Canberra** | | | |
|  | |  | | | |
| 08:00 AM | | **Breakfast on your own** | | | |
| 8:30 AM | | **Check out of accommodation** | | | |
| 8:45 AM | | **Depart for Melbourne Airport by coach (approximately 30 minutes)** | | | |
| 10:45 AM | | **Flight from Melbourne to Canberra** | | | |
| 12:30 PM | | **Depart for lunch by coach (approximately 20 minutes)** | | | |
| 1:00 PM | | **Group lunch in a local restaurant** | | | |
| 2:00 PM | | **Depart for Canberra Deep Space Communication Centre by coach** | | | |
| 2:45 PM | | **Canberra Deep Space Communication Centre**  421 Discovery Drive, Canberra, phone: 02 620 17880  The CDSCC offers visitors the chance to learn about the role that Australia plays in the exploration of space. You can see the largest antenna complex in the southern hemisphere, the latest images from across the Solar System and beyond, spacecraft models and flown space hardware and memorabilia. | | | |
| 4:00 PM | | **Depart for Australian Institute of Sport by coach (approximately 45 minutes)** | | | |
| 4:45 PM | | **Check in to Australian Institute of Sport accommodation**  Unpack and settle into your accommodation | | | |
| 5:00 PM | | **AIS group dinner** | | | |
| **Accommodation** | |  | | | |
| Australian Institute of Sport group accommodation,Leverrier St, Canberra, Phone: 02 6214 1444 | | | | | |
| **Thursday 28 May** | | **Day 6: Canberra** | | | |
|  | |  | | | |
| 8:00 AM | | **AIS group breakfast** | | | |
| 9:00 AM | | **Australian Institute of Sport: Nutrition lecture and workshop** Leverrier St, Canberra, Phone: 02 6214 1444 Programme outline: 9:00 am to 10:00 am - Nutrition Lecture 10:00 am to 12:00 pm - Nutrition Workshop  12:15 pm to 12:45 pm - Lunch  12:45 pm to 2:45 pm - Strength and Conditioning Practical  3:00 pm to 4:00 pm - Fitness Class  4:15 pm to 5:15 pm - Psychology Lecture | | | |
| 6:00 PM | | **AIS group dinner** | | | |
| **Accommodation** | |  | |  | |
| Australian Institute of Sport group accommodation,Leverrier St, Canberra, Phone: 02 6214 1444 | | | | | |
| **Friday 29 May** | | **Day 7: Canberra** | | | |
|  | |  | |  | |
| 8:00 AM | | **AIS group breakfast** | | | |
| 9:45 AM - 5:30 PM | | **Australian Institute of Sport: Movement Science lectures and activities** Leverrier St, Canberra, Phone: 02 6214 1444 Programme outline: 9:45 am to 10:45 am - 'Trained by the Best' session  11:00 am to 12:00 pm - Movement Science Lecture  12:15 pm to 1:30 pm - Lunch in the Dining Hall 1:45 pm to 2:45 pm - Strength and Conditioning Lecture  3:00 pm to 4:00 pm - Recovery Centre Lecture  4:15 pm to 5:15 pm - Recovery Centre - Wet and Dry area session | | | |
| 6:00 PM | | **AIS group dinner** | | | |
| **Accommodation** | |  | |  | |
| Australian Institute of Sport group accommodation,Leverrier St, Canberra, Phone: 02 6214 1444 | | | | | |
| **Saturday 30 May** | | **Day 8: Canberra to Sydney** | | | |
|  | |  | |  | |
| 8:00 AM | | **AIS group breakfast** | | | |
| 8:45 AM | | **Check out of accommodation** | | | |
| 9:00 AM | | **Depart for ANZ Stadium by coach (approximately 3 hours 30 minutes)**  There will be a stop for lunch en route. | | | |
| 1:50 PM | | **Please check in at ANZ Stadium for your Tertiary Event Day Experience** | | | |
