

SUNSHINE COAST

OFFICIAL STUDENT GUIDE



STUDYSUNSHINECOAST.COM.AU

YOUR FUTURE IS HERE!



MAYORS WELCOME

MARK JAMIESON



WELCOME TO AUSTRALIA'S SUNSHINE COAST

Our Sunshine Coast offers local, national and international students an education and lifestyle experience that is unrivalled elsewhere in Australia.

And through the Study Sunshine Coast initiative launched in April 2016, we are keen to ensure prospective students know all about our healthy, smart, creative region and the huge benefits of continuing their education here.

Sunshine Coast Council is proud to have been involved with Study Sunshine Coast from the outset, joining our other stakeholders, including 13 of our region's schools, University of the Sunshine Coast, TAFE and Central Queensland University.

We all know that the Sunshine Coast is a region of enormous opportunity.

We're building a new \$33 billion economy based on a clear 20-year economic plan that supports transformational capital investment and encourages growth in seven high-value industries that will provide a platform for enduring employment opportunities for our young people.

Our gamechanger projects include the development of the new Maroochydore City Centre on a 53ha greenfield site in the heart of the Coast, the expansion of the Sunshine Coast Airport, and the new Sunshine Coast University Hospital, all of which are underway or completed, will provide outstanding future career opportunities.

These projects total more than \$2.5 billion in direct investment will drive demand for a highly-skilled and educated workforce and deliver outstanding future careers and choices for local, national and international students.

“ To prepare you for these future opportunities, the Sunshine Coast is home to a number of Queensland's highest performing schools, the nationally awarded USC, which is one of Australia's fastest growing universities, and more than 400 registered training organisations, including TAFE Queensland which serves our community across three locations. ”

The future of the Sunshine Coast is bright and we are well placed to capitalise on the opportunities that technology and innovation will enable, and the careers that will result.

I invite you to look through this very informative guide which will help you to discover 'your future is here'.



Mayor Mark Jamieson

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IMPORTANT DATES

2019

January	26 January	Australia Day
February	18 - 22 Feb	Semester 1, O Week
	25 February	Semester 1 classes begin
April	15 - 22 April	Mid-semester break
	19 April	Good Friday
	20 April	Easter Saturday
	21 April	Easter Sunday
	22 April	Easter Monday
	25 April	ANZAC Day
May	6 May	Labour Day
June/July	21 June - 12 July	Mid-year break
	15 - 19 July	Semester 2, O Week
	22 July	Semester 2 classes begin
September	30 - 7 October	Mid-semester break
October	7 October	Queen's Birthday
November	15 November	End of semester

2020

January	26 January	Australia Day
February	17 - 21 Feb	Semester 1, O Week
	24 February	Semester 1 classes begin
April	13 - 17 April	Mid-semester break
	10 April	Good Friday
	11 April	Easter Saturday
	12 April	Easter Sunday
	13 - 17 April	Mid-semester break
	25 April	ANZAC DAY
May	4 May	Labour Day
June/July	22 June - 10 July	Mid-year break
	13 - 17 July	Semester 2, O Week
	20 July	Semester 2 classes begin
September	28 Sep - 2 Oct	Mid-semester break
October	7 October	Queen's Birthday
November	13 November	End of semester

**Dates are subject to change*



CLICK TO PLAY

Study
Sunshine Coast
Australia





CLICK TO PLAY

WELCOME TO

AUSTRALIA'S SUNSHINE COAST

Study Sunshine Coast provides students with all you need know about studying, living, working and playing on Australia's Sunshine Coast.

Whether you feel like getting active and climbing Mount Coolum, taking a swim or catching a wave at some of Australia's most beautiful beaches, feeding kangaroos, cuddling a Koala or snapping a photo of a crocodile at Australia Zoo, taking a short drive to explore a lush hinterland or indulging your taste buds, the Sunshine Coast offers you a range of natural attractions, activities, dining and much, much more.

Students already studying on the Sunshine Coast will share their experiences with you. From what to do when you first arrive, how to find your squad, meeting new friends, finding a place to live, getting a job or internship whilst you study and giving you plenty of inside tips to finding your career and much more.

Study Sunshine Coast's Official Student Guide is sure to be your greatest source of information when choosing to STUDY, LIVE, WORK and PLAY on Australia's Sunshine Coast.

THE REGION

LOCATION AND GETTING THERE

Beaches, hiking, surfing, fresh local seafood and world class events, from relaxation to adventure, Australia's Sunshine Coast has it all.

The only thing more refreshing than the water is the lifestyle. With 300 days of sunshine every year, endless coastline, lush rainforest and easy smiles, the Sunshine Coast is a place where students will feel safe, happy and energised from the moment you arrive.

If you're looking for fun on, in and under the water you're sure to find it on the Sunshine Coast's 100 kilometres (just over 60 miles) of pristine sandy beaches. Swim, sail, surf, jet ski or water ski through clear clean water or fly across the waves on a kiteboard.

Ancient volcanic peaks, peaceful rainforests, awe inspiring waterfalls and crystal clear creeks invite you to explore and recharge in a natural wonderland where camping is offered in several of the region's parks and forests.

Travelling to and around the Sunshine Coast is quick and stress-free with excellent access to national and international airports, including the Sunshine Coast Airport, Brisbane International Airport, as well as direct access to national road and rail networks and buses.



Travel By Air

Sunshine Coast Airport, conveniently located in the centre of the region, has daily direct flights to and from Sydney and Melbourne with Jetstar, Qantas and Virgin Australia, as well as seasonal services to and from Auckland with Air New Zealand, and connections from destinations all over the world. Daily flight information can be found at:

sunshinecoastairport.com.au



Travel By Bus

Shuttle services operate to and from Sunshine Coast and Brisbane Airports with local bus services allowing you to easily, regularly and cheaply get to your place of study, work, home, the beach or wherever else you need to be. Timetables and routes for buses can be found at:

sunbus.com.au



Travel By Rail

Queensland Rail operates regular rail services between the Sunshine Coast and Brisbane allowing students to explore the state's capital to attend a major event, catch a band or enjoy the city's retail and dining precincts. Information and train times are available at:

queenslandrail.com.au

DARWIN

TOOWOOMBA

ADELAIDE

SYDNEY

MELBOURNE

SUNSHINE COAST

BRISBANE
GOLD COAST



THE SUNSHINE COAST IS BOOMING

Situated in one of the fastest growing areas of Australia, the Sunshine Coast is simply the best location to study, live, work and play.

With a progressive local government that is focussed on economic growth, now is the time to consider studying on Australia's Sunshine Coast which will deliver outstanding career opportunities for students.

Major infrastructure projects are underway to position the Sunshine Coast as a major centre for high-value, higher paying employment in health and educational services, professional services, innovation and research, international tourism and more with today's population of around 300,000 people planned to grow to 450,000 over the next 20 years.



Sunshine Coast University Hospital & Health Institute

The Sunshine Coast Health Precinct incorporates the \$1.8 billion Sunshine Coast University Hospital, which includes a \$60.8 million Sunshine Coast Health Institute. This state-of-the-art-tertiary, teaching hospital precinct with world-class research facilities will help students transition from studying healthcare into the workforce and provide a strong linkage between the University and healthcare industry.

health.qld.gov.au
vimeo.com



Central Business District in Maroochydore

The Sunshine Coast capital, Maroochydore is being transformed into a city for the 21st Century with a new city centre. The Maroochydore CBD will be a vibrant, sustainable and desirable destination for future generations to enjoy, providing a mix of residential, commercial, retail and a thriving business district. The CBD will also be a major hub for the planned Sunshine Coast light rail project, providing reliable, frequent and affordable public transport services to the region.

maroochydore-city.com.au



Expansion of the Sunshine Coast Airport

Work on the \$347 million expansion of the Sunshine Coast Airport will be completed by 2020 and will enable direct flights to more destinations across Australia, Asia and the Western Pacific, enhancing national and global connections. The upgrade will also generate jobs and economic growth, boost tourism, help export businesses and secure air access to the Sunshine Coast for generations to come.

sunshinecoastairport.com.au



The Sunshine Coast Solar Farm

Sunshine Coast Council has built a 57,960 panel, 15 megawatt solar farm which will offset more than 100 percent of its electricity consumption and provide \$22 million in savings, after costs, over a 30 year period based on today's electricity costs. Council is striving to become Australia's most sustainable region and the Sunshine Coast Solar Farm is part of its plan to achieve that vision.

sunshinecoast.qld.gov.au



University of the Sunshine Coast Expansion

The University of the Sunshine Coast (USC) is one of the world's top 150 universities and continues to grow, with an ambition to have 20,000 students studying in its communities by 2020. USC offers a full range of undergraduate and postgraduate degrees, and is rated one of Australia's best universities for overall student experience. Its Sunshine Coast campus includes advanced learning and visualisation facilities including the world-class 3D CAVE2™ virtual reality studio and a modern High Performance Sports Precinct, home to Australian Olympic and Paralympic swimming squads and the Sunshine Coast Lightning national netball team.

usc.edu.au

REFERENCE GUIDE

FOR LIFE ON THE SUNSHINE COAST

ACCOMMODATION

Student Accommodation

UniCentral Student Accommodation

☎ (07) 5373 0000

🌐 unicentral.net.au

Varsity Apartments

☎ (07) 5420 2000

🌐 varsityapartments.com.au

The Village Student Accommodation

☎ (07) 5430 2500

🌐 thevillage.net.au

Private Rental & Flat Share

Flatmates.com.au

🌐 flatmates.com.au

Realestate.com.au

🌐 realestate.com.au

Domain.com.au

🌐 domain.com.au

EMPLOYMENT

Job Searching

🌐 seek.com.au

🌐 career.com.au

🌐 jobsearch.gov.au

🌐 jobsonthecoast.com.au

🌐 apsjobs.gov.au

Fair Work Ombudsman

☎ 131 394

☎ 131 450 (interpreter)

🌐 fairwork.gov.au

Tax File Number Application

☎ 132 861

🌐 ato.gov.au

Centrelink

🌐 humanservices.gov.au

🌐 centrelink.gov.au

MONEY & BANKING

Australian Banks

🌐 commbank.com.au

🌐 anz.com.au

🌐 nab.com.au

🌐 westpac.com.au

Exchange Rates

🌐 rba.gov.au

Money Transfers

🌐 westernunion.com.au

TRAVEL & TRANSPORT

Taxi Services

☎ 131 008

Public Transport

🌐 sunbus.com.au

🌐 translink.com.au

Sunshine Coast Airport

🌐 sunshinecoastairport.com.au

License, Rules & Road Safety

🌐 tmr.qld.gov.au

Sunshine Coast Maps

🌐 google.com.au

OTHER SERVICES

Foreign Embassies in Australia

☎ (02) 6261 1111

🌐 dfat.gov.au

Overseas Students Ombudsman

☎ 1300 362 072 (within Aus)

☎ +61 2 6276 0111

Migrations & Visas

☎ 131 881

🌐 border.gov.au

Traveller's Aid

☎ (03) 9654 2600

🌐 travellersaid.org.au

EMERGENCY

In an event of an emergency dial 000 and request police, fire or ambulance. This is a free call.

Crime Stoppers

☎ 1800 333 000

Maroochydore Police Station

☎ (07) 5457 2444

HEALTH & FITNESS

Student Health Cover

🌐 health.gov.au

Health Insurance Comparison

🌐 iselect.com.au

Medicare

🌐 humanservices.gov.au

House Call Doctors

☎ 13 55 66

🌐 housecalldoctor.com.au

Lifeline Australia

☎ 131 114

🌐 lifeline.org.au

USC Community Sporting Groups

🌐 usc.edu.au

USC Gym

🌐 usc.edu.au

My Fitness Club

🌐 myfitnessclub.com.au

ENTERTAINMENT/TOURISM

What's On

🌐 visitsunshinecoast.com

🌐 sunshinecoast.qld.gov.au

Food & Drink

🌐 visitsunshinecoast.com

Things To Do

🌐 theurbanlist.com

🌐 queensland.com

🌐 mysunshinecoast.com.au

🌐 scvenuesandevents.com.au

🌐 theeventscentre.com.au

🌐 sunshinecoast.qld.gov.au

STUDENT BUDGET & MONEY ADVICE

- Create a budget document that lists all your income and expenses.
- Keep a record of bills and list them in your budget document.
- Set up direct debits for your bills. This will ensure you don't forget to pay your bills.
- Each pay-day make a conscious effort to put away an amount of savings, allocate money for bills and an amount for living expenses
- Take advantage of the student discounts and learn to cook and avoid eating out often.

INTERNATIONAL STUDY EXPERIENCE

JINWOONG (CHARLIE) KIM

 FROM THE REPUBLIC OF KOREA
Studying Master of Professional Accounting

When I first arrived on the beautiful Sunshine Coast, I had only met a small number of international students. This quickly changed after a very brief time and I'm constantly surprised at how many international students are now living here.

The Sunshine Coast is one of the fastest growing cities in Australia, which will deliver great opportunities for students to plan and pursue their future career. Some of my friends have already moved back here from Brisbane having recognised the potential for their future on the Sunshine Coast. They also missed the laid-back, fun lifestyle that the Sunshine Coast offers.

The Sunshine Coast has so many beautiful beaches and a stunning hinterland. In the middle of the Sunshine Coast is my favourite beach, Alexandra Headland which has such amazing waves that I was inspired to buy a surfboard. The best part is, I get to catch waves and experience many other outdoor activities all year round with the Sunshine Coast enjoying 300 days of sunshine each year. There's plenty of cafes, exotic restaurants, cinemas, beaches and a beautiful natural hinterland to help you take a deep breath, relax and escape from your busy student work life.

Ultimately, you can choose to study wherever you want, but the lifestyle, study and future career opportunities on the Sunshine Coast



JINWOONG (CHARLIE) KIM
USC Student

“ There is simply no better place to study, live, work and play than Australia's Sunshine Coast. Your future is here.

are unrivalled anywhere else in the world. Every moment I've experienced on the Sunshine Coast has broadened my horizon and shown me a way of life that I have fallen in love with!

You'll find all you need right here on Australia's Sunshine Coast!

Charlie Kim
Study Sunshine Coast Ambassador



STUDYING

ON THE SUNSHINE COAST

The Sunshine Coast welcomes local, national and international students to experience a diverse range of education and training options and move easily between various levels of study and institutions. Over 70 private, Catholic and government schools allow the Sunshine Coast to engage and nurture students from the start. The nationally awarded University of the Sunshine Coast is one of Australia's fastest growing universities and more than 400 training organisations, including TAFE Queensland with its three locations, provides students with outstanding study options and exciting career opportunities

PRIMARY SCHOOLS

ON THE SUNSHINE COAST

Public Primary Schools

Beerburrum State School

8 Beerburrum Rd, Beerburrum, QLD 4517
 ☎ (07) 5496 0134
 🌐 beerburrss.eq.edu.au

Beerwah State School

Old Gympie Rd, Beerwah, QLD 4519
 ☎ (07) 5436 5555
 🌐 beerwahss.eq.edu.au

Bli Bli State School

School Rd, Bli Bli, QLD 4560
 ☎ (07) 5458 2111
 🌐 blibliss.eq.edu.au

Brightwater State School

20 Dianella Drive, Mountain Creek, QLD 4557
 ☎ (07) 5438 3111
 🌐 brightwatersss.eq.edu.au

Buddina State School

Tumut St & Ilunka Ave, Buddina, QLD 4575
 ☎ (07) 5477 8888
 🌐 buddinass.eq.edu.au

Buderim Mountain State School

8/42 Main St, Buderim, QLD 4566
 ☎ (07) 5477 2777
 🌐 budemounsss.eq.edu.au

Burnside State School

51 Blaxland Rd, Nambour, QLD 4560
 ☎ (07) 5441 0888
 🌐 burnsidess.eq.edu.au

Caloundra State School

56A Queen St, Caloundra, QLD 4551
 ☎ (07) 5439 4200
 🌐 caloundrass.eq.edu.au

Chevallum State School

460 Chevallum Rd, Chevallum, QLD 4555
 ☎ (07) 5453 2333
 🌐 chevalluss.eq.edu.au

Conondale State School

Maleny-Kenilworth Rd, Conondale, QLD 4552
 ☎ (07) 5494 4571
 🌐 conondaleess.eq.edu.au

Coolum State School

School Rd, Coolum Beach, QLD 4573
 ☎ (07) 5471 9300
 🌐 coolumss.eq.edu.au

Cooran State School

31 James St, Cooran, QLD 4569
 ☎ (07) 5480 8333
 🌐 cooranss.eq.edu.au

Cooroy State School

Elm St, Cooroy, QLD 4563
 ☎ (07) 5472 2100
 🌐 cooroyss.eq.edu.au

Currimundi State School

17 Buderim St, Currimundi, QLD 4551
 ☎ (07) 5436 6888
 🌐 currimunsss.eq.edu.au

Delaneys Creek State School

Mount Mee Rd, Delaneys Creek, QLD 4514
 ☎ (07) 5434 6333
 🌐 delacreess.eq.edu.au

Elimbah State School

School Rd, Elimbah, QLD 4516
 ☎ (07) 5432 9343
 🌐 elimbahss.eq.edu.au

Eudlo State School

Rosebed St & Highlands Rd, Eudlo, QLD 4554
 ☎ (07) 5445 9343
 🌐 eudloss.eq.edu.au

Eumundi State School

122 Caplick Way, Eumundi, QLD 4562
 ☎ (07) 5472 6333
 🌐 eumundiss.eq.edu.au

Federal State School

1612 Bruce Highway, Pomona, QLD 4568
 ☎ (07) 5485 1343
 🌐 federalss.eq.edu.au

Glass House Mountains State School

Coonowrin Rd, Glass House Mountains, QLD 4518
 ☎ (07) 5439 3222
 🌐 glasshouseess.eq.edu.au

Glenview State School

6 Leeding Rd, Glenview, QLD 4553
 ☎ (07) 5439 6777
 🌐 glenviewss.eq.edu.au

Golden Beach State School

Gregory St, Golden Beach, QLD 4551
 ☎ (07) 5437 4333
 🌐 goldbeacss.eq.edu.au

Kandanga State School

84 Main St, Kandanga, QLD 4570
 ☎ (07) 5484 3267
 🌐 kandangass.eq.edu.au

Kenilworth State Community College

Maleny-Kenilworth Rd, Kenilworth, QLD 4574
 ☎ (07) 5446 0285
 🌐 kenilworthsc.eq.edu.au

Kin Kin State School

Main St, Kin Kin, QLD 4571
 ☎ (07) 5485 4168
 🌐 kinkinss.eq.edu.au

Kuluin State School

Tallow Wood Dr, Kuluin, QLD 4558
 ☎ (07) 5477 3777
 🌐 kuluinss.eq.edu.au

Landsborough State School

Gympie St N, Landsborough, QLD 4550
 ☎ (07) 5494 1053
 🌐 landsborss.eq.edu.au

Maleny State School

16 Bunya St, Maleny, QLD 4552
 ☎ (07) 5499 8333
 🌐 malenyss.eq.edu.au

Mapleton State School

Flaxton Dr, Mapleton QLD 4560
 ☎ (07) 5456 3333
 🌐 mapletonss.eq.edu.au

Maroochydhore State School

Primary School Ct, Maroochydhore, QLD 4558
 ☎ (07) 5475 1555
 🌐 maroochysss.eq.edu.au

Montville State School

Main St, Montville, QLD 4560
 ☎ (07) 5452 1333
 🌐 montvillss.eq.edu.au

Mooloolaba State School

Meta St & Douglas St, Mooloolaba, QLD 4557
 ☎ (07) 5457 7222
 🌐 mooloolbsss.eq.edu.au

Mooloolah State School

King Rd, Mooloolah Valley, QLD 4553
 ☎ (07) 5413 6333
 🌐 mooloolahsss.eq.edu.au

Mountain Creek State School

Lady Musgrave Dr, Mountain Creek, QLD 4557
 ☎ (07) 5452 3444
 🌐 mtncreeksss.eq.edu.au

Nambour State School

Coronation Ave, Nambour, QLD 4560
 ☎ (07) 5459 0333
 🌐 namboursss.qld.edu.au

Noosaville State School

75 Beckmans Rd, Noosaville, QLD 4566
 ☎ (07) 5440 3222
 🌐 noosavillless.eq.edu.au

North Arm State School

Fairhill Rd, North Arm, QLD 4561
 ☎ (07) 5472 9888
 🌐 ntharmsss.eq.edu.au

Pacific Paradise State School

14-24 Menzies Dr, Pacific Paradise, QLD 4564
 ☎ (07) 5457 2333
 🌐 paciparass.eq.edu.au

Palmwoods State School

Palmwoods-Montville Rd, Palmwoods, QLD 4555
 ☎ (07) 5453 2444
 🌐 palmwoodsss.eq.edu.au

Peachester State School

966 Peachester Rd, Peachester QLD 4519
 ☎ (07) 5439 5111
 🌐 peachestsss.eq.edu.au

Peregian Springs State School

191 The Avenue, Peregian Springs, QLD 4573
 ☎ (07) 5351 2222
 🌐 peregianspringsss.eq.edu.au

Pomona State School

74 Station Rd, Pomona, QLD 4568
 ☎ (07) 5480 8222
 🌐 pomonass.eq.edu.au

Sunshine Beach State School

David Low Way, Sunshine Beach, QLD 4567
 ☎ (07) 5474 6333
 🌐 sunshinebeachsss.eq.edu.au

Talara Primary College

Talara St, Currimundi, QLD 4551
 ☎ (07) 5438 3777
 🌐 talacolsss.eq.edu.au



Tewantin State School

Werin St, Tewantin, QLD 4565
 ☎ (07) 5447 1844
 🌐 tewantinss.eq.edu.au

Wamuran State School

1066-1086 D'Aguilar Hwy, Wamuran, QLD 4512
 ☎ (07) 5429 9444
 🌐 wamuranss.eq.edu.au

Woodford State School

171 Archer St, Woodford, QLD 4514
 ☎ (07) 5422 5333
 🌐 woodfordsss.eq.edu.au

Woombye State School

95 Pine Grove Rd, Woombye, QLD 4559
 ☎ (07) 5442 1472
 🌐 woombyess.eq.edu.au

Yandina State School

School Rd, Yandina, QLD 4561
 ☎ (07) 5442 1472
 🌐 yandinass.eq.edu.au

Catholic Primary Schools

Our Lady of the Rosary Primary School

1 Kenmore Rd, Kenmore, QLD 4069
 ☎ (07) 3378 212
 🌐 olrkenmore.qld.edu.au

St Joseph's Primary School

177 Currie St, Nambour, QLD 4560
 ☎ (07) 5441 9222
 🌐 stjosephsnambour.qld.edu.au

St Thomas More Catholic Primary School

Ben Lexcen Dr, Sunshine Beach, QLD 4567
 ☎ (07) 5449 2022
 🌐 stmsunshine.qld.edu.au

Siena Catholic Primary School

58 Sippy Downs Dr, Sippy Downs, QLD 4556
 ☎ (07) 5445 3399
 🌐 sienaprimary.qld.edu.au

Stella Maris Catholic Primary School

McKenzie Dr, Maroochydhore, QLD 4558
 ☎ (07) 5409 8900
 🌐 stellamaris.qld.edu.au

Unity College

47 Lomond Cres, Caloundra West, QLD 4551
 ☎ (07) 5490 5777
 🌐 uc.qld.edu.au

Independent Primary Schools

Agnew School

281 Windsor Rd, Burnside, QLD 4560
 ☎ (07) 3859 3350
 🌐 agnew.com.au

Ananda Marga River School

251 Bridge Creek Rd, Maleny, QLD 4552
 ☎ (07) 5499 9359
 🌐 amriverschool.org

Blackall Range Independent School

Nambour-Mapleton Rd, Kureelipa, QLD 4560
 ☎ (07) 5441 5227
 🌐 brschool.com.au

Caloundra Christian College

7 Gregory Pl, Caloundra, QLD 4551
 ☎ (07) 5436 6777
 🌐 calcc.qld.edu.au

Caloundra City Private School

Pelican Waters Blvd, Caloundra, QLD 4551
 ☎ (07) 5437 5800
 🌐 ccps.qld.edu.au

Coolum Beach Christian College

2 Arcoona Rd, Yandina Creek, QLD 4561
 ☎ (07) 5446 4780
 🌐 cbcc.qld.edu.au

Glasshouse Christian College

58 Roberts Rd, Beerwah, QLD 4519
 ☎ (07) 5439 0033
 🌐 glasshouse.qld.edu.au

Good Shepherd Lutheran College

115 Eumundi Rd, Noosaville, QLD 4566
 ☎ (07) 5449 8600
 🌐 gsic.qld.edu.au

Immanuel Lutheran College

126-142 Wisers Rd, Buderim, QLD 4556
 ☎ (07) 5477 3444
 🌐 immanuel.qld.edu.au

Matthew Flinders Anglican College

1-47 Stringybark Rd, Buderim, QLD 4556
 ☎ (07) 5477 3200
 🌐 mfac.edu.au

Montessori International College

880 Maroochydhore Rd, Forest Glen, QLD 4556
 ☎ (07) 5442 3807
 🌐 montessori.qld.edu.au

Nambour Christian College

2 McKenzie Rd, Woombye, QLD 4559
 ☎ (07) 5451 3333
 🌐 ncc.qld.edu.au

Noosa Christian College

20 Cooroy Belli Creek Rd, Cooroy, QLD 4563
 ☎ (07) 5447 7808
 🌐 noosacc.qld.edu.au

Noosa Pengari Steiner School

86 Nyell Rd, Doonan, QLD 4562
 ☎ (07) 5471 0199
 🌐 noosasteiner.qld.edu.au

Pacific Lutheran College

Woodlands Blvd, Meridan Plains, QLD 4551
 ☎ (07) 5437 8975
 🌐 pacificlutheran.qld.edu.au

Peregian Beach College

Old Emu Mountain Rd, Peregian Beach, QLD 4573
 ☎ (07) 5448 1722
 🌐 pbc.qld.edu.au

St Andrew's Anglican College

40 Peregian Springs Dr, Peregian Springs
 ☎ (07) 5471 5555
 🌐 saac.qld.edu.au

Suncoast Christian College

Schubert & Kiel Mtn Rd, Woombye, QLD 4559
 ☎ (07) 5451 3600
 🌐 suncoastcc.qld.edu.au

Sunshine Coast Grammar School

372 Mons Rd, Forest Glen, QLD 4556
 ☎ (07) 5445 4444
 🌐 scgs.qld.edu.au



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MATURE STUDY EXPERIENCE

AMANDA FIEDLER



FROM THE SUNSHINE COAST, AUSTRALIA
Studying Bachelor of Creative Industries

Returning to any form of study after a few years off can be a challenge. Throw in kids, work and everything else, and it can be overwhelming.

Returning to university after years has been an exciting, and sometimes daunting, task. Absorbing new information has come easily to me, remembering how to write academically and structure an essay, not so much.

Being a mature age student does have its advantages. Years of scheduling for others means I am a mean timetabler for readings and assignments (I even invent words!). I don't always follow my own schedule, (read: kids, work, partner....) but it does outline what needs doing and when, so I'm never too far behind. This is crucial lesson one - know what's due, when, and how much of the grade it's worth.

Before semester started I attended an Academic Skills workshop to get me back in the groove. This was the best thing I could have done. I was given great tips on how to take notes, focus my time and lots of other bits of study goodness.

Another benefit of being older (and yes I am comfortable with that) is I have a great support network to help me along. So often this is overlooked as a key to being successful, yet it has been proven time and again, that support from friends, family, or from wherever it comes, is vital to doing well. That's crucial lesson two - you are not alone, so don't be afraid to ask for help along the way. It's when you don't ask that things get hectic.

I love learning and putting new bits of information into my head. Being at university is giving me the chance to be more than I



AMANDA FIEDLER
USC Student

“ There are a whole host of support options available for new and old students, and I have been impressed with how helpful all the staff have been at USC.

currently am. I don't have a definite goal in mind, but I plan on enjoying the journey and taking as much from the experience as I possibly can. This time around I'm studying for me. Not because I have to, or because it's expected of me. I'm interested to see where this path goes simply because it's fun to be here. Isn't that the point of education?

P.S. Did I mention my uni has kangaroos!!!

Amanda Fiedler
Study Sunshine Coast Student Ambassador

SECONDARY SCHOOLS

ON THE SUNSHINE COAST

Public High Schools

Beerwah State High School
35 Roberts Rd, Beerwah, QLD 4519
☎ (07) 5436 5333
🌐 beerwahshs.eq.edu.au

Burnside State High School
51 Blaxland Rd, Burnside, QLD 4560
☎ (07) 5441 0888
🌐 burnsideshs.eq.edu.au

Caloundra State High School
88 Queen St, Caloundra, QLD 4551
☎ (07) 5436 8444
🌐 caloundrashs.eq.edu.au

With over 50 years of education, Caloundra State High School proudly reflects on generations of students who have benefited from their quality approach to education, and have moved forward to broad horizons and bright futures. It is a traditional yet future orientated school where individual student growth and personal achievements are celebrated alongside academic success - students are their number one priority.

Chancellor State College
164 Sippy Downs Dr, Sippy Downs, QLD 4556
☎ (07) 5453 3222
🌐 chancellorsc.eq.edu.au

Coolum State High School
Havana Rd, East Coolum Beach, QLD 4573
☎ (07) 5471 5333
🌐 coolumshs.eq.edu.au

Kawana Waters State College
Sportsmans Prde, Bokarina, QLD 4575
☎ (07) 5436 9388
🌐 kawanawaterssc.eq.edu.au

Maleny State High School
50 Bunya St, Maleny, QLD 4552
☎ (07) 5499 8111
🌐 malenyshs.eq.edu.au

Maroochydore State High School
Maroochydore Rd, Maroochydore, QLD 4558
☎ (07) 5409 7333
🌐 maroochyshs.eq.edu.au

Mary Valley State College
15 Edward St, Imbil, QLD 4570
☎ (07) 5488 5333
🌐 maryvalleystc.eq.edu.au

Meridan State College
214 Parklands Blvd, Meridan Plains, QLD 4551
☎ (07) 5490 2666
🌐 meridansc.eq.edu.au

Mountain Creek State High School
Lady Musgrave Dr, Mountain Creek, QLD 4557
☎ (07) 5457 8333
🌐 mtncreekshs.eq.edu.au

Nambour State High School
1 Carroll St, Nambour, QLD 4560
☎ (07) 5450 4111
🌐 namboursc.eq.edu.au

Noosa District State High School
Tulip Street, Cooroy, QLD 4563
☎ (07) 5472 2222
🌐 noosadistrictshs.eq.edu.au

Sunshine Beach State High School
45 Ben Lexcen Dr, Sunshine Beach, QLD 4567
☎ (07) 5440 4222
🌐 sunshinebeachhigh.eq.edu.au

Other Secondary Schools

Currimundi Special School
2 Buderim St, Dicky Beach, QLD 4551
☎ (07) 5491 0222
🌐 currimunspecs.eq.edu.au

Nambour Special School
70 Windsor Rd, Burnside, QLD 4560
☎ (07) 5444 9333
🌐 nambourspecs.eq.edu.au

Catholic Secondary Schools

St John's College
Perwillowen Rd, Nambour, QLD 4560
☎ (07) 5441 5666
🌐 stjohns.qld.edu.au

St Teresa's Catholic College
Sea Eagle Dr, Noosaville, QLD 4566
☎ (07) 5474 0022
🌐 stteresa.qld.edu.au

Siena Catholic College
60 Sippy Downs Dr, Sippy Downs, QLD 4556
☎ (07) 5476 6100
🌐 siena.qld.edu.au

Unity College
47 Lomond Cres, Caloundra West, QLD 4551
☎ (07) 5490 5777
🌐 uc.qld.edu.au

Independent Secondary Schools

Agnew School
281 Windsor Rd, Burnside, QLD 4560
☎ (07) 3859 3350
🌐 agnew.com.au

Ananda Marga River School
251 Bridge Creek Rd, Maleny, QLD 4552
☎ (07) 5499 9359
🌐 amriverschool.org

Blackall Range Independent School
Nambour-Mapleton Rd, Kureelapa, QLD 4560
☎ (07) 5441 5227
🌐 brschool.com.au

Caloundra Christian College
7 Gregson Pl, Caloundra, QLD 4551
☎ (07) 5436 6777
🌐 calcc.qld.edu.au

Caloundra City Private School
Pelican Waters Blvd, Caloundra, QLD 4551
☎ (07) 5437 5800
🌐 ccps.qld.edu.au

Coolum Beach Christian College
2 Arcoona Rd, Yandina Creek, QLD 4561
☎ (07) 5446 4780
🌐 cbcc.qld.edu.au

Glasshouse Christian College
58 Roberts Rd, Beerwah, QLD 4519
☎ (07) 5439 0033
🌐 glasshouse.qld.edu.au

Good Shepherd Lutheran College
115 Eumundi Rd, Noosaville, QLD 4566
☎ (07) 5449 8600
🌐 gslc.qld.edu.au

Immanuel Lutheran College
126-142 Wises Rd, Buderim, QLD 4556
☎ (07) 5477 3444
🌐 immanuel.qld.edu.au

Matthew Flinders Anglican College
1-47 Stringybark Rd, Buderim, QLD 4556
☎ (07) 5477 3200
🌐 mfac.edu.au

Montessori International College
880 Maroochydore Rd, Forest Glen, QLD 4556
☎ (07) 5442 3807
🌐 montessori.qld.edu.au

Nambour Christian College
2 McKenzie Rd, Woombye, QLD 4559
☎ (07) 5451 3333
🌐 ncc.qld.edu.au

Nambour Christian College is one of the Sunshine Coast's leading independent schools offering excellence in Christian education from 15 months of age to Year 12. Achievements in academics, sport, instrumental music and performing arts have gained Nambour Christian College a reputation as an exceptional school for the last 37 years.