| 2:00 PM - 5:15 PM | | **ANZ Stadium Tertiary Event Day Experience**  8 Australia Avenue, Sydney Olympic Park, Sydney, Phone: 02 8765 2314, 0419 770 621  Get behind the scenes access to ANZ Stadium on an event day! You will have the opportunity to move around the venue and observe various functional areas and to get a greater understanding of what is involved in running large events. You will attend the National Rugby League game between South Sydney Rabbitohs and Manly Sea Eagles. You will arrive 1.5 hours prior to gates opening and your day will consist of:  Presentation – from one of the ANZ Stadium Managers on Stadium Operations, risks attached to the event, planning for ANZ Stadium Events, case studies of past events, briefing and de-briefing processes  Visit to the Event Control Room  Visit Media Centre – TV and Radio Broadcast  Visit Member Areas  Witness Precinct Activities from the Spiral Ramps and out in the Precinct  Security Procedures  View the Operations of Food and Beverage Outlets  Level 0 – the hub of the Stadium  An opportunity to make your way through one of the Pitch Accesses to view field of play close up  View from the best vantage point from level 6  Watch the main game from a corporate Suite or Box  At the conclusion of the game you will witness egress and the grounds staff on the arena | | | |
| 5:30 PM | | **Depart by coach from ANZ Stadium for Travelodge Sydney (approximately 50 minutes)**  Murrays Coaches, Phone: 13 22 59  Please meet your coach driver at the place you were dropped off, Gate L, Edwin Flack Avenue. | | | |
| 6:30 PM | | **Check in to your accommodation** | | | |
| 7:00 PM | | **Free evening** Dinner on your own.  While the dates have not been announced yet, it is likely that you will be in Sydney during VIVID 2020, a city-wide festival, so don’t miss the amazing display of light, colour and sound around the city. For more information visit [www.vividsydney.com](http://www.vividsydney.com) | | | |
| **Accommodation** | |  | | | |
| Travelodge Sydney, Cnr Wentworth & Goulburn Street, Sydney, Phone: 02 8267 1700 Internet access, Laundry facility - charged, Gymnasium, Air conditioning, Disabled access, Luggage storage | | | | | |
| **Sunday 31 May** | | **Day 9: Sydney** | | | |
|  | |  | | | |
| 8:00 AM | | **Breakfast on your own** | | | |
| 9:00 AM | | **Travel by public transport to Bondi Beach**  1. Walk to Museum Station and go to the bus stop signed ‘Museum Station, Liverpool Street, Stand A’.  2. Board the bus signed ‘North Bondi’ number 333.  3. The bus journey takes approximately 35 minutes, alight at Campbell Parade Terminus.  4. From Campbell Parade Terminus walk towards the beach passing the North Bondi RSL Club then turn left onto Ramsgate Avenue. Let’s Go Surfing is located next to Speedo’s Café.  Estimated total travel time is approximately 50 minutes. | | | |
| 10:00 AM | | **Check in for your surf lesson**  You will sign waivers, change into your wetsuits and get prepared. | | | |
| 10:30 AM | | **2-hour introduction to surfing lesson**  Let’s Go Surfing, 128 Ramsgate Ave, North Bondi, phone: 02 9365 1800  Awaken the surfer within you at the world-famous Bondi beach during this 2-hour introductory surf lesson. Even if this is your first time around a board, they'll have you safely up and onto your first wave before you’ve had time to worry about falling off.  You will be divided into small groups (maximum 5 people per group) and your lesson starts with important surf and safety rules and covers all the basics from warm-up to paddling, catching waves and standing.  You will be provided with a surfboard, wetsuit, rash vest, sunscreen and zinc.  Please bring a swimsuit, towel, water bottle and some snacks. | | | |
| 12:30 PM | | **Free time**  Lunch on your own.  You may want to take the 6km coastal walk from Bondi to Coogee which offers spectacular views and beautiful beaches.  To return from Bondi Beach board the 333 bus at the North Bondi Beach / Campbell Parade stop. The bus will be signed ‘Circular Quay’. Alight at Oxford St at Brisbane St, walk down Brisbane St then take the first right onto Wemyss Lane and you will come to Wentworth Ave. Walk to your left and you’ll reach Travelodge Sydney.  To return from Coogee beach, go to the Arden St bus stop. The ocean will be to your left and McDonald’s and Little Jack Horner will be on your right. Board bus 374 signed ‘Circular Quay’. Ride for approximately 30 minutes and alight at Elizabeth St at Hay St.  Cross Elizabeth Street and turn right onto Foster Street. Follow this road then turn left onto Hunt Street and you will reach Wentworth Avenue, turn right and your hotel will be on your left. | | | |