Noosa Christian College
20 Cooroy Belli Creek Rd, Cooroy, QLD 4563
☎ (07) 5447 7808
🌐 noosacc.qld.edu.au

Noosa Pengari Steiner School
86 Nyell Rd, Doonan, QLD 4562
☎ (07) 5471 0199
🌐 noosasteiner.qld.edu.au

Pacific Lutheran College
Woodlands Blvd, Meridan Plains, QLD 4551
☎ (07) 5437 8975
🌐 pacificlutheran.qld.edu.au

Peregian Beach College
Old Emu Mountain Rd, Peregian Beach, QLD 4573
☎ (07) 5448 1722
🌐 pbc.qld.edu.au

St Andrew's Anglican College
Peregian Springs Dr, Peregian Springs, QLD 4573
☎ (07) 5471 5555
🌐 saac.qld.edu.au

Suncoast Christian College
Schubert & Kiel Mtn Rd, Woombye, QLD 4559
☎ (07) 5451 3600
🌐 suncoastcc.qld.edu.au

Sunshine Coast Grammar School
372 Mons Rd, Forest Glen, QLD 4556
☎ (07) 5445 4444
🌐 scgs.qld.edu.au

PREPPING FOR YOUR CAREER

- When choosing subjects pick those that you both like and are good at.
- Attend career expos such as Future Careers Expo which educate students on a range of career pathways and new predicted careers for the future.
- Try work experience to see if you like the career path you are choosing.
- Attend seminars and workshops held by USC and TAFE Queensland.
- Talk to your teachers and ask their advice on what they think you would be good at.

STUDENT STUDY TIPS

ELSIE LEY

 FROM GLEN INNES, AUSTRALIA
Studying Bachelor of Nursing Science/Bachelor of Midwifery

I'm not a HD student for every piece of assessment unfortunately, but I have received a few HD's for assessments in my time at university, and just got a fancy letter telling me that I received a HD overall for my favourite class last semester – hooray!

I did also receive a Band 6 (> 90%) in High School for Ancient History in my end of High School exams (HSC). So I'm not saying I'm an expert in how to get perfect results at university, but this is what I do to achieve the best marks possible.

01. Go To Class

I know these days you can watch most of your lectures online but not many tutorials are posted online so make a hard-core effort to get to your tutorials people! I don't understand people who pay thousands of dollars a semester to attend university, but never go? Maybe those people are smarter than me and already know everything? Who knows. Tutorials also give you that more in-depth one on one time with your tutors to get the best information and support.

02. Write Notes

I'm the Queen of note taking and study card making! I learn best from making study cards. For my upcoming Pathophysiology exam, I've written notes on every chapter of pre-readings, lecture material and lab material. It's so much writing and I've just spent the entire first day of study week at the library writing notes on just ONE weeks' worth, but in my experience – no one does well if you don't take notes. Study cards are the best idea as well! You can use them as quick references when reviewing and it's often easier to read smaller study cards than a big long A4 page of notes.

03. Do Your Pre-Readings

Although this semester I've had less time than

what I usually like to do such a thing, the past 4 semesters I have read every reading given to me – without fail. I mean I'm not paying \$3000+/semester for nothing, right? It's where you learn stuff – like things you'll need to know to become who you want to be!

04. Make A Big Effort With Assignments

Especially if you have an end of semester exam. Learn how to reference (properly!) and you will not regret it! Personally, I think these things they call assignments are way easier than 2 hour exams.

The more marks you gain you can check over for the next 2 days or stuff you can get other people to look over to help you, the more marks you'll get and the less stress you'll be under come exam time when it's your last chance to get these all important marks.

05. Chill The Heck Out

I recently received some not so good marks for an assessment piece which really stressed me out. I'm a high achiever, always have been, always will be – so this threw me a little bit. I had another assessment coming up not long after I received those marks so I was under more pressure than usual to perform. After a 'little' meltdown, I treated myself to a cup of tea and ate some chocolate.

So, I advise the same for anyone else who feels a little overwhelmed and stressed. You've got to keep your head in the game (thanks Zac Efron, throwing it back to those High School Musical days) – so relax. Take a half a day off, go get some delicious food for dinner, watch a movie, go for a walk – whatever chills you out. You won't do well if you spend the whole-time stressing!

06. Don't Forget A Pencil

First year, first ever uni exam I forgot the only requirement for a multiple-choice exam – a pencil. You'll most likely need it, probably



ELSIE LEY
USC Student

“ So I'm not saying I'm an expert in how to get perfect results at university, but this is what I do to achieve the best marks possible.

bring an eraser too! Better to be over prepared than under prepared. Don't forget to check over your paper as well! I always do and make sure I do it thoroughly – I'm convinced the papers are designed sometimes to subtly help you out with previous answers so reading over your answers can actually help.

I hope this helps all my fellow students! May the odds be ever in your favour (queue Katniss Everdeen confidence pose).

“I'm a greater believer in luck, and I find the harder I work the more I have of it”

- Thomas Jefferson

Elsie Ley

Study Sunshine Coast Student Ambassador



EDUCATION & TRAINING

ORGANISATIONS ON THE SUNSHINE COAST

University Education

University of the Sunshine Coast

90 Sippy Downs Dr, Sippy Downs, QLD 4556
 ☎ (07) 5430 1234
 🌐 usc.edu.au

The University of the Sunshine Coast (USC) is rated one of Australia's best universities for overall student experience and offers more than 120 undergraduate and postgraduate study programs in business, IT and tourism; creative industries, design and communication; education, engineering, planning and science; health, nursing and sport sciences; humanities, psychology and social sciences; and law and criminology. USC's approach to learning is hands on, and all programs include work experience, internships and practical industry-based projects. Plus USC has a family of kangaroos that live on campus!

CQUNIVERSITY

90 Goodchap Street, Noosaville, QLD 4566
 ☎ (07) 5440 7000
 🌐 cqu.edu.au

Vocational Training & Education (TAFE)

TAFE Queensland - Mooloolaba

Lady Musgrave Dr, Mountain Creek, QLD 4557
 ☎ 1300 656 188
 🌐 tafeeastcoast.edu.au

TAFE Queensland can give you a nationally-accredited qualification that is designed with your goals in mind and is matched to the future of work.

If you're looking for a study option to take you in the right direction, look no further than TAFE Queensland. The courses provide practical hands-on training, the chance to work on real-world projects and the support of industry-leading teaching staff, giving you the skills to get you ahead

With flexible learning and payment options and the extensive campus network will help you develop a project plan that fits into your lifestyle.

TAFE Queensland - Maroochydore

170 Horton Parade, Maroochydore, QLD 4558
 ☎ 1300 656 188
 🌐 tafeeastcoast.edu.au

TAFE Queensland - Nambour

91 Windsor Road, Nambour, QLD 4560
 ☎ 1300 656 188
 🌐 tafeeastcoast.edu.au

Registered Training Organisations (RTOs)

Airways Aviation

12 Pathfinder Drive, Caloundra, QLD 4551
 ☎ (07) 5491 8588
 🌐 airwaysaviation.com

Allens Training - Sunshine Coast

8/10 Capital Pl, Birtinya QLD 4575
 ☎ (07) 5438 8888
 🌐 allensfirstaid.com.au

Allens Training - Noosa

37 Mary St, Noosaville QLD 4566
 ☎ (07) 5438 8888
 🌐 noosafirstaid.com.au

Aminya Natural Therapies Academy

926 David Low Way, Sunshine Coast QLD 4561
 ☎ (07) 5450 5077
 🌐 aminyaacademy.com.au

Assist First Aid

12/21 Nicklin Way, Minyama QLD 4575
 ☎ (07) 5444 4171
 🌐 assistfirstaid.com.au

Australian Institute of Fitness

1/55 Maroochy Blvd, Maroochydore QLD 4555
 ☎ 1300 462 478
 🌐 aipt.edu.au

Australian Institute of Massage

16 Ocean St, Maroochydore QLD 4558
 ☎ 1300 880 885
 🌐 studymassage.com.au

Australian Institute of Professional Counsellors Pty Ltd (AIPC)

19 Monks Crescent, Buderim QLD 4556
 ☎ (07) 5476 5200
 🌐 aipc.net.au

Ballinger Training and Consultancy

6/2 Melaleuca St, Kuluin QLD 4558
 ☎ (07) 5476 8250
 🌐 ballinger.edu.au

Becker Helicopter Services Pty Ltd

7 Friendship Ave, Mudjimba QLD 4564
 ☎ (07) 5448 9888
 🌐 beckerhelicopters.com

Beauty House Academy

110 Sugar Rd N, Alex Headlands QLD 4558
 ☎ 1300 462 328
 🌐 beautyhouse.qld.edu.au

Caloundra Christian College

7 Gregson Place, Caloundra QLD 4551
 ☎ (07) 5436 6777
 🌐 calcc.qld.edu.au

CSB Training Institute

Suite 18, Cnr Millwell Rd and Evans Rd, Maroochydore QLD 4558
 ☎ (07) 5479 4240
 🌐 N/A

Community Service Training and Development Centre

12/1 Newspaper Pl, Maroochydore QLD 4558
 ☎ 1300 300 384
 🌐 cstdc.com.au

Chamber of Commerce & Industry QLD

☎ 1300 731 988
 🌐 cciq.com.au

Chopperline Flight Training School

12 Pathfinder Drive Caloundra, QLD, 4551
 ☎ (07) 5491 8588
 🌐 chopperline.com

Cooloola Training and Counselling Service - Quest College

26/27 Evans St, Maroochydore QLD 4558
 ☎ (07) 5475 0020
 🌐 questcollege.com.au

Coolum Christian International College

Yandina-Coolum Rd, Coolum Beach QLD 4573
 ☎ (07) 5446 4263
 🌐 coolumcollege.org.au

Daisy Learning

5/7 Plaza Parade, Maroochydore QLD 4558
 ☎ 1300 722 355
 🌐 daisylearning.com.au

Demi International Beauty Academy

9/31-33 Plaza Pde, Maroochydore QLD 4558
 ☎ (07) 5390 6635
 🌐 demiinternational.com.au

Diversicare

6/43 Minchinton Street, Caloundra QLD 4551
 ☎ (07) 5491 9655
 🌐 diversicare.com.au

Gold Training

77 Mooloolaba Esp, Sunshine Coast QLD 4558
 ☎ (07) 3041 4071
 🌐 goldtraining.edu.au

Inspire Education

☎ 1800 506 509
 🌐 inspireeducation.net.au

International College of Esthetics

110 Sugar Rd, Maroochydore QLD 4558
 ☎ (07) 5443 2345
 🌐 tice.com.au

Jobs Australia Ltd

28 Eenie Creek Rd, Noosaville QLD 4566
 ☎ 1800 466 046
 🌐 jobcentreaustralia.com.au

Kath Dickson Institute of Early Childhood Studies

21 Ocean Street, Maroochydore QLD 4558
 ☎ 1300 336 345
 🌐 kdfc.com.au

The Kinesiology Academy

55 Netherton St, Nambour QLD 4560
 ☎ (07) 5476 3334
 🌐 kinesiologyacademy.com.au

Life Bridge

9/7 Plaza Parade, Maroochydore QLD 4558
 ☎ (07) 5451 0555
 🌐 lifebridge.com.au

Life Coaching Institute (Aust) Pty Ltd

7 Mariner Pl, Bokarina QLD 4575
 ☎ (07) 5493 7433
 🌐 lcia.com.au

Major Training & Recruitment

30/354 Mons Rd, Forest Glen QLD 4556
 ☎ (07) 3041 4071
 🌐 major.com.au

Men @ Work Training Solutions

10 Pike St, Kunda Park QLD 4556
 ☎ (07) 5477 1222
 🌐 maw.net.au

National First Aid Training Institute

18/1 Newspaper Pl, Maroochydore QLD 4558
 ☎ (07) 5443 1966
 🌐 nfti.edu.au

Parasol EMT

1/6 First Ave CALOUNDRA QLD 4551
 ☎ 1300 366 818
 🌐 parasol.edu.au

The Pines Training Centre

102 Buderim Pines Dr, Buderim QLD 4556
 ☎ (07) 5477 5070
 🌐 pinestraining.com.au

Property Training Qld

Eumundi QLD 4562
 ☎ (07) 5442 8640
 🌐 N/A

QLD College of Oriental Medicine & Clinic

71 Jillian Rd, Diamond Valley QLD 4553
 ☎ (07) 5494 7425
 🌐 orientalmedicine.com.au

Rapid Response First Aid

122 King St, Buderim QLD 4556
 ☎ 0431 641 497
 🌐 first-aid-courses.com.au

The Real Estate Institute of QLD Ltd

37 Dalton Drive, Maroochydore QLD 4558
 ☎ (07) 5479 6272
 🌐 reiq.com

Royal College of Healthcare

Caboolture & Kawana
 ☎ (07) 3157 1798
 🌐 royalcollege.edu.au

Serve-Safe Food Hygiene Training Services Pty Ltd.

☎ (07) 5444 3779
 🌐 servesafefood.com.au

Skill Centred Queensland Inc.

19 First Ave, Maroochydore QLD 4558
 ☎ (07) 5443 7444
 🌐 skillcentred.com.au

Skill Centred Queensland Inc.

28 Eenie Creek Rd, Noosaville QLD 4556
 ☎ (07) 5430 6200
 🌐 skillcentred.com.au

Solutions 4 Learning

22 National Park Rd, Nambour QLD 4560
 ☎ (07) 5476 2511
 🌐 solutions4learning.com.au

Calvary Leadership College

212 Crosby Hill Rd, Buderim, Q. 4556
 ☎ (07) 5453 9000
 🌐 ac.edu.au

Sutherland Training

28/27 Evans St, Maroochydore QLD 4558
 ☎ (07) 5451 1737
 🌐 sutherlandtraining.com.au

STEPS Education & Training

9 George Street Caloundra Queensland 4551
 ☎ (07) 5436 6000
 🌐 stepsgroup.com.au

Sun Coast Training and Accreditation

219 Forestry Rd, Landsborough QLD 4550
 ☎ (07) 5494 8924
 🌐 siteskillstraining.com.au

Target Training

2/64 Sugar Rd, Maroochydore QLD 4558
 ☎ (07) 5452 7722
 🌐 targettraining.com.au

Universal Education and Training

2 McKenzie Rd, Woombye QLD 4559
 ☎ 1300 660 809
 🌐 unet.org.au



UNIVERSITY SPOTLIGHT

UNIVERSITY OF THE SUNSHINE COAST

The University of the Sunshine Coast (USC) is one of Australia's fastest-growing regional universities, with flexible study options at a network of locations across coastal South East Queensland. USC's ambition is to have 20,000 students studying in its communities by 2020.

USC offers more than 120 undergraduate and postgraduate study programs in business, IT and tourism; creative industries, design and communication; education; engineering, planning and science; health, nursing and sport sciences; humanities, psychology and social sciences; and law and criminology.

USC is one of the world's top 150 young universities, and at just over 20 years of age has already established itself on the world stage. USC's reputation for research excellence is growing each year, and the latest Excellence in Research Australia rankings rated 14 USC research fields at or above world standard.

USC's approach to learning is hand on, with plenty of opportunities to engage with lecturers and fellow students on campus. All programs include work experience, internships and practical industry-based projects. Every student matters, which is why USC is rated one of Australia's top universities for overall student experience.

USC's flagship campus is located in the heart of the Sunshine Coast at Sippy Downs. The only full-service university campus on the Sunshine Coast, it includes some of the most advanced learning and visualisation facilities in Australia, including immersive education

environments, interactive learning technology and hands-on simulation labs.

The state-of-the-art Engineering Learning Hub (ELH) provides three cutting-edge visualisation facilities that offer a hybrid of 2D and 3D virtual reality techniques, which allow students to see and interact with complex data in ways that accelerate and deepen the learning experience. The ELH includes the CAVE2™, which provides a seamless 320-degree, immersive virtual reality environment, and is the only facility of its kind used for teaching and learning in the world.

The modern High Performance Sport Precinct is home to Australian Olympic and Paralympic swimming squads and the Sunshine Coast Lightning national netball team. The precinct includes the A\$15 million, 2000-seat indoor Sports Stadium, an Olympic-standard heated pool, gym, athletics track and leading sports science labs.

Other campus facilities include:

- USC's Innovation Centre, where students and staff promote innovation and outreach to business and industry through technology diffusion and engagement with research and development activities
- An award winning library and art gallery
- Shops and cafes
- University clubs and student organisations

USC is proud to have some of Australia's greenest and most sustainable university campuses. USC Sunshine Coast is a wildlife reserve, and is home to hundreds of species of native animals, including a family of

kangaroos. The campus is spread over 1000 hectares adjoining the Mooloolah River National Park and all buildings on environmentally sustainable design (ESD) to suit the Sunshine Coast's subtropical climate.

USC is currently working towards the opening of a new flagship Moreton Bay campus at Petrie, 45 minutes' drive south of USC Sunshine Coast and 25 minutes' drive north of the Brisbane CBD.

Set to open in 2020, the new campus will offer a full range of undergraduate and postgraduate programs, and will grow to 10,000 students in its first decade.

USC also has specialist research and teaching sites at the Sunshine Coast Mind and Neuroscience - Thompson Institute and the Sunshine Coast Health Institute at the Sunshine Coast University Hospital. With the recent opening of these and other major infrastructure projects, USC will continue to be a catalyst for significant economic development and employment growth in the Sunshine Coast region.

HOW TO CHOOSE THE BEST DEGREE FOR YOU

- Think about what interests you and also what you are good at.
- Visit: www.studysunshinecoast.com.au to review education and training organisations on the Sunshine Coast.
- Take a look at: www.usc.edu.au/learn and look at the types of study areas available at USC
- Review the program type and level and see what best suits you.
- Research the types of jobs you can get from that degree and understand what is involved in that type of job.

Get in touch with USC: www.usc.edu.au or enquire at www.studysunshinecoast.com.au

[CLICK FOR MORE](#)

ENGLISH LANGUAGE

ELICOS PROVIDERS ON THE SUNSHINE COAST

English Language Schools are in abundance on the Sunshine Coast. Whether a student is looking to come and study English as a second language or would like to learn a new trade or occupational skill, the Sunshine Coast has plenty of options for you to consider.

[CLICK FOR MORE](#)



Lexis English

Whether it's a student's aim to gain a prestigious Cambridge qualification, to reach a high IELTS score, to progress to study or just to brush up on English language skills, the Lexis English courses and teaching staff have the full suite of adult courses and resources available.

At Lexis English students are assisted with finding accommodation, making friends and discovering the beauties of the Sunshine Coast.

☎ (07) 5479 2272

🌐 lexisenglish.com

University of the Sunshine Coast

USC's English for Academic Purposes (EAP) programs meets English language requirements to study for most undergraduate or postgraduate degrees.

USC offers NEAS accredited programs which are taught by experienced TESOL-qualified English language teachers on the Sunshine Coast campus.

USC offers three levels of English for Academic Purposes programs, from intermediate to advanced.

☎ (07) 5430 1234

🌐 usc.edu.au

TAFE Queensland

TAFE's English Language Programs have been developed to offer condensed yet comprehensive courses to improve English language skills. TAFE offers six levels of programs, from elementary to advanced English for Academic Purposes (EAP) as well as International English Language Testing System (IELTS) test preparation.

All levels equate with the Common European Framework (CEF) to ensure results are internationally viable as well as providing direct access pathways into TAFE Queensland courses.

☎ 1300 656 188

🌐 tafeeastcoast.edu.au

A SURVIVAL GUIDE TO STUDYING

AILEEN MOORE

 FROM GLASGOW, SCOTLAND
Studying Dual Diploma Events/Travel and Tourism

In 2013 I undertook my very first study experience at TAFE Queensland studying my Cert 3 in Tourism and Travel. I had just turned 18 and was finding it difficult to manage study, work, a party life and a social life. Thankfully the course only took me 6 months and before I knew it, I was finished.

Two years later I decided to go back to TAFE and get my double diploma in Events and Tourism, this time I knew I was in for the long run, it was time to do some serious research and planning. One year later and now I'm starting my degree at the University of the Sunshine Coast. Below are just some little things/tips that slowly help me keep my sanity through studying and make life a little easier.

01. Top Life Hacks

- Get Free WiFi whenever it is humanly possible
- Write assessments in Times New Roman (it's considered the fastest font to read)
- Take advantage of free things and discounts
- If it has a longer shelf life than normal try to stay away from it
- Embrace every chance you have to take a nap
- During Semester breaks and holidays get up and go somewhere
- Eat chocolate while studying, it will help the brain retain new information more easily, and has been linked to higher test scores (Not even lying!)
- Eat regular meals - Try to not have sleep for dinner

02. How To Keep Your Sanity

- **Netflix:** Get your comfy pants on, grab some Ben and Jerry's and binge watch your favourite TV show
- **Spotify:** If you're a broke student (like most of us) download the free version and deal with the ads, totally worth it.
- **Amazon:** They even do a free 6-month trial!



AILEEN MOORE
TAFE Queensland Student

“ I knew I was in for the long run, it was time to do some serious research and planning! **”**

03. Life Saving Snacks

A bowl of heaven

1. Spray a bowl with non-stick cooking spray
2. Pour your favorite cereal in
3. Add mini marshmallows (not a must but HIGHLY recommended)
4. Mix everything around
5. Microwave for 30 seconds (just trust me)
6. Mix again and drizzle some nutella - Enjoy

Oreo Popcorn (Thank me later)

1. Microwave whatever popcorn you choose
 2. Crush up some (the limit does not exist) Oreo Cookies
 3. Melt white chocolate
 4. Mix everything together
 5. Eat and make a second bowl.
- Hope these help other people as much as they've helped me.

Aileen More

Study Sunshine Coast Student Ambassador



CLICK TO PLAY

LIVING

ON THE SUNSHINE COAST

The beautiful Sunshine Coast has a vast range of accommodation to suit individual needs, wants and budgets. Types of accommodation suited for students studying on the Sunshine Coast include staying on campus, private rentals, flat sharing, home stay opportunities and group accommodation. Each accommodation type brings a new and exciting experience for students. Accommodation is conveniently located near education facilities, transport, shopping and health providers.

ACCOMMODATION

STUDENT ACCOMMODATION

Three fully furnished accommodation complexes are conveniently located next to the University of the Sunshine Coast. UniCentral, Varsity Apartments and The Village, are all linked by pathway to the Sunshine Coast campus, which is an easy three-minute walk. Public transport, local shopping centres and health providers are also within easy reach.



UniCentral Housing

Enjoy spacious Sunshine Coast student accommodation offering four large lockable bedrooms with double beds, private individual bathrooms, large study areas, two wardrobes, private telephone and Internet connection at the UniCentral student housing complex.

The common room areas include full laundry facilities - these facilities are free, fully equipped domestic kitchens, lounge and dining furniture and outdoor furniture in either a balcony or courtyard setting.

UniCentral's modern community facilities include; a 25 metre lap pool, flood-lit tennis/basketball court, recreation pavilion surrounded by verandas overlooking the swimming pool and tennis court includes a fully equipped games room including a LCD TV and Foxtel, comfy lounge and so much more a few minutes' walk to class. UniCentral is everything a Sunshine Coast Student Accommodation should be!

☎ (07) 5373 0000
🌐 unicentral.net.au

Varsity Apartments

Varsity Apartments can accommodate around 500 students within 5 minutes walk from the University of the Sunshine Coast.

The apartments all have four private bedrooms, with a large communal kitchen and living areas. Communal living areas include a balcony or patio.

Designed as a fun place to live and study, you have a lot of great facilities available. Lounge around the swimming pool, work out in the lap pool or exercise room, enjoy a game of beach volleyball, tennis, or basketball, or enjoy a BBQ meal.

Students can feel secure with Varsity Apartments having a large focus on security. You'll be issued with a photo ID card, and security patrols the complex after dark.

The apartments are purpose built as student accommodation. Varsity Apartments has considered your comfort, security, social lives, and study requirements. So what are you waiting for?

☎ (07) 5450 2000
🌐 varsityapartments.com.au

The Village

The Village Apartments offers a range of affordable student share accommodation suitable for singles, couples and small groups over 18 years. Modern 2-share and 3-share units are available, many with ensuite bathrooms and lock-up garages, and residential boarding houses provide a further alternative and are often sought by the more mature student.

Your home away from home at The Village Apartments includes a full kitchen and laundry facilities in every unit, 15GB High-speed wifi per person (monthly allowance - every room also has access point for cable connection), desk and study chair in every room, electricity and water included in rent, common/shared areas that are professionally cleaned every 2 weeks. Keep fit in the 25 metre lap pool or relax in one of the 2 resort style pools and make use of the 3 free electric BBQs, full size tennis court and basketball practice hoop and half court.

☎ (07) 5430 2500
🌐 thevillage.net.au



STUDENT RENTING ADVICE & TIPS

- Inspect the place before you pay \$'s and read the contract before you sign it.
- Pay rent on time and get receipts.
- Keep the place clean, tidy, undamaged and to the terms of your contract by knowing your rights and responsibilities.
- Get your bond refunded into your Australian bank account.

The Residential Tenancies Authority is a Queensland state government authority that helps make renting work for students by providing tenancy information and support, bond management, dispute resolution, investigation, and policy and education services.

Learn more at www.rta.qld.gov.au/student

ACCOMMODATION EXPERIENCE

KELSEY CHIPPENDALE



FROM BUNDABERG, AUSTRALIA
Studying Bachelor of Business (Marketing)

Moving away from home and starting a new life as a student can be a little daunting, and that is exactly what I did.

When considering moving to the Sunshine Coast from Bundaberg I first looked at my study options and then living arrangements was my second priority. I found when researching accommodation the Sunshine Coast had an array of options from three student accommodation complexes, private rentals, home stay and group accommodation.

For me my main priorities were living somewhere safe and secure, close to the university and a place to make friends. I found that the student accommodations were the best fit for me, with three different complexes to choose from.

The student accommodation staff were very helpful with helping students move in and getting settled. The staff also place students into either co-hort apartments or all-girl or all-boys apartments depending on student's preferences. I was placed in an all-girl apartment with two girls from country Roma and another girl from my home-town in Bundaberg.

Living with the three other girls gave me immediate friends and the support system I needed when moving away from home.

At UniCentral there were organised get-togethers, BBQ's and student trips that we could participate in for free, which was so fun. My favourite time of the semesters were Orientation Week (O-Week) where each night of the week there were themed parties!

With my student accommodation being a few minutes' walk from the university and sports stadium, I found it so easy getting between



KELSEY CHIPPENDALE
USC Student

“ I chose UniCentral from the student accommodation options and it was the best decision I made when moving to the Sunshine Coast!

classes and playing netball at the sports stadium. Grocery stores, doctors, dentists, food stores were also just a few minutes down the road which provided me with basically everything I needed!

I highly recommend student accommodation as it helped me make friends, study easily and have a really fun student lifestyle!

Kelsey Chippendale
University of the Sunshine Coast Student

ACCOMMODATION

OTHER ACCOMMODATION



Rental Accommodation

Many types of rental accommodation are available for students on the Sunshine Coast including houses, apartments, townhouses, villas or units which can be shared with fellow students. Don't forget to include in your budget costs for electricity, gas and water which you may need to pay in addition to your rent.

The two most popular sites where you can search for rental accommodation are:

- 📄 [realestate.com.au](https://www.realestate.com.au)
- 📄 [domain.com.au](https://www.domain.com.au)

Another option is to join a share house, these can be found on university community boards or you can search the following sites:

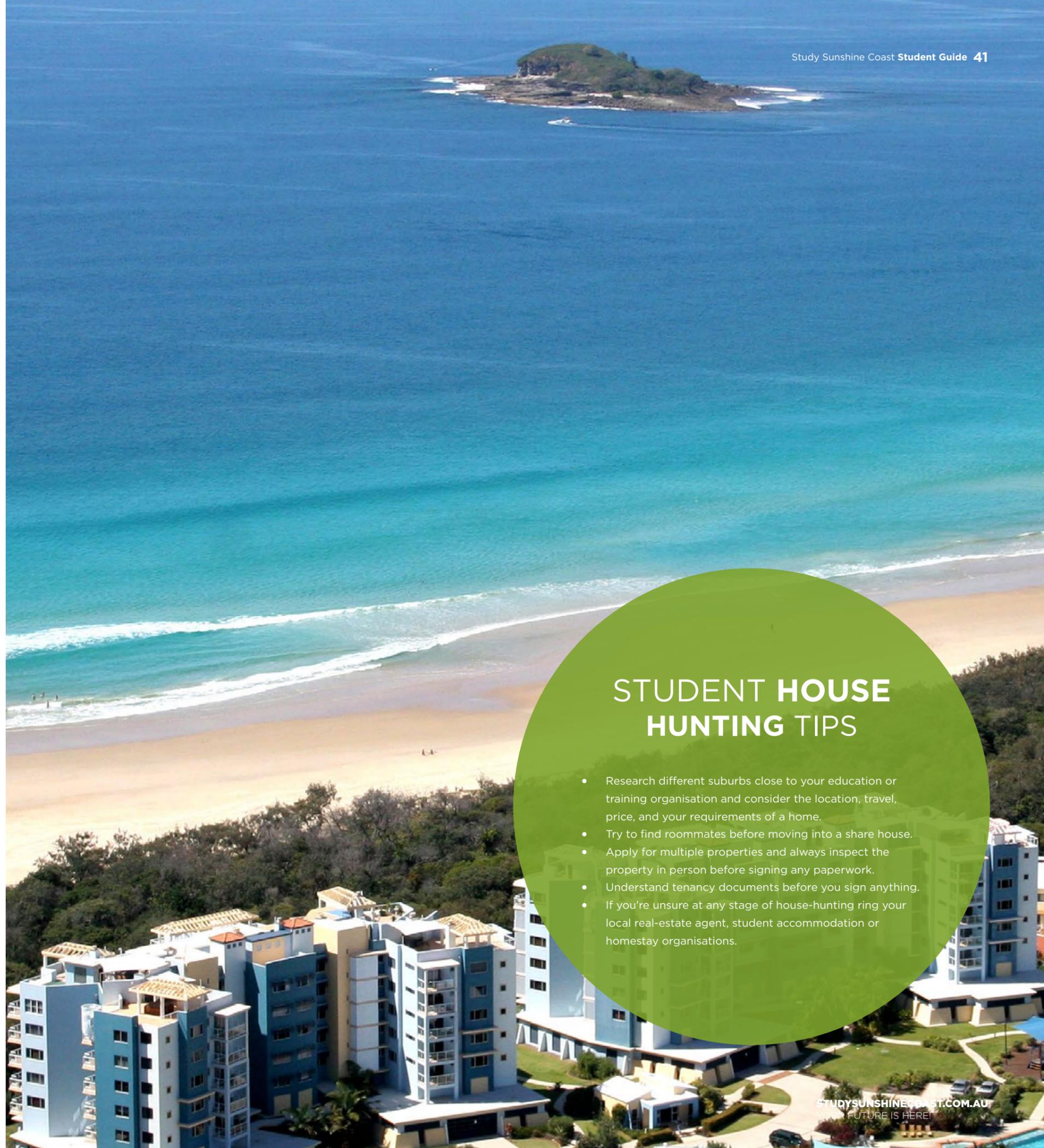
- 📄 [flatmates.com.au](https://www.flatmates.com.au)
- 📄 [realestate.com.au](https://www.realestate.com.au)
- 📄 [easyroommate.com](https://www.easyroommate.com)
- 📄 [sharehouses.com.au](https://www.sharehouses.com.au)

Homestay Opportunities

Homestay is highly recommended for students who are learning English during their stay. Living with an Australian family gives excellent insight into local culture, places to go and see and will help students speak English on a daily basis.

The University of the Sunshine Coast has teamed up with the Australian Homestay Network (AHN) to give students the best possible opportunity to be immersed into the local way of life.

- 📄 [homestaynetwork.org](https://www.homestaynetwork.org)



STUDENT HOUSE HUNTING TIPS

- Research different suburbs close to your education or training organisation and consider the location, travel, price, and your requirements of a home.
- Try to find roommates before moving into a share house.
- Apply for multiple properties and always inspect the property in person before signing any paperwork.
- Understand tenancy documents before you sign anything.
- If you're unsure at any stage of house-hunting ring your local real-estate agent, student accommodation or homestay organisations.

NEW STUDENT TIPS

ELVIS MUSANDU



FROM ZIMBABWE
Studying Master of Professional Accounting

When you first arrive on the Sunshine Coast or really anywhere in Australia it can be a daunting thing, especially if you are an international student.

Below I have listed a few tips of things you should first do when you arrive to make things a little easier for you!

01. Get Connected

You would be surprised how many people miss this part. While this is a no-brainer for most, make sure you visit your local phone shop to have your phone unlocked before you go. Once you get here, grab a prepaid SIM and remember to call your family back home to let them know that you travelled safe.

📄 telstra.com.au

02. Enrol Into College Or University

If you are International Student, you must have enrolled before you start your course. Please check your CoE (Confirmation of Enrolment), time table and other source of information about your course.

📄 usc.edu.au

03. Open An Australian Bank Account

Don't go frantic trying to sort everything out when you arrive. Many banks let you apply for your bank account from overseas and pick up your card once you arrive in Australia. The four major banks in Australia are Commonwealth, Westpac, ANZ and NAB. Pick your favourite and you're good to go.

📄 commbank.com.au

04. Apply For A Tax File Number (TFN)

All workers in Australia need to apply for a tax file number from the Australian Taxation Office (ATO). This number is crucial to get taxed a reasonable amount and usually ensures you pocket money back once you complete your tax return before you leave.

📄 ato.gov.au

05. Apply For A Go Card

A Go Card is TransLink's electronic ticket to fast, easy and convenient travel. You can use it



ELVIS MUSANDU
USC Student

“As an international student, it can be daunting arriving in a new country.

to travel on all TransLink bus, train (including Airtrain), ferry and tram services. The best part about the Go Card is it's cheaper than the cost of a paper ticket, convenient to manage, easy to top-up and use available for adults, children, concessions and seniors.

📄 translink.com.au

06. Accommodation Arrangement

If you do not have any friends or family members who would be willing to provide you with accommodation, organise temporary accommodation before you arrive. When you arrive and get settled in, look for more permanent accommodation using the Study Sunshine Coast website!