| **Accommodation** | |  | | | |
| Travelodge Sydney, Cnr Wentworth & Goulburn Street, Sydney, Phone: 02 8267 1700 | | | | | |
| **Monday 1 June** | | **Day 10: Sydney** | | | |
|  | |  | |  | |
| 8:00 AM | | **Breakfast on your own** | | | |
| 8:45 AM | | **Depart on foot from accommodation to Collective Purpose**  - Exit Travelodge Sydney and turn left onto Wentworth Ave.  - Wentworth Ave will become College St, continue straight (Hyde Park will be on your left).  - When you reach the crossroads, turn right onto William Street.  - Collective Purpose will be approximately 300 metres down on the left. Your meeting room will be signposted ‘SUNY Brockport’.  Please be seated in the meeting room by 9:00 AM. | | | |
| 9:00 – 10:00 AM | | **Sport Nutrition talk by Susie Burrell (TBC)** Susie will look at Sport Nutrition within the Australian context. | | | |
| 10:15 – 11:15 AM | | **Exercise immunology in overtraining with Dr Kate Edwards (TBC) Dr Edwards will cover:** - The signs, causes and contributing factors related to overtraining syndrome - The possible markers of overtraining and identify the most consistent markers - The acute and chronic effects of severe exercise on the immune system including potential immunosuppression during intensified training - The evidence in support of the ‘open window hypothesis’  Dr Kate Edwards is a Senior Lecturer in the Discipline of Exercise and Sport Sciences at the Faculty of Health Sciences. Prior to joining the University of Sydney in 2011, she was a member of the Behavioural Medicine Research group at the University of California, San Diego (UCSD), having moved to the USA after obtaining her PhD in Behavioural Medicine from the University of Birmingham, UK. Dr Edwards' main interests involve the positive effects of exercise on immune function and health; her research involves the acute effects of a single exercise bout, and the chronic effects of exercise training. | | | |
| 11:30 AM | | **Lunch on your own** | | | |
| 1:00 PM | | **Depart for Sydney University by coach** Meet at the Arena Sports Centre's reception desk at 1.30pm. | | | |
| 1:30 PM - 3:30 PM | | **Sydney University High Performance Sport Tour (TBC)**  Western Ave, Camperdown NSW 2050, Australia Insights into the high-performance approach of various Sydney University athletes and teams (including Sydney University’s NEAFL team) will be shared by their staff and players. This may include physical preparation, diet and nutrition, sports medicine and sports performance psychology. | | | |
| 3:30 PM | | **Depart Sydney University for accommodation by coach** | | | |
| 4:00 PM | | **Free evening**  Dinner on your own. | | | |
| **Accommodation** | |  | |  | |
| Travelodge Sydney, Cnr Wentworth & Goulburn Street, Sydney, Phone: 02 8267 1700 | | | | | |
| **Tuesday 2 June** | | **Day 11: Sydney** | | | |
|  | |  | |  | |
| 6:30 AM | | **Breakfast on your own** | | | |
| 7:15 AM | | **Free day**  There are many options for day trips that you can book through a local tour operator for your free day in Sydney, including visiting the Blue Mountains: | | | |
|  | | In the upper Blue Mountains lies Australia’s version of the Grand Canyon. While it has little in common with its North American namesake, the Grand Canyon is a picturesque example of a sandstone canyon formed by a subterranean stream. | | | |
| 2:30 PM | | **Depart for Travelodge Sydney by coach** | | | |
| 5:00 PM | | **Dinner on your own** | | | |
| **Accommodation** | |  | |  | |
| Travelodge Sydney, Cnr Wentworth & Goulburn Street, Sydney, Phone: 02 8267 1700 | | | | | |
| **Wednesday 3 June** | | **Day 12: Sydney** | | | |
|  | |  | |  | |
| 8:45 AM | | **Breakfast on your own** | | | |
| 9:45 AM | | **Depart on foot and travel by train to the** **Sydney Opera House**  1. Walk to Museum Station.  2. Board the train signed ‘Liverpool via Bankstown’ which stops at Circular Quay.  3. Alight at Circular Quay.  4. On exiting the station walk to your right towards wharf 2 and continue to follow the footpath that runs alongside the harbour.  5. The Sydney Opera House will be on your right.  This will take approximately 25 minutes. | | | |
| 10:15 AM | | **Check in for Sydney Opera House guided tour**  Please meet your guide at the Tours Meeting Point on the Lower Concourse Walkway (located past the Opera Bar, Sidewalk Cafe and outside the SOH Shop on the Lower Concourse).  Please note bags larger than a standard handbag will need to be cloaked on arrival and may be subject to a search before being cloaked. | | | |
| 10:30 AM | | **Sydney Opera House guided tour** Bennelong Point, Sydney, Phone: 02 9250 7111 The iconic Sydney Opera House is a multi-venue performing arts centre in the heart of Sydney. It was conceived and largely built by Danish architect Jørn Utzon,and opened in 1973 after more than 14 years of construction. The Opera House was made a UNESCO World Heritage Site in 2007. It is one of the 20th century's most distinctive buildings and one of the busiest performing arts centres in the world, hosting over 1,500 performances each year attended by some 1.2 million people. | | | |
| 11:30 AM | | **Free afternoon**  Lunch and dinner on your own. | | | |
| **Accommodation** | |  | |  | |
| Travelodge Sydney, Cnr Wentworth & Goulburn Street, Sydney, Phone: 02 8267 1700 | | | | | |
| **Thursday 4 June** | | **Day 13: Sydney to Cairns** | | | |
|  | |  | | | |
| 8:00 AM | | **Breakfast on your own** | | | |
| 8:30 AM | | **Check out of accommodation** | | | |
| 8:45 AM | | **Depart for Sydney Airport by coach (approximately 45 minutes)** | | | |
| 11:00 AM | | **Group flight departs for Cairns** | | | |
| 3:55 PM | | **Group flight arrives in Cairns** | | | |
| 4:30 PM | | **Depart for accommodation by coach (approximately 25 minutes)** | | | |
| 5:00 PM | | **Check in to your hotel** | | | |
| 5:30 PM | | **Dinner on your own** | | | |
| **Accommodation** | |  | |  | |
| Cairns Queenslander Hotel and Apartments, 267 Lake Street, Cairns, Phone: 07 4051 0122 Internet access, Laundry facility - charged, Laundry service, Restaurant, Room service, Swimming pool, Wi-Fi - complimentary, Air conditioning, Disabled access, Luggage storage, Tour & activity booking desk, Coffee/tea making facilities | | | | | |
| **Friday 5 June** | | **Day 14: Cairns** | | | |
|  | |  | |  | |
| 7:30 AM | | **Group breakfast** | | | |
| 08:30 AM – 5:00 PM | | **Great Barrier Reef day trip**  Travel to Moore Reef on air-conditioned catamaran with Sunlover Reef Cruises where you will have ‍4 hours to snorkel and explore the wonders of the Great Barrier Reef, both in and out of the water. The journey takes two hours each way and on arrival the catamaran will dock to a multi-level floating platform with many activities to enjoy, including a waterslide, sun deck, underwater observatory plus semi-submersible and glass-bottom boat tours with a marine expert.  Expand your reef knowledge with a Great Barrier Reef presentation by Marine Biologist including a touch tank and fish feeding.  Tropical buffet lunch with tea/coffee and juices is included.  