📄 studysunshinecoast.com.au

07. Identification

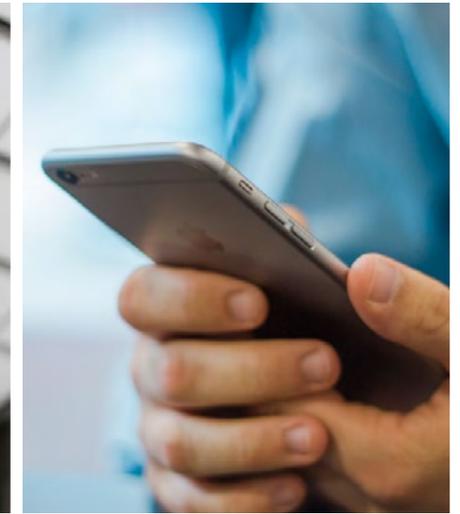
Oh and one weird but useful thing I now always do... remember to carry your ID with you, just in case you make new friends and decide to hit the clubs. No ID; No Entry.

Elvis Musandu

Study Sunshine Coast Student Ambassador

LIFE ON THE COAST

STUDENT RESOURCES



Sunshine Coast Health

The new Sunshine Coast University Hospital provides students some of the highest-quality health services available in Australia with doctors, pharmacies, dental clinics, physiotherapists and many other support services available on the Sunshine Coast when you need them.

health.qld.gov.au

International students studying on the Sunshine Coast on a student visa are required to take out health insurance known as Overseas Student Health Cover (OSHC) for the full period of their student visa. This insurance provides cover that assists international students meet the costs of any medical or hospital care they may need. For more information on Overseas Student Health Cover.

health.gov.au

OSHC does not cover secondary medical services such as dental, optical, physiotherapy or non-essential prescription medicines. Additional private health insurance will need to be purchased if these services are required.

privatehealth.gov.au

Wellbeing

The Sunshine Coast provides the ideal balance between study and maintaining an active lifestyle to ensure your health and wellbeing are looked after.

Sunshine Coast Council has launched an exciting new health and wellbeing initiative called 'Healthy Sunshine Coast'. A series of free or low cost group fitness activities available for students to participate in across the coast.

sunshinecoast.qld.gov.au

Swimming on the Sunshine Coast is a great way to keep fit and healthy all year round. Most of the beaches on the Sunshine Coast offer great swimming conditions, but remember to swim between the red and yellow flags. You can also find a list of Council swimming pools located across the Sunshine Coast at

sunshinecoast.qld.gov.au

Walking, riding and paddling are also great ways to get out and about with the Sunshine Coast presenting an abundance of pathways, tracks and trails for you to explore and enjoy.

sunshinecoast.qld.gov.au

Public Transport

Sunshine Coast Council has developed The Sunshine Coast Public Transport Guide which provides a quick overview about public transport choices on the Sunshine Coast, including a detailed map, trip-planning options, guided fare information and travel tips promoting exploration of the Sunshine Coast region.

Download a copy of the Sunshine Coast Public Transport guide below:

sunshinecoast.qld.gov.au

Sunshine Coast Safety

While the Sunshine Coast is an extremely safe region, as with anywhere you travel, you should always take steps to keep yourself away from potential danger. Lifesavers on our beaches will set up safe swimming areas for you indicated by red and yellow flags and the Queensland Police are friendly and helpful and will always assist you if you feel unsafe.

Crime Stoppers

Call Crime Stoppers on **1800 333 000** if you have any information on suspicious or criminal activities. Crime Stoppers Queensland is a registered charity and community volunteer organisation working in partnership with the Queensland Police Service.

Police Link

The Queensland Police Service encourages all persons who have been victim of a crime or witness a crime to contact police at their earliest opportunity. This can be done by phone, using online forms or visiting their local police station.

mypolice.qld.gov.au

000 Emergency

Call Triple Zero (000) if your life is in danger, there is a serious risk to your safety or property, or if a crime is happening now.

Banking

Accessing your money is one of the most important things you'll need to do on a regular basis.

There are four major banks in Australia: ANZ, Commonwealth Bank (CBA), National Australia Bank (NAB) and Westpac as well as some other local banks such as Bank of Queensland (BOQ) and Bendigo Bank.

Banks are generally open Monday to Thursdays 9:30am - 4pm and Friday 9:30am - 5pm and are closed on weekends and public holidays. Automatic Teller machines (ATM's) are widespread across the Sunshine Coast allowing you to withdraw your money 24-hours a day, 7-days a week.

anz.com.au
commbank.com.au
nab.com.au
westpac.com.au
boq.com.au
bendigobank.com.au

Mobile Phones

Staying connected with friends and family is important when you're living away from home. Setting up a mobile phone number is an easy way for family and the new friends you make on the Sunshine Coast to get in touch with you.

telstra.com.au
optus.com.au
vodafone.com.au

Free Wi-Fi

Sunshine Coast Council has expanded and improved its free Wi-Fi services with 145 access points now available at various locations such as:

- Alexandra Headland Surf Club
- Beerwah Library
- Caloundra Library
- Coolum Caravan Park
- Cotton Tree Caravan Park
- Kawana Library
- Kings Beach
- Maroochydore Beach Caravan Park
- Maroochydore Library
- Maroochydore Surf Club
- Mooloolaba Esplanade
- Nambour Library
- Sunshine Coast Airport

sunshinecoast.qld.gov.au

FINDING YOUR SQUAD

JOHN CAMERON



FROM PIGEON PONDS, AUSTRALIA
Studying Bachelor of Nutrition and Dietetics (Honours)

So you've just moved to the Sunshine Coast. First of all: congratulations! You are now part of a thriving lifestyle, with literally everything in your reach. Beaches, mountains, food, bars, you name it, it's here! But what's that I hear you ask? You want to share your good fortune with others, but you don't know anyone here?

Never fear my friend, I'll help you out. Here is a quick step-by-step starter pack to making friends on the Sunshine Coast!

01. Join A Group!

My fellow student ambassador Elsie Ley, joined the Street Angels to help those in need on troublesome nights out. She got to know heaps of people through the Street Angels, as well as some of the other groups that she joined. And that's exactly what you should do! Like rugby? Join your nearest rugby team and become part of the club. Into Quidditch? There is a local league at the university, which accepts any ability players. Maybe you like knitting? I'm sure there is a knitting group out there somewhere; the point is, take what you love doing, and go find others who also like it.

You're sure to make friends! You could also apply to be a Study Sunshine Coast Student Ambassador like me! I have made 8 new amazing friends through being a Student Ambassador and we get to go to all of these wonderful places together which is fantastic!

studysunshinecoast.com.au

02. Join A Local Surf Club

This one is similar to the first one, except with a bit of a difference. There are surf clubs everywhere on the Sunshine Coast, so finding one that suits you won't be a problem. Not only is it a great way to meet the locals who keep this community together, you get access to so many experiences that only these clubs can offer. And at the same time, if you become a lifeguard, what could be more satisfying than patrolling the beach on one of our glorious days, watching over avid swimmers whilst chatting away to your new friends/lifeguards?!

- alexsurfclub.com.au
- thesurfclub.com.au
- maroochysurfclub.com.au
- theurbanlist.com.au
- sunshinecoast-australia.com

03. Take Surfing Lessons

This is one I've done myself, and I've still got friends from the days of falling off the board into the sand! Surfing lessons are usually done in small groups, and there are heaps of different kinds of people who want to take surfing lessons. Plus, you get to learn how to surf at the same time. You're really hitting two birds with one stone; learning how to surf, as well as finding people to go and surf with later!

[XL Surfing Academy](http://xlurfingacademy.com.au)

04. Go to the Markets

Ocean Street has them, Kawana has them, Caloundra has them. Farmers markets, pop up markets, and any other type of market you can imagine are dotted around the coast throughout the week, as well as on special occasions. Take yourself along, not only to binge on some of the best food, and grab yourself some cool bargains, but the staff behind the stalls are pretty friendly. Get chatting about local produce with the owners, enquire about the secrets behind the kombucha they are selling, and ask how you can make a cronut at home, and a friendship will surely blossom!

- nightsonocean.com.au
- kawanawatersfarmersmarket.com.au
- caloundrastreetfair.com.au
- eumundimarkets.com.au
- sunshinecoast-australia.com

05. Check Out The Sunshine Coast Nightlife

Here is a good one! If you are a young person coming to live on the Sunshine Coast then going out on the town on a Friday or Saturday night will guarantee you bump into other like-minded people your age. There are two main spots around where I live that I like to go and that is Ocean Street and Mooloolaba. There is nothing better than forging a friendship over a



JOHN CAMERON
USC Student

“Congratulations! You are now part of a thriving lifestyle, with literally everything in your reach.”

midnight kebab so don't be afraid to say g'day to the person sitting next to you waiting for a taxi. If you see me around on a night out make sure you say hello and grab a selfie!

- nightsonocean.com.au
- mooloolabatourism.com.au
- solbar.com.au

06. Find Out Who Is Around You

So you've just moved to the Sunshine Coast for what? University? Work? Just starting school? Whatever your reasons for moving to this little slice of heaven, you're sure to be surrounded by a bunch of strangers in no time. Some people may see this as daunting, but you should see this as an opportunity! Why don't you engage with these people, and find out who they are? Make that first move and strike up a conversation. Chances are, they are probably wondering who you are and really want to get to know you!

John Cameron

Study Sunshine Coast Student Ambassador



MONEY MANAGEMENT

AVERAGE COST OF LIVING ON THE SUNSHINE COAST

RENTAL COST

Bedrooms	Type	Sippy Downs, Buderim, Mountain Creek, Mooloolaba	Maroochydore, Cotton Tree, Alexandra Headland	Brightwater, Kawana, Birtinya, Warrana
1	Townhouse	\$390	\$235	\$370
	Flat/Unit	\$360	\$250	\$330
	House	\$350	\$250	\$350
2	Townhouse	\$420	\$360	\$425
	Flat/Unit	\$350	\$370	\$420
	House	\$390	\$360	\$370
3	Townhouse	\$450	\$420	\$510
	Flat/Unit	\$425	\$420	\$455
	House	\$465	\$470	\$460
4	Townhouse	\$495	\$550	\$585
	Flat/Unit	\$470	\$560	\$550
	House	\$520	\$560	\$550

[CLICK FOR MORE](#)

GROCERIES

Item	Cost Approx.
Aldi - Large Basket	\$87.57
Coles - Large Basket	\$113.75
Woolworths - Large Basket	\$118.56
Fruit & Vegetable Store/Market	Cost Varies
Butchers	Cost Varies

PUBLIC TRANSPORT

Item	Cost Approx.
Go-Card (pre-loaded amount of \$20)	\$10
Translink Bus Fares (through 1 zone)	\$3.20
Translink Train Fares (through 1 zone)	\$3.20
Taxi (USC - Mooloolaba)	\$20 - \$28
Taxi (TAFE Mooloolaba - Mooloolaba)	\$9 - \$13

VALUE EATS

Item	Cost Approx.
Grill'd (Healthy Burger & chips)	\$15
Sushi (3 plates from Sushi Train)	\$12
Fish-on-in (Fisherman Basket + Chips)	\$10
Dominos (Value Pizza)	\$5
Guzman y Gomez (3 Tacos)	\$11.50
Thai Lotus (Curry + Rice)	\$14

STUDY SUPPLIES

Item	Cost Approx.
Note book	\$2.50
Pens (10 pack)	\$2.50
Calculator (Desktop)	\$20
Textbooks (Try buy second hand)	\$100 - \$200
USB (16GB)	\$12
Student Wow Card	\$12

*These costs are an indicative guide only. It is highly recommended that you do your own investigations and prepare a budget to suit your individual situation.



WORKING

ON THE SUNSHINE COAST

The Sunshine Coast is not only a great place to study and live, but it's also a great place to work and kick-start your career. Whether you are looking for a casual job to get you through your studies or a permanent career to put your studies into practice, Australia's Sunshine Coast delivers outstanding career pathways and choices for Australian, mature and international students.



CLICK TO PLAY

WORK EXPERIENCE

JEMIMA HUTCHINSON

 FROM SUNSHINE COAST, AUSTRALIA
Studying Bachelor of Paramedic Science

I'm so lucky to be able to study, live, work and play in the place I grew up and love!

Growing up on the Sunshine Coast it was a no-brainer to study at the University of the Sunshine Coast (USC) which had everything I needed to complete my degree and gain practical work experience.

Completing a Bachelor of Paramedic Science required a lot of work, practical experience and also a casual job to pay the bills. On the Sunshine Coast I was lucky enough to complete some of my placements in the local industry whilst working casually in promotions and sales at one of the Sunshine Coast's main radio stations, MixFM.

Through the USC Work Integrated Learning program my cohort and I were placed in businesses to develop practical skills and find out what it's like to work in the area of our studies.

I'm especially excited to see the new Sunshine Coast University Private Hospital and how it has created more jobs for Paramedics and other health professionals like me!

The USC teachers assisted me when applying for jobs towards the end of my degree. All my teachers cared about my future employment opportunities and would always send me jobs advertised locally and internationally.

I have now landed a job in the UK as a Paramedic!

With the help of my teachers and my education from USC I managed to secure my dream job overseas.



JEMIMA HUTCHINSON
USC Student

“ All tutorials were really hands on with real life scenarios being practised every week.

I can't wait to begin my journey as a Paramedic!

Jemima Hutchinson
University of the Sunshine Coast Graduate

EMPLOYMENT OPPORTUNITIES

FULL-TIME WORK

Once you have completed studying there is the opportunity to move into full time work in the area you have studied.

There are career and job prospects across many industries on the Sunshine Coast to put your studies into practice. If you have completed work experience or an internship during your studies, chances of gaining permanent employment after study is more promising.

Visit the 'How to find a job' page to take a look at what full-time jobs are currently on offer on the Sunshine Coast.

GRADUATE TIPS TO FIND A FULL-TIME JOB:

- Start looking for a full-time job early. We recommend looking for jobs approximately 6 months before completion.
- Use Registered Training Organisation's Career resources.
- The University of the Sunshine Coast has a dedicated resource to help students and graduates search jobs, workshops and templates on how to write your resume, cover letters etc. The Career Development team is also available to seek advice with employment related issues and any questions students or graduates have.
- Get in touch with Course Coordinators and Heads of School to put a face to the name and ask them to keep in contact if they hear of any jobs advertised.
- Sunshine Coast Community Board or other similar Facebook Groups also can come in handy when searching for full-time jobs!
- Expand your networks, volunteer at events, go to workshops and seminars or attend a business networking event put on by the Chamber of Commerce to meet local business owners.



EMPLOYMENT OPPORTUNITIES

CASUAL & PART-TIME WORK

Casual or part-time employment on the Sunshine Coast whilst you study is frequently available across retail, hospitality, tourism, administration and other areas.

Retail outlets in particular, from restaurants, cafes and bars are always on the lookout for students.

Grab your CV, dress appropriately and call in on many of the businesses in Ocean Street, Maroochydore, Mooloolaba Esplanade, Cotton Tree, Buderim, Bulcock Street, Caloundra and ask if you can speak to the manager.

STUDENT TIPS TO FIND A CASUAL OR PART-TIME JOB:

- Check out **SEEK** for daily updates
- The University of the Sunshine Coast has a dedicated resource to help students and graduates search jobs, workshops and templates on how to write your resume, cover letters etc. The Career Development team is also available to seek advice with employment related issues and any questions students or graduates have.
- Get in touch with Course Coordinators and Heads of School to put a face to the name and ask them to keep in contact if they hear of any jobs advertised.
- Sunshine Coast Community Board or other similar Facebook Groups also can come in handy when searching for casual and part-time jobs!

WORK INTERNSHIP

AMANDA ROGMARK

 FROM MALMÖ, SWEDEN
Studying Bachelor of Health Science (Health Communication)

A couple of months back I began working as an intern for the Head of Social Media and Communication at a company called Food Matters.

 foodmatters.com

Food Matters was started by a couple, James and Laurentine, who were looking to find a way to help heal James' sick Dad. On their journey of researching and discovery they found a lot of interesting information, but James' Dad was not interested in the books and research they sent him. This led them to create Food Matters a documentary where they interviewed doctors, scientists, nutritionists and health professionals from all over the world. They showed James' Dad the footage and he got hooked.

After a couple of months of having changed his diet and slowly getting him off his medications, even against the protests from his doctors, he was back to his former healthy self. They decided to share Food Matters with the rest of the world and it has now been seen by millions. They went on to create another documentary called Hungry For Change, launch a health and wellness version of Netflix called FMTV and of course launch the Food Matters webpage where they share daily healthy recipes, articles, videos and quotes.

Being a health communications student and a bit of a Food Matters fan, I was super excited and of course extremely nervous when getting the opportunity to start an internship there. So what does a normal day look like at Food Matters?