Snorkelling equipment, life jackets/floatation devices, stinger suits, non-swimming tours and activities, tea/coffee and lunch are included. Underwater cameras and Go-Pros can be hired on board.  Please inform a staff member if you are not comfortable swimming or in open water as they are happy to assist you safely explore the reef.  Please ensure you bring your swimwear, towel, drink bottle and snacks as well as any medication you may require for the day. We highly recommend the use of sea sickness medication, the crossing to the reef can get choppy. Sea sickness medication is best taken 1 hour prior to departure. | | | |
| 5:00 PM | | **Dinner on your own** | | | |
| **Accommodation** | |  | |  | |
| Cairns Queenslander Hotel and Apartments, 267 Lake Street, Cairns, Phone: 07 4051 0122 | | | | | |
| **Saturday 6 June** | | **Day 15: Cairns** | | | |
|  | |  | | | |
| 7:30 AM | | **Group breakfast** | | | |
| 8:30 AM | | **Free day**  There are many options for day trips that you can book through a local tour operator for your free day in Cairns, such as visiting the rainforest at Kuranda: | | | |
|  | | Skyrail Cableway is a unique rainforest experience taking you on an unforgettable journey through Australia’s World Heritage listed Tropical Rainforests. Glide just metres above the rainforest canopy in safe and comfortable gondola cabins, which provide spectacular and uninterrupted views of the rainforest, tropical Cairns, the Coral Sea and the lush Cairns Highlands. Witness the wonders of the world’s oldest continually surviving rainforests from this unique vantage point before exploring the rainforest floor with the park rangers at two stations along the way. Spanning 7.5km, the cableway traverses the McAlister Range and through the Barron Gorge National Park on an amazing journey to the village of Kuranda.  On arrival in Kuranda enjoy free time to explore ‘The Village in the Rainforest’ which offers a variety of boutique gift shops, cafes, street art, and walks in the World Heritage Rainforests along with the popular Heritage Markets with its wide range of stalls featuring Aboriginal artefacts, handmade leather goods, gifts and jewellery.  Alternatively, immerse yourself in two of the most unique wildlife attractions of the north - Birdworld, a beautiful rainforest habitat, see 60 species from the vanishing rainforests of the world including some of Australia's most precious and beautiful birds: the endangered and stately cassowary, cheeky rainbow lorikeets, galahs, cockatoos and many more. At Koala Gardens observe koalas doing what they do best - eating, sleeping and looking adorable. Take the opportunity to 'Cuddle a Koala' and receive a great souvenir photo. *(Koala Gardens and Birdworld admission is an additional cost.)* | | | |
| 5:00 PM | | **Free evening**  Dinner on your own. | | | |
| **Accommodation** | |  | | | |
| Cairns Queenslander Hotel and Apartments, 267 Lake Street, Cairns, Phone: 07 4051 0122 | | | | | |
| **Sunday 7 June** | | **Day 16: Cairns** | | | |
|  | |  | | | |
| 8:30 AM | | **Group breakfast** | | | |
| 9:30 AM – 6:00 PM | | **Spectate at the Ironman Asia-Pacific Championship**  Please consult local signage and the website <https://ap.ironman.com/triathlon/events/asiapac/ironman/cairns.aspx> for updates. | | | |
| 6:00 PM | | **Farewell dinner at Grill’d**  77 Esplanade, Cairns, Phone: 07 4041 4200 | | | |
| **Accommodation** | |  | | | |
| Cairns Queenslander Hotel and Apartments, 267 Lake Street, Cairns, Phone: 07 4051 0122 | | | | | |
| **Monday 8 June** | | **Day 17: Cairns to the USA** | | | |
|  | |  | | | |
| TBC | | **Check out of accommodation**  Collect your boxed breakfast from reception at Cairns Queenslander. | | | |
| TBC | | **Depart for airport by coach** | | | |
| TBC | | **Group flight departs** | | | |