Arriving bright and early at 9am I am greeted by a bright, sunshine filled office and several of the happy Food Matters team members. Many are already sitting at their desks working away, whilst some newly arrived are chatting with their colleagues in the Food Matters kitchen whilst making their breakfast smoothie. I have a chat with my supervisor about what is on today's agenda. A bit later on James arrives at the office with a big smile on his face. He makes his way around the



AMANDA ROGMARK
USC Student

“ All I can say is that it was a great experience and there are so many amazing people working there helping people live healthier... **”**

office where he greets and hugs everyone before he heads over to his own desk.

After lunch, it is back to work and maybe a tea break... Or two. The office has a great selection of tea (I have tried them all) and coffee. By 5 o'clock people are slowly starting to pack up and head home or maybe to a yoga class.

I recently finished my internship at Food Matters after being there for around three and a half months. All I can say is that it was a great experience and there are so many amazing people working at the office trying to help people live healthier and happier lives. Food Matters is truly a company which the world needs from providing education in the form of documentaries to healthy recipes, articles and videos.

Amanda Rogmark
Study Sunshine Coast Student Ambassador

FOOD MATTERS®
You are what you eat.

WORK EXPERIENCE & INTERNSHIPS

Whether it's called an internship, placement, professional practise or work experience, gaining practical experience is a great way to kick start your professional career. Try to gain as much practical experience before graduating as it helps with developing skills, gaining confidence and understanding how the theory integrates with the practical work.

Ways to find work experience or internships:

- USC Work Integrated Learning & USC Career Hub
- Study Sunshine Coast Job Board
- Volunteering on the Sunshine Coast
- Ask Course Coordinators/ Teachers
- Look on Seek.com.au, Facebook Groups etc.

FUTURE CAREERS

HEALTH & WELLBEING

Whether your interest is following a medical path, preventative health or aged care, all careers in the health and wellbeing industry are important.

With an ever-growing and ageing population there will be an increasing demand for health services and many students who are in high school now on the Sunshine Coast have the opportunity to pursue a sustainable career in this interesting industry.

CURRENT INDUSTRY SNAPSHOT

The health and wellbeing industry is the largest employer on the Sunshine Coast, with the latest figures showing 1,700 healthcare businesses employing around 21,000 people. The industry is expected to double its employment numbers by 2033. Underpinning that growth on the Coast is the largest new health and medical precinct in Australia.

PROJECTED GROWTH

The Coast's health and wellbeing industry is expected to remain the largest regional employer in 2025, creating an increasing demand for trained and skilled professionals.

The industry workforce is expected to grow rapidly in the next 10 to 15 years, opening up 40,000 jobs within the region and generating long-term employment opportunities in health, wellbeing, aged care and other linked sectors.

TOP 3 CAREERS

Registered Nurses (RN) and all nursing roles

- Additional nurses will be required in medical, allied health and aged care fields due to high industry growth and the expected population expansion on the Sunshine Coast.

Health Information Management (Health Informatics)

- A multidisciplinary field that uses health information technology to improve health care. The disciplines involved include information science, computer science, social science, behavioural science, management science, and others to deliver eHealth.

Preventative and Allied Healthcare

- Examples include assistants in nursing, personal care attendant, physiotherapists. Healthy ageing and encouraging independent living is the focus of future healthcare in 2025.

There are many careers available in the health and wellbeing industry. While some opportunities require a degree level in medicine, associated degrees also include business, engineering or computer science. There are also great opportunities for certificate-level qualifications such as in aged care.

Because the industry is rapidly growing and adapting, it is recommended that students contact the university, TAFE or other institutions to see which qualifications are needed in order to enter their chosen career. Here are some of the different careers students can pursue for employment.

- General practitioner
- Urogynaecologist
- Audiologist
- Cardiologist
- Epidemiologist
- Immunologist
- Medical geneticist
- Neurologists
- Ophthalmologist
- Paleopathologist
- Physiologist
- Psychiatrist
- Surgeons
- Nurses
- Geriatrician
- Allergist
- Dentistry
- Family practicing
- Infectious disease specialist
- Microbiologist
- Neurosurgeon
- Orthopaedic surgeon
- Parasitologist
- Physiatrist
- Pulmonologist
- Junior/Senior admin
- Urologist
- Gastroenterologist
- Andrologists
- Dermatologists
- Haematologists
- Internal medicine specialists

- Neonatologist
- Obstetrician
- ENT specialists
- Pathologists
- Plastic surgeon
- Radiologists
- Clinical coders
- Gynaecologist
- Colorectal surgeon
- Anaesthesiologists
- Endocrinologists
- Internists
- Nephrologist
- Oncologists
- Perinatologist
- Paediatricians
- Podiatrists

SUBJECTS IN HIGH SCHOOL

- English
- Mathematics
- Biology
- Physics
- Chemistry
- Physical Education
- Information Technology
- Home Economics
- Health & Performance
- Health Support Services Certificate 2
- Basic Health Care Certificate 3

TAFE EDUCATION PATHWAY

- Accounting & Finance
- Dental Assisting
- Leadership & Management
- Work Health & Safety
- Business Administration (Medical)
- Health Administration
- Nursing
- Cookery
- Hospitality
- Project Management



CLICK TO PLAY

FUTURE CAREERS

EDUCATION & RESEARCH

The Australian education industry is undergoing a transition on a national scale to put greater focus on science, technology, engineering and mathematics, otherwise known as STEM subjects.

Almost \$65 million has been allocated for 10 initiatives under the Inspiring all Australians in Digital Literacy and STEM program as part of the National Innovation and Science Agenda. The scope for future careers in teaching is ever expanding. Future teachers will be required to have STEM skills providing for 75 per cent of jobs in the fastest-growing industries over the next five to 10 years.

CURRENT INDUSTRY SNAPSHOT

The education and training industry is the fourth largest employer on the Sunshine Coast and employs 9,546 people. Teachers, administration staff and vocational trainers are employed across 73 primary and secondary schools, a university, three TAFE campuses and about 400 private training organisations.

The University of the Sunshine Coast is the Sunshine Coast's, largest educational institution, with more than 16,500 students across a network of study locations.

TOP 3 CAREERS

K-12 Teachers

- These teachers are tasked with shaping the young minds of the next generation of students from kindergarten through to Year 12. Teachers create, plan and carry out lessons for a variety of the subject areas, set and mark assignments and mentor students to help them meet the school curriculum.

Educational Administration Staff

- These staff provide essential assistance with the day-to-day business activities of running an educational institution. Without them, the universities, primary schools, secondary schools and kindergartens cannot function efficiently.

Vocational Trainer

- Specialised teachers with five to 10 years of on-the-job experience. These teachers look after the traineeships and apprenticeships of students looking for an educational pathway outside of university. Trainers hold a training and assessment certificate and qualifications in the area they are training in.

SUBJECTS IN HIGH SCHOOL

- Science Technology
- Engineering
- Mathematics A, B & C
- Biology
- Technology Studies
- Engineering Technology
- Chemistry
- Engineering Skills
- Information Processing & Technology
- Physics
- Information Technology Systems

UNIVERSITY EDUCATION PATHWAY

- Bachelor of Primary Education
- Bachelor of Education (Secondary) double degree
- Master of Teaching
- Master of Education
- Tertiary Preparation Pathway

TAFE EDUCATION PATHWAY

- Certificate IV in Education Support
 - Certificate III in Early Childhood Education & Care
 - Diploma of Early Childhood Education and Care
 - Certificate III in Education Support
 - Certificate IV in Outdoor Recreation
- *Full-time & part-time offered*

ONLINE COURSES

- Certificate III in Early Childhood Education and Care - Open Universities Australia
- Certificate III in Education Support - Open Universities Australia



FUTURE CAREERS

KNOWLEDGE INDUSTRIES & PROFESSIONAL SERVICES

With so many game changer projects on the Sunshine Coast, the digital economy is poised to continue to expand and increase employment opportunities.

The nature of technology means skills learned in knowledge and professional services can be easily transferred to other fields. All workplaces use, or could use, computers, mobiles, tablets, wearables and other technologies and so have the capacity to look out for innovative and creative individuals with skills in advanced technology solutions.

CURRENT INDUSTRY SNAPSHOT

The Sunshine Coast IT industry is in its early stages of development, with a number of small to medium enterprises supporting specific activities. Among them is Schoolzine, a digital newsletter pioneer with more than 25,000 eNewsletters that service hundreds of schools around the country. Storytelling and creative industries will also increasingly play a stronger role in our globally connected communities.

PROJECTED GROWTH

With the region offering an environmentally friendly hotspot for technology and innovation, more startups will lead to the creation of Australia's own Silicon Beach. The rollout of the National Broadband Network will provide greater bandwidth and internet speeds, vastly improving the industry as dependence on cloud computing continues to increase. Due to the scale of the proposed projects and population increase across the region, it is foreseeable the number of IT jobs could triple by 2025.

TOP 3 CAREERS

Data Scientist

- Analyses large data to understand and predict consumer behaviour. May involve specialisations such as mathematics, statistics, modelling, medical science and engineering. Large demand for this career will be found within the Sunshine Coast University Hospital and surrounding health precinct.

Computer Systems Analyst

- Ensure that an organisation's technological needs are met and are constantly improving with the advancements and demands of the increasingly connected world. Demand for these skills will be bolstered by the Maroochydore CBD, Aura and Oceanside developments.

Software & App Developer

- Designers and programmers who create software applications, programs, websites, augmented reality and virtual reality for clients. Demand for this career will be found within all of the game changer projects, for startups, international firms and local businesses and organisations.

SUBJECTS IN HIGH SCHOOL

- Networks and Communication
- English
- Programming
- Graphic design
- Electronics Technology
- Web Design
- Information Technology
- Science
- Work experience
- Art and Design
- Mathematics
- Databases
- Creative Industries
- Film and TV

UNIVERSITY EDUCATION PATHWAY

- Bachelor of Business
- Bachelor of Business (Marketing)
- Bachelor of Information and Communications Technology
- Bachelor of Serious Games
- Tertiary Preparation Pathway

TAFE EDUCATION PATHWAY

- Certificate IV in Information Technology Networking - Traineeship
- Diploma of Information Technology Networking - Certificate IV in Web-Based Technologies
- Diploma of Website Development
- Certificate III in Information, Digital Media and Technology
- Certificate II in Information, Digital Media and Technology
- Diploma of Interactive Digital Media

ONLINE COURSES

- Lynda.com
- Skillsoft IT Courses
- Learn to code courses
- dynamicwebtraining.com.au
- Open Universities
- seeklearning.com.au

FUTURE CAREERS

AVIATION & AEROSPACE

The Sunshine Coast is home to a diverse aviation industry encompassing domestic and international travel, pilot training, education, manufacturing, engineering, design, charter services, emergency services and maintenance.

The Sunshine Coast Airport and Caloundra Aerodrome are the two aviation facilities in the region containing high-value, small and medium sized businesses which partner with aviation related organisations worldwide.

Both airports have a diverse and dynamic range of businesses and activities that will attract differing business and investment opportunities within the aviation industry.

CURRENT INDUSTRY SNAPSHOT

Caloundra Aerodrome supports general aviation activity with around 40,000 movements of aircraft and helicopters each year. Although it does not provide for large passenger services, there are many businesses, based at the aerodrome, with a focus on modifying helicopters, airline and flight training, advanced engineering manufacturing and training, plus an Air Museum which attracts tourists from all around Australia.

The Sunshine Coast Airport, located in Maroocha, welcomes more than one million passengers annually and is one of Australia's leading regional airports for passenger traffic and medium to larger scale businesses. It is Australia's first carbon neutral accredited airport and employs more than 600 people, contributes more than \$475 million to the Coast's economy and is the largest council operated airport in Australia with 600,000 people in the airport catchment area.

PROJECTED GROWTH

The aviation and aerospace industry is set to almost double by 2025 as population growth places higher demand on the current airports.

Noted for innovation and creative thinking, the aviation industry will continue to

accelerate towards 2025 in order to meet its economic, technological and eco-efficiency goals. Industry infrastructure expansion will allow access to the dynamic Asian region and the Coast is striving to be a leader in the implementation of UAV (unmanned aerial vehicles) or UAS (unmanned aircraft systems) training, education, design, and development.

TOP 3 CAREERS

Advanced Engineering

- Engineering can take many specialised forms, from aeronautical, aircraft, avionics, and mechanical to civil. There are also emerging fields in unmanned aerial vehicles.

Airport Operations

- Running an airport requires a host of professions, including project managers, accountants, administration, airline staff, air traffic control staff, and ground operations.

Pilots

- The most recognisable career in aviation, pilots are always required for domestic, charter, light aircraft, helicopters, as well as UAV and UAS.

SUBJECTS IN HIGH SCHOOL

- Mathematics A, B, C
- Physics
- Chemistry
- Biology
- English
- Aerospace Studies
- Engineering Skills
- Engineering Technology
- Information Communication Technology
- Information Processing Technology
- Information Technology
- Systems Technology Studies
- Accounting
- Business Communication & Technologies
- Business Management

UNIVERSITY EDUCATION PATHWAY

- Bachelor of Engineering (Mechanical) (Honours)
- Bachelor of Business (Management)
- Bachelor of Business (Tourism, Leisure and Event Management)

ONLINE COURSES

- Diploma of Aviation - Instrument Flight Operations (Aero Dynamic Flight Academy, Flight Training)
- Certificate IV in Aviation - Commercial Aeroplane Pilots License (Aero Dynamic Flight Academy, Flight Training)
- Commercial Pilots License (Aero Dynamic Flight Academy, Advanced Flight Theory)
- Airline Transport Pilot License - Theory (Advanced Flight Theory)
- Private Pilot License (Flight Training)
- Certificate I, II & III in Aviation





FUTURE CAREERS

TOURISM, SPORT & LEISURE

With pristine beaches, a lush hinterland and myriad adventure and leisure activities on offer, not to mention accommodation houses and eateries to rival some of the best in the country, the Sunshine Coast tourism industry is one of the key drivers of the economy. It provides more than 16,200 direct and indirect tourism jobs.

CURRENT INDUSTRY SNAPSHOT

Almost 9.5 million visitors spent more than \$3 billion last year, with international visitors staying an average of 13.4 nights. In 2017 the Sunshine Coast will host major and regional events that will be attended by an estimated 100,000 visitors to the region.

PROJECTED GROWTH

Growth in this industry in Australia is projected to stem from a modest increase in leisure tourism as well as in education tourism and medical tourism.

On the Sunshine Coast, a growth in tourism translates to a growth in almost all industries as tourists consume a diverse range of products and services and tourism operators draw on a wide range of industries to deliver their products and services. The local industry is expected to provide jobs for more than 21,000 people by 2024.

TOP 3 CAREERS

Service Roles

- There are a wide range of career options within this industry, including hospitality wait staff, housekeeping, chefs and travel agents.

Hospitality Management

- Usually more highly qualified than service staff, managers are required to run cafes, restaurants, hotels, motels and other services.

Industry Specific Professional Services

- Specialisations such as event management, marketing and digital development services help to ensure venues and events run smoothly.

SUBJECTS IN HIGH SCHOOL

- English
- Languages
- Mathematics A, B & C
- Health Education
- Home Economics
- Physical Education
- Sports Food Science
- Health Nutrition
- Computer Skills
- Kitchen Operations
- Food & Textile Studies

UNIVERSITY EDUCATION PATHWAY

- Bachelor of Business (Tourism, Leisure & Event Management)
- Bachelor of Sports Studies
- Bachelor of Sport and Exercise Science
- Bachelor of Recreation and Outdoor Environmental Studies

TAFE EDUCATION PATHWAY

- Mooloolaba Campus - Dual Diploma of Hospitality Management / Diploma of Business
- Cert III Hospitality, Waitressing
- Cert III Hospitality, front office
- Basic Barista Short Course
- Apprenticeship, Cert III Commercial Cookery (Block work)
- Cert III Commercial Cookery
- Certificate II in Kitchen Operations
- Diploma of Travel & Tourism Management
- Cert III in Travel
- Cert III in Tourism Diploma of Event Management
- Cert III in Events
- Diploma of Sport Development with a focus on Golf
- Cert IV in Outdoor Recreation
- Diploma of Sport Development with a focus on Fitness
- Cert III in Fitness
- Diploma of Sport Development with a focus on Surfing
- Cert III Applied Fashion Design and Technology
- Diploma of Photography and Photo Imaging

FUTURE CAREERS

AGRIBUSINESS

The agribusiness industry on the Sunshine Coast is home to more than 800 small and medium-sized niche businesses and comprises primary producers, processors, food manufacturers, growers, farmers and nurseries, agri-tourism and local food networks.

Advances in technology will create employment opportunities for experts in digital, robotics, drones, agricultural machinery, repair and maintenance, food technology, nutrition and innovation. Businesses will continue to seek staff who can improve efficiencies and logistics and develop their products through food technology and design led principles.

Many young people enter the industry through internships or work experience during secondary school, tertiary or vocational studies. In the two years to 2015, the value of the Sunshine Coast food and agribusiness industry increased by 20 per cent to \$670 million. Processing is a growth segment, with some businesses experiencing increases of up to 70 per cent in 2016 (13 per cent was the average). The average Sunshine Coast processing business turns over \$14.5 million.

CURRENT INDUSTRY SNAPSHOT

The agribusiness industry employs 5,000 people in the region and has made strong productivity growth during the past five years, injecting around \$670 million into the economy. Some of the high value segments within the industry are poultry, which contributes 41 per cent of the value of primary production in the region, seafood 20 per cent, while strawberries, pineapples and ginger contribute 26 per cent. Cattle and dairy contribute six per cent and smaller businesses make up the remaining seven per cent. The region also has a vibrant value-adding segment, which contributes some \$250 million to local agribusiness. Seafood contributes \$130 million in value-add processing and when combined with its \$55 million production value, it is the Coast's most valuable industry segment.

TOP 3 HEALTH CAREERS

Production Staff

- Are involved in harvesting, farming, fishing and working in factories. They provide the main source of labour to a business and are the first point of interaction with a product.

Digital, IT and Mechanical Staff

- Provide businesses with expertise in the digital sector. They are specialists that can implement new technologies, analyse data sets and provide digital solutions for agribusinesses.

Management, Marketing & HR Staff

- Run the day-to-day business operations. They are responsible for developing new products, marketing and managing new and existing staff and logistics.

SUBJECTS IN HIGH SCHOOL

- Agricultural Practices
- Agricultural Science
- Aquatic Practices
- Biology
- Earth Science
- Physics
- Maths A, B, C
- English
- Business Management
- Accounting
- Tourism
- Chemistry
- Engineering
- Technology
- Information & Communication
- Hospitality Studies



FUTURE CAREERS

CLEAN TECHNOLOGIES

The region has already been recognised as a hub for clean technology businesses and aligns with Sunshine Coast Council's vision to be Australia's most sustainable region – healthy, smart, creative.

The clean tech industry includes a host of businesses that create new technologies in order to benefit the environment and boost business productivity and efficiency. The sector consists of four main areas, including water, waste, energy and the built environment.

On the Sunshine Coast, clean tech businesses strive to provide continuous improvement to people, the planet and profits.

CURRENT INDUSTRY SNAPSHOT

The Sunshine Coast clean technology industry employs 1770 people and accounts for 1.5 per cent of all business in the region. There are around 150 small to medium businesses in this sector generating \$214 million in economic activity. Clean technologies have the ability to directly influence the manufacturing industry, which is the fourth largest industry on the Sunshine Coast.

The manufacturing industry creates niche products such as camper trailers, caravans, water management systems, weir minerals, pre-built houses, trussing, framing and metal work for businesses.

PROJECTED GROWTH

The Sunshine Coast has the potential to become a national business hub for niche clean technologies and solutions and is set to employ more than 2000 people by 2025. As more stringent policy and cost reduction regarding waste and carbon production comes into effect, businesses will demand more clean technology to position themselves as a 'green company', or to avoid penalties that come through excess waste.

This market condition will lead to a surge for clean tech ideas and solutions, which the Coast has the opportunity to provide.

TOP 3 CAREERS

Environmental scientist

- Designs technologies to help businesses become more environmentally sustainable. Examples include technology that removes or reduces pollutants, increases water efficiency and better handles stormwater and wastewater. Environmental scientists may also design transport efficiency through electric and hybrid vehicles, biodiesel-fuelled buses, boats and aircraft that emit fewer carbon emissions.

Smart building designers

- Ensure that an organisation's technological needs are met and are constantly improving with the advancements and demands of the increasingly connected world. Demand for these skills will be bolstered by the Maroochy CBD, Aura and Oceanside developments.

Recycling and pollution prevention professionals

- Design control systems to prevent air and water pollution and operating systems that convert waste to energy. These professionals may also provide consultation and educational services to businesses seeking to reduce wastage and promote recycling.

SUBJECTS IN HIGH SCHOOL

- Manufacturing
- Building & Construction Skills
- Engineering Skills
- Information Technology Systems
- Mathematics A, B & C
- Biology
- Earth Science
- Marine Science
- Agricultural Science
- Engineering Technology
- Physics
- Chemistry
- English
- Technology Studies

UNIVERSITY EDUCATION PATHWAY

- Bachelor of Science
- Bachelor of Environmental Science
- Bachelor of Engineering (Civil) (Honours)
- Bachelor of Environmental Science
- Bachelor of Health Science (Applied Environmental Health)
- Many USC programs include the option to complete a Major or Minor in Sustainability.

TAFE EDUCATION PATHWAY

- Dual Diploma of Sustainability - Mooloolaba Campus
- Certificate III in Light Vehicle Mechanical Technology (Apprenticeship) - Nambour Campus
- Certificate III in Automotive Service Technology (Traineeship) - Nambour Campus
- Certificate III in Air-Conditioning and Refrigeration (Apprenticeship) - Nambour Campus
- Certificate II, III in Plumbing (Apprenticeship)
- Certificate III in Gas Fitting - Nambour Campus
- Certificate II, III in Electrotechnology Systems Electrician (Apprenticeship) - Nambour Campus
- Certificate II, III in Engineering (Apprenticeship) - Nambour Campus
- Certificate III in Information, Digital Media and Technology - Mooloolaba Campus

PLAYING

ON THE SUNSHINE COAST

Stretching from Caloundra in the south to the Great Sandy National Park in the north, the naturally refreshing Sunshine Coast is home to renowned surf spots, spectacular rural hinterland and pretty villages to explore.

Mooloolaba is in the centre of the Sunshine Coast, and ideal for swimming, surfing, taking a stroll or jog on the coastal pathway or chilling out at the many restaurants, cafes or bars on Mooloolaba Esplanade. Surfers and those wanting a view from the top of Mount Coolum will love the town of Coolum while lush Eumundi in the hinterland will satisfy market shoppers and art lovers with its famous Eumundi Markets. Maroochydore's Ocean Street has become the hip food, café and bar capital of the region, which is a great meeting place for students. From the Sunshine Coast you can catch a car ferry from the village of Tewantin and explore the Noosa North Shore, the Great Sandy National Park and World Heritage-listed Fraser Island.

STUDYING ON THE SUNSHINE COAST

A WEEK IN THE LIFE

Studying on the Sunshine Coast has the perks of living in a relaxed, fun and diverse region.

When studying on the Sunshine Coast a student can be studying on campus one minute, travel 10 minutes to relax by the beach and then finish the day with some shopping. The possibilities are endless!

MONDAY

7AM - Enjoy an invigorating wake-up swim in the patrolled waters of Mooloolaba Beach
9AM - Head to class and pick up a coffee & light breakfast at USC
11AM - Study in the library with class mates to prepare for an upcoming exam
3PM - Go to the Sunshine Plaza shopping centre to pick up a few items for the weekend
6PM - Rally your friends together for a BBQ at Cotton Tree Park

TUESDAY

7AM - Go for a walk along to Point Cartwright Beach, make sure you take a selfie
10AM - Head to class and catch up for group assignment at a USC Café
1PM - Prepare a lunch at home to save some money
2PM - Head to Cotton Tree Beach to chill-out and cool-down
6PM - Go to a game of Mixed Netball at the Maroochydore Multi Sports Complex

WEDNESDAY

5AM - Climb Mount Coolum with some friends and watch the sunrise
8AM - Go grocery shopping and prepare some meals ahead of time
1PM - Head to class & study at the library afterwards
5PM - Grab a quick bite to eat and head to work at local restaurant

THURSDAY

7AM - Catch up with friends for breakfast at Café 65 in Buderim
9AM - Work on assignments at the USC Library
12PM - Work the lunch time shift at local restaurant
5PM - Cook dinner with roommates & relax
8PM - Go for an ice-cream at Cold Rock Ice Cream at Alexandra Headland

FRIDAY

6AM - Head to Alexandra Headland for a morning surf
8AM - Go to final classes for the week
11AM - Work the lunch time shift at local restaurant
5PM - Enjoy live music, food and entertainment at the Nights on Ocean Markets
9PM - Dance the night away at one of the many Ocean Street bars or clubs

SATURDAY

8AM - Head to The Nines in Maroochydore for an indulgent breakfast
10AM - Hire a kayak and explore the wonders of the Noosa Everglades
4PM - Enjoy a seafood buffet, overlooking the Noosa River
8PM - Quick study session to refresh content learned during the week

SUNDAY

8AM - Grab a quick bite to eat and head to your local basketball court to shoot some hoops
10AM - Bring a friend and visit the Mooloolaba Collective markets to buy fresh food, flowers, handcrafted goods and more
3PM - Take your books to the Kawana Beach and study in the peace and quite
6PM - Catch a movie at Event Cinemas in the Sunshine Plaza



ADVENTURES & SPORTS

FOR YOUR ADRENALINE HIT

Adventure and sports are synonymous with the Sunshine Coast, where the gorgeous weather lends itself to exciting and exhilarating outdoor experiences. Whether you're into water sports, sport events/tournaments, team sports, adventure sports, the Sunshine Coast has you covered.

[CLICK FOR MORE](#)



Caloundra Jetski Hire

The Sunshine Coast's premier all weather jetski experience where you can choose between a 25km free-wheeling adrenaline blast, a famous 90 minute Glasshouse Twister eco adventure, or the 3 hour Epic, all the way to Bribie Bridge and back. Go further, go faster, see more and do more on these clean green fun machines.

calpundrajetski.com.au



Mooloolaba Jet Boat

The Sunshine Coast's TRUE Jet Boat experience. Full on excitement and speed, open ocean jet boating is not for the faint hearted and is guaranteed to get your adrenaline pumping.

mooloolabajetboat.com



Whale One Cruises

Cruise with Mooloolaba's most luxurious vessel 'Whale One' and get up close and personal with these magnificent humpback whales during their migration. Cruises operate daily from June to November and you're guaranteed to see whales or 100% cash back.

whaleone.com.au



Robbie Sherwell XL Surf Academy

An essential skill to master whilst living on the Sunshine Coast is surfing. All ages are welcome and whether you're a beginner or a pro, the Surfing Australia qualified coaches will find a session best to suit you. Come on your own or bring a group of friends, surfing is so much fun and there is no better time to learn!

xlsurfingacademy.com



Swan Boat Hire Maroochy River

For fun on the water, look no further! With the best range of watersport activities on Maroochy River, Swan Boat Hire offers, boat hire, luxury BBQ pontoons, stand up paddle boarding, kayaks, canoes, fishing and the list goes on!

swanboathire.com.au



The Aqua Park Cooloom

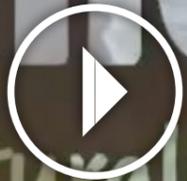
Slides, trampolines, balance beams, climbing walls and chill out centres are few of the many and varied features of this epic Aqua Park. For the thrill seekers Aqua Park Cooloom offers 3 extra-large features selected for their safety yet exciting designs. With shaded BBQ areas, change rooms and a café, the park is the perfect place to spend a day of your weekend.

aquaparkcooloom.com.au



Sunshine Coast

Queensland *Naturally refreshing*



CLICK TO PLAY



SUNSHINE COAST

ATTRACTIONS

Marvel at incredible animals, zoom around a go-kart track or explore the beauties of an aquatic wonderland - the Sunshine Coast will keep you busy for hours of fun!

The Sunshine Coast has every kind of attraction a student would want and need, from a theme park, zoo's, aquariums, go-karting, food attractions and much more! Here's our top picks of Attractions below.

[CLICK FOR MORE](#)



Australia Zoo

Get up close and personal with native and exotic wildlife at Australia Zoo! Located an hour north of Brisbane, on the Sunshine Coast; Australia Zoo will provide animal experiences like no other! When in Australia some musts are: take a selfie with a kangaroo, have a cuddle with the furry koalas, go on an African safari and watch the croc show! We recommend you plan your day to make sure you don't miss any animals.

australiazoo.com.au



The Big Kart Track

Get your adrenaline pumping at the Big Kart Track! From Monday to Sunday this action packed attraction is open rain, hail or shine. With Australia's largest commercial track you can hit speeds up to 70km/hr. Rally a group of friends together and set the challenge for king of the track!

bigkart.com.au



SEA LIFE Sunshine Coast

Experience an aquatic wonderland where you can learn, explore and interact with thousands of marine life, over 11 themed unique zones. Explore the Jellyfish Kingdom, Seahorse Sanctuary, Seal Island, Shark Shipwreck, Turtle Temple and more! SEA LIFE is the perfect rainy day activity and a must do when you're new to the Sunshine Coast.

underwaterworld.com.au



Aussie World

If you're looking for thrills and excitement then look no further. There are rides that will get you soaked, make you green and dizzy, there are simulators and slides, bumps and coasters! Aussie World will make you feel like a big kid at heart! You can finish your day by grabbing some food and drink at the Aussie World Pub, a Sunshine Coast favourite.

aussieworld.com.au



Ginger Factory

Learn how ginger is grown and harvested before tasting a delicious range of ginger inspired treats! The park features great shopping facilities, modern dining, educational tours, fun rides and beautiful sub-tropical garden walks. The Ginger Factory is the perfect place to take your friends and family to experience the authentic taste of Queensland!

gingerfactory.com.au



Ocean Street

Ocean Street is a vibrant food and wine precinct with some of the best cafes, restaurants and bars on the coast! Start the night at the Solbar, a standout among the best bars in Maroochydore. Grab some tapas, beer or wine and sit back and enjoy the live music. Another favourite of Ocean Street is the Post Office which has great service and a contemporary beer garden. Sit down for a meal or host a function, the Post Office is versatile to suit your needs. With an array of options, you won't be disappointed!

nightsnocean.com.au



Mooloolaba Esplanade

To eat delicious cuisine and hear the sounds of the ocean all at once is a true Sunshine Coast experience. You will find a range of multicultural cuisine along the strip of Mooloolaba. All the restaurants and cafes offer special and student discounts on various nights which makes it an affordable night out. A few of our favourites would be Beach Bar and Grill, Yoghurt World, Spice Bar Restaurant, Dirty Moes, and The Surf Club Mooloolaba.

mooloolabatourism.com.au

visitmooloolaba.com.au



Sunshine Plaza Riverwalk

If you're unsure on what to have for lunch or dinner, the Riverwalk has you covered! In between a bit of retail therapy you can treat yourself to a snack, meal or dessert. Grill'd, Snag Stand, Rozzi's Italian Canteen, Cantina de Mad Max, Chocolateria San Churro are all student favourites.

sunshineplaza.com

EATING & DRINKING SUNSHINE COAST HOT SPOTS

Whether you are after family style food, organic or multicultural cuisine, the Sunshine Coast ticks all the boxes. Stretched across the Sunshine Coast region is a range of cafes, restaurants, bars and clubs. A few must try spots when living on the Sunshine Coast are Ocean Street, Mooloolaba Esplanade and the Sunshine Plaza.

[CLICK FOR MORE](#)



TOP PICK CAFÉS

KOEN RUIJGROK

 FROM THE NETHERLANDS
Studying Bachelor of Social Science (Psychology)

The Sunshine Coast boasts a wide variety of cafés that cater to any and every desire you may have! The choice can be overwhelming, so below I have listed my picks for the best cafés on the Sunshine Coast.

01. Decisions

Decisions is an amazing café in Birtinya (basically Kawana Waters). Their slogan is “Super Junk” and how can you go wrong with that. They serve amazing food, and are especially famous for their huge acai bowls. Along with acai bowls, they serve a really great assortment of warm food (Burgers & Eggs Benny), Salads (Beetroot salad) even dishes with amazing ice cream (French toast with grilled banana and house-made choc gelato). Drinks is another specialty of theirs including yummy chai’s and shakes.

They get busy quickly, especially during holidays and weekends so I suggest you go during a weekday! Enjoy the vibe and the food.

 [decisionscafe](#)

02. The Nines

I only came across this café a few weeks ago after a energetic hike up Mt Ngungun here on the Coast and was brought with friends because of there “great shakes” - well that was definitely an understatement! They are loaded. You’ll have to have one to experience it yourself. The food is fantastic too, I had waffles which were amazing and Elsie had a chicken burger which she says was the juiciest chicken she’s ever had. We also had a smoothie which was the perfect balance of sweetness! A must visit if you’re on the Coast. Located at the Homemaker Centre in Maroochydore, there is also plenty of parking.

 [theninesemporium](#)

03. The Shak

The Shak is a cute café up in Buderim which is also frequently busy - probably because it has amazing food!



KOEN RUIJGROK
USC Student

“ There are plenty of amazing cafes on the Sunshine Coast, here are some of my favourites...”

They sell foods with organic ingredients, which is great for the customers and great for local farmers. They’ve recently changed owners, but that hasn’t changed anything. They still deliver quality food and a really chill vibe.

 [theshakorganics](#)

04. Coffee Club Buderim

Everyone knows the Coffee Club, but the Coffee Club in Buderim is especially great because you can either get table service OR get take-away and go sit in the park for a view of the Coast! They sell all your favourites including parmigiana, pasta, pizza and delicious wraps and of course refreshing drinks.

 [coffeeclubbuderim](#)

There are plenty of amazing cafes on the Sunshine Coast, you can’t really go wrong! Go for a drive, enjoy the weather and enjoy the food.

Koen Ruijgrok

Study Sunshine Coast Student
Ambassador

STUDYSUNSHINECOAST.COM.AU
YOUR FUTURE IS HERE!

MARKETS & SHOPPING

ON THE SUNSHINE COAST

With a variety of artisan and farmers markets, cutting-edge fashion boutiques with two air-conditioned plaza centres, the Sunshine Coast offers something for everyone.

Local markets offer trinkets, tasty food, handmade garments, crafted jewellery, artisan furniture and more. Eumundi Markets tops the list, with the whole town revolving around the markets every Wednesday and Saturday. Here's our favourite shopping and market spots below.

[CLICK FOR MORE](#)



Sunshine Plaza

Being the largest shopping centre on the Sunshine Coast, the 'Plaza' has over 220 specialty stores along with a 12 screen cinema, Coles, Kmart, Myer and Target. For great leisure and entertainment choices the Riverwalk offers dining and activities.

sunshineplaza.com



Kawana Shoppingworld

Located in the heart of Kawana, Kawana Shoppingworld offers specialty stores, dining, activities and much more! With over 1,900 car spaces the centre is easy to access from all entrances. With continuous expansion, the offerings of the centre are growing.

kawanashoppingworld.com.au



Eumundi Markets

You'll find original artworks, sculptures, furniture, handmade toys, homewares, skincare, fashion and jewellery by local designers all guided by the saying "we make it, bake it, grow, sew it". If you're a foodie, you'll especially love our market with laksa, calamari, paella, coffee, chocolate, cakes, churros, old fashioned lemonade and much more!

eumundimarkets.com.au



Nights On Ocean

Ocean Street in Maroochydore comes alive on every second Friday of the month with the street becoming a vibrant marketplace. With live music and local djs at every market the vibe of the street is always buzzing! The food is a standout with multicultural cuisine from Mexican, Italian, Asian delicious and more! Once the markets are finished you can continue the night in one of the bars or restaurants.

nightsonocean.com.au



Caloundra Street Fair

Set under the beautiful canopy of the tree-lined main street in Caloundra, the Street Markets are something for the whole family with activities, handcrafted locally made products, art, live entertainment and street theatre. Enjoy fresh local produce, tasty breakfasts, coffee, lunch and scrumptious sweet treats.

caloundrastreetfair.com.au

SUNSHINE COAST BEACHES

BEST BEACHES IN AUSTRALIA

The Sunshine Coast beaches are quite simply, some of the best in the world. They are rimmed with wide stretches of clean, white sand, with a choice of surf or calm bays sparkling with warm water, and most are patrolled by surf lifesavers.

Sunshine Coast beaches are rarely crowded with space for everyone to stretch out on the sand, play beach sports, swim, body surf or jump on a board and ride a wave all the way in to shore.

Our beaches are equipped with excellent recreational facilities like beach front parklands, children's playgrounds, undercover barbecue and picnic areas, toilets and showers and plenty of parking just a few steps from the sand. All set to enjoy the ultimate, hassle-free beach experience.

[CLICK FOR MORE](#)

SUNSHINE COAST MOST POPULAR BEACHES FOR SWIMMING

- Mooloolaba Beach
- Alexandra Headland
- Chambers Island
- Cotton Tree Beach
- Kings Beach
- Moffat Beach
- Shelly Beach
- Coolum Beach
- First Bay

SUNSHINE COAST MOST POPULAR BEACHES FOR ACTIVITIES

- Northshore Beach
- Maroochydore
- Point Cartwright
- Mooloolaba Spit
- Mudjimba
- Currimundi
- Pumicestone Passage

BEACH SAFETY TIPS & ADVICE

- The Sunshine Coast is known for its sunny days and getting sun burnt is common. So make sure you SLIP, SLOP, SLAP.
- Blue bottle jellyfish are common at the beach and though their stings aren't harmful they can hurt. If you get stung, see the lifeguard for temporary relief.
- If you're swimming and find yourself being taken away from shore and unable to get back, it is likely you are caught in a 'Rip'. Swim diagonally to the shore to get out but don't fight against it. Always swim between the Red and Yellow Flags and if you're in distress put an arm up and call for help from lifeguards on patrol.

RAINY DAY ACTIVITIES

ALL WEATHER ENTERTAINMENT

The Sunshine Coast is a natural paradise with approximately 300 days of sunshine a year. However, every now and then we are blessed with some rainfall. Whether you like chilling out at the movies, running around at Laserzone or having a bite to eat, the Sunshine Coast has plenty of options for you.

[CLICK FOR MORE](#)



Event Cinemas

The Event Cinemas Maroochydore Sunshine Plaza has 12 cinemas with 35mm digital projections, featuring Dolby surround sound and a huge food & drink bar. With weekly specials the Maroochydore Sunshine Plaza cinemas is your no.1 movie experience on the Sunshine Coast.

eventcinemas.com.au



Lazerzone

Lazerzone is the Sunshine Coast's most exciting laser tag and family entertainment venue. Experience the feeling of being inside a real life video game simulation with your friends and family being your team players or opponents. With a multilevel maze you will experience a surreal world of fog, music, lighting and sounds. Bring your friends along and have a game or two!

lazerzone.com.au



The Big Boing

Bounce around on over 70 interconnecting trampolines at the Big Boing. It has dodgeball, basketball, giant airbag and a whole lot of fun. With the park being indoors and air-conditioned it is suitable for all types of weather. Book in advance and prepare for a workout!

thebigboing.com.au



FESTIVALS & EVENTS

LET YOUR HAIR DOWN

Let your hair down and enjoy one of the many music and art festivals on the Sunshine Coast.

The Sunshine Coast offers a variety of music and arts festivals to appeal to everyone on the Sunshine Coast. Combining the stunning coastal lifestyle and unique festival offerings, each event brings something a little different and special.

[CLICK FOR MORE](#)



Horizon Festival of Arts and Culture

The Horizon Festival connects, disrupts and delights through arts, culture and creativity! Over 10 arts-fuelled days located in Nambour, the festival delivers more than 200 events in visual art, film, literature, performance, street art, comedy, music, theatre and new media! The program celebrates local artists alongside Australian and international guests, building the capacity of local creative talent and exposing the unique art experiences. Bring your friends along and enjoy the art and culture!

horizonfestival.com.au



Caloundra Music Festival

It's all about the sun, surf and soul at the Caloundra Music Festival! The beautiful Kings Beach and surrounds will be treated to the sounds of a diverse line-up of entertainment featuring the best of the Australian music industry, as well as famous international artists. The festival brings locals and visitors together to celebrate world-class food, art and local culture, and showcase the natural beauty of the Sunshine Coast. This diverse and vibrant music festival is a must do in the spring time!

caloundramusicfestival.com



Big Pineapple Music Festival

A local festival combining unreal line-ups and activities, the Big Pineapple Fest has it all! Located at the famous Big Pineapple on the Sunshine Coast, the festival is renowned for the amazing international and local artists. Big name artists have graced the stages and create a surreal festival atmosphere! The festival pairs the music with live art, hula-hooping, air brushing a DIY craft, ferris wheel and festival-friendly food stalls! Bring your dancing shoes as this Festival will keep you dancing all night!

bigpineapplemusicfestival.com



Maroochy Music and Visual Arts Festival

If you're looking for festival perfection, look no further! The Maroochy Music and Visual Arts Festival (MVAf) has been dubbed one of the best festivals around. Combining world-class music, crazy-talented visual artists and culinary delights it is truly a festival that has it all. The MVAf's home is the Horton Park Golf Course, making the location easily accessible. With plenty of time and space to wander around the bunkers and be awe-inspired by the open-air visual art park, it's a no-brainer to be there.

mmvaf.com



World Environment Day Festival

The World Environment Day (WED) Festival is a celebration of our unique environment with live performances, delicious wholesome food, sustainable stall holders, live art, innovative displays, dozens of community and environment groups to meet and learn from, and more activities than you can poke a stick at!

wed.org.au

MAKE YOUR MONEY LAST

ELSIE LEY



FROM GLEN INNES, AUSTRALIA
Studying Bachelor of Nursing Science/Bachelor of Midwifery

Ahhhh free and cheap.... those two words that sends students into a frenzy and willing to walk a mile for something not full price! I don't know about other places in Oz but the Sunshine Coast really has great opportunities for free things and discounts.

This is a list of my favourites which I really encourage you to use to save yourself some dollars!

01. Riverwalk Rewards App:

Never want to pay for Grill'd again? Want free food in general? How about free cinema tickets? Me too! Which is why, every time I go to the Sunshine Plaza, I check in (10 points) and take an outstandingly magnificent picture of the Riverwalk (30 points). Each month the plaza releases new deals, last month I had saved up enough points for 2 x \$15 dining vouchers (worth 120 points each) and a cinema ticket (70 points). The deals always change but if you don't want something that's on offer this month, just keep saving for next month! Since the app has been released (over a year ago), I've probably saved over \$100 by redeeming these offers. It's a brilliant app.

[iTunes](#)

[Google Play](#)

02. WOW Card

I feel like many students dismiss this handy card but actually you can get some pretty awesome stuff from it. WOW Card is how I got \$9.95/wk membership at the 24hr gym Anytime Fitness, it's how I always get 30% off at my all-time favourite - Yoghurt World, 10% off at BOOST Juice, 50% off at Thai Frenzy and so much more. Basically there is over 200 discounts to use on the Coast, from Food & Dining (most important), Health & Fitness, Shopping, Entertainment, Travel & Transport and Nightclubs & Bars - just to name a few! Plus there are great competitions too. It is totally worth the measly \$12 card

[studentwowcard.com.au](#)

03. Events+ Offers App

I've not used this app yet, however after recently downloading it (and being the cheap skate student that I am) it will come in handy! I can see food deals for Hogs Breath Café (Caloundra), O'Malley's Irish Bar, Mooloolaba Pub and Solbar just to name a few. It also offers a range of discounts for various Sunshine Coast favourites like Aussie World, Australia Zoo, the Big Boing and SEA Life Mooloolaba!

[sceventsplus.com.au](#)

04. Competitions

Lots of yummy restaurants and cafés do competitions or deals for food. 'Your Place' (a favourite dining venue in Mooloolaba for myself and my fellow Student Ambassadors) often does Facebook giveaways and also has deals on different days of the week and 'Good Bar' (also in Mooloolaba) often has specials of \$10 burgers! NOTE: These are just some of my favourites. You'll also find different taverns/pubs have daily specials too!

[yourplacespresso](#)

05. Markets

Markets are a great way to get yummy and fresh quality fruit and veg for really cheap! There are quite a few good markets on the coast, I've personally been to and really enjoy Eumundi Markets and Fishermans Rd Markets. Also, why not lease out a garden plot at a local community garden? It's pretty cheap and you can grow and reap the rewards. Myself and fellow Student Ambassador Koen have our own plots at the Buddina Community Garden and welcome you to join us and do the same!

[eumundimarkets.com.au](#)

[fishermansroadmarkets](#)

[buddinacommunitygarden.com](#)



ELSIE LEY
USC Student

“ The Sunshine Coast really has great opportunities for free things and discounts. This is a list of my favourites...”

05. Volunteer:

I've found that with all my volunteering I've been able to save quite a bit of money on otherwise expensive stuff, like First Aid and CPR certificates (Street Angels) and travel/experiences (Study Sunshine Coast). It's very rewarding in more ways than one!

[communitysolutions.org.au](#)

So go and treat yourself to free things and great discounts! You're a hard working student and you've earned it!

Elise Ley

Study Sunshine Coast Student Ambassador





CLICK TO PLAY



Mount Coolum

Mount Coolum National Park dominates the skyline of the Sunshine Coast lowlands. Climb the steep, rough 800 metre trail up the mountain's eastern side from the carpark to the summit. Make sure you carry water and a camera to be rewarded 360 degree views. With the most spectacular view at sunrise, we recommend climbing Mount Coolum early in the morning.

coolum.com.au



Kondalilla Falls

A refuge for many native animals and plants, Kondalilla National Park is a great place for birdwatchers and nature photographers. With a magnificent waterfall, rock pools and freshwater creeks it is a picturesque circuit to walk. With a 1.7 kilometre circuit track and 4.6 kilometre track the Kondalilla circuit is a fantastic nature walk.

npsr.qld.gov.au



Double Island Point

The locals say that Double Island Point is one of the Sunshine Coast's best kept secrets. Whether you're looking for a quiet place to camp or a spot to catch some waves with your mates, this is the spot for you. Located just south of Rainbow Beach, the point is a magnet for marine life and rated one of the top 10 dive spots in Australia.

queensland.com

COASTAL NATURE

EXPERIENCE THE OUTDOORS

The Sunshine Coast is simply one of the most beautiful places because of the natural environment. The region has a vast range of national parks, great walks, trails, parks and gardens, zoos, aquariums and sanctuaries. The region combines innovative cities and technologies with the beauty of nature. Some local favourites when exploring the Sunshine Coast are Mount Coolum, Kondalilla National Park and Double Island Point.

CLICK FOR MORE



EATING AND EXERCISE

JOHN CAMERON



FROM PIGEON PONDS, AUSTRALIA
Studying Bachelor of Nutrition and Dietetics (Honours)

Eating and Exercising: two of my favourite words in the English language! Here on the Sunshine Coast, there are endless opportunities to do both of those things. But what if you don't know where to eat, or what to eat? And what is the best exercise to do here?

Just like everyone else, I face these questions every day. So I've put together a little starter pack to help you eat a little healthier, as well as exercise a little more, or a little differently!

Eating on the Sunshine Coast

01. Choose foods from the food groups

Remember the old K.I.S.S motto? Keep It Simple Stupid? That's exactly my advice to all of you out there. Just keep things simple when you're choosing your food. Heaps of veggies are a great start, and a moderate amount of grains. Make sure you get some fruit and dairy throughout your day, and you can have meat and/or alternatives too!

02. Decisions: Super Junk vs. Super Food

Located in Warana, this place is a little slice of paradise that really puts your morals to the test. Their menu, super junk vs super food, makes you choose between what's good for you, and what you probably shouldn't eat every day. Yes, if you want healthy food, you're in the right place. But you'll have to fight the other side of the menu, so beware!

[decisionscafe](#)

03. Taste the Rainbow

There is so much food out there, and so many colours, so eat them all! Red, green, yellow, orange, blue, purple! It's like a bag of skittles, except better for you! All the different colours

relate to different nutrients; what's important is, if you're eating all the colours, you're getting all of those nutrients that keep you healthy and strong!

04. Farmers Markets and Street Markets

I've said it before, and I'll say it again, these are literally everywhere around the Coast. Farmers' markets are jammed packed (sometimes there is jam) with fruit and veggies that are currently in season! Load up on these nutrient dense foods that don't cost that much! And because everything is seasonal, you're bound to find something from the rainbow here.

[CaloundraCountryFarmersMarket](#)

[eumundimarkets.com.au](#)

[bigpineapple.com.au](#)

Exercising on the Sunshine Coast

01. Run! Just Run

The scenery here on the Sunshine Coast is endless. Beaches in every direction, rainforests to jog through, and national parks that are thriving with life. Grab some headphones, chuck on some running shoes, and just run in any direction. I doubt you'll be bored by what you see!

02. Climb a mountain

They're a great way to do some exercise that is challenging, and you can take your friends with you! Whether it's the calming and highly sought after selfie at the top of Mount Coolum, or you challenge yourself with Tibro, there is a mountain out there waiting for you to climb it, so get going!

03. Utilise the Beaches

Why not combine our favourite place to hang out with one of the best ways to stay healthy?



JOHN CAMERON
USC Student

“ The scenery here on the sunshine coast is endless. Beaches in every direction, rainforests to jog through.”

The beach can be used in many ways: hanging with friends, burpees, tanning, bear crawls. Why not get a few of your friends together and make any workout a billion times better by doing it on the beach. The best part is, you get to swim after and cool down. There is sure to be food nearby as well!

John Cameron

Study Sunshine Coast Student Ambassador



SOUTH PACIFIC OCEAN

Discover the natural treasures of the Sunshine Coast

Sunshine Coast Airport to...

Fraser Island	150 mins
Double Island Point	150 mins
Rainbow Beach	120 mins
Tin Can Bay	110 mins
Gympie	80 mins
Noosa Heads	25 mins
Eumundi	20 mins
Coolum Beach	10 mins
Mapleton	25 mins
Nambour	20 mins
Montville	30 mins
Maleny	40 mins
Mooloolaba	15 mins
Caloundra	30 mins

Brisbane Airport to...

Caloundra	55 mins
Mooloolaba	65 mins
Maroochydore	70 mins
Maleny	70 mins
Montville	80 mins
Nambour	65 mins
Sunshine Coast Airport	90 mins
Coolum Beach	100 mins
Noosa Heads	120 mins

*Driving times are indicative only and may vary depending on traffic and road conditions.

Legend

- Caravan park
- Camping area
- Golf course
- Championship golf course
- National Park
- Mary Cairncross Scenic Reserve
- Winery
- Lookout
- Dolphin feeding
- Ex HMAS Brisbane
- Turf club
- Whale watching
- Sunshine Coast Airport
- Vehicular ferry departure
- Patrolled beach
- Visitor Information Centre
- Accredited Visitor Information Centre
- Highway
- Roads
- Dirt road
- Railway
- Noosa Biosphere
- Great Sandy Biosphere
- National Parks





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ENQUIRE ABOUT YOUR STUDY OPTIONS

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