PCA

WINTERING ABROAD

INFORMATION PACK



WELCOME TO AUSTRALIA

GET TO KNOW THE BASICS

CAPITAL CITY
Canberra

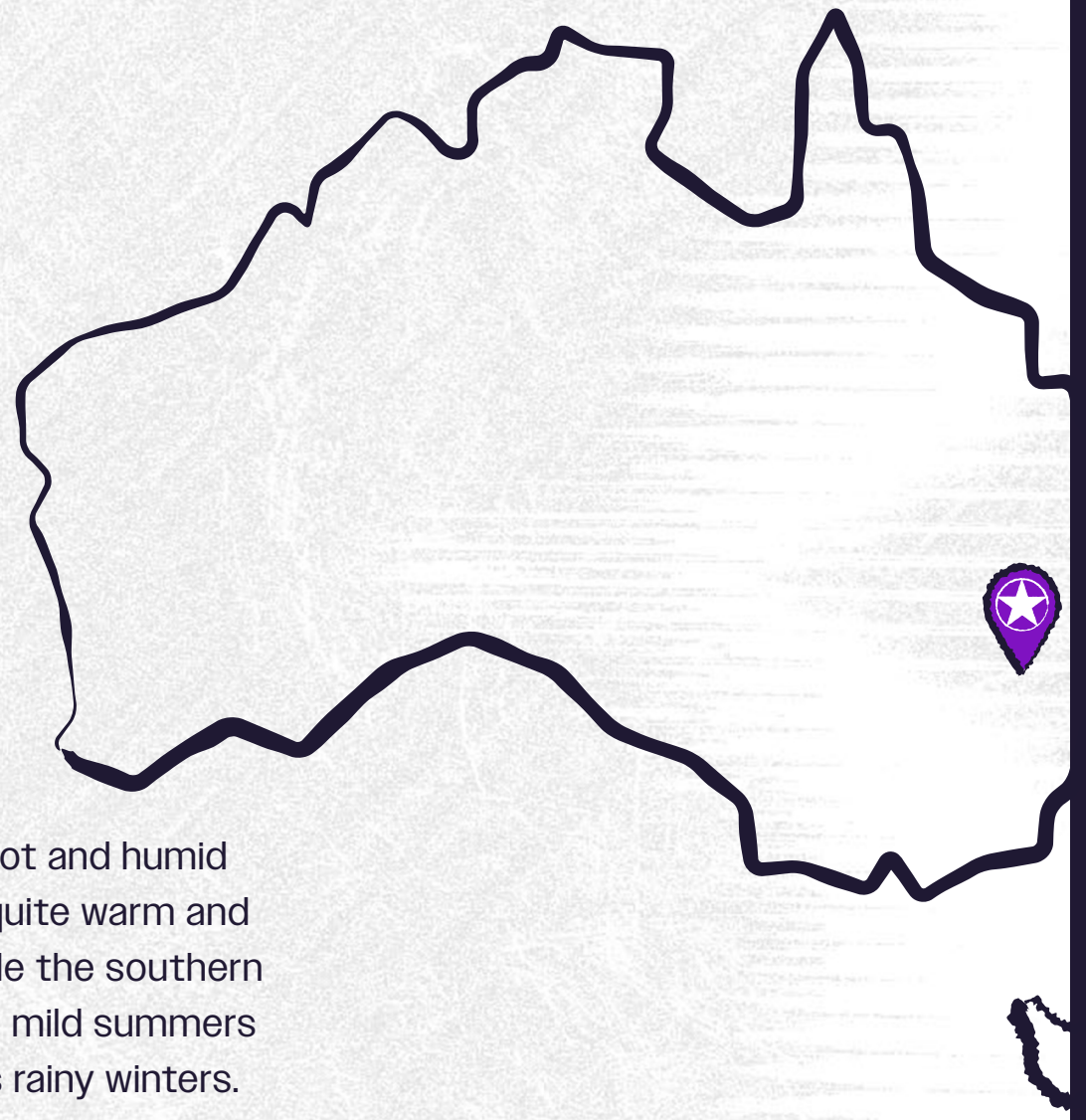
CURRENCY
AUD

CONVERSION RATE
1 AUD = 0.5 GBP (approx.)

POPULATION
26 million

OFFICIAL LANGUAGE
English

CLIMATE
Due to the huge size of the country, Australia has several different climate zones. The northern section of Australia has a more tropical influenced climate, hot and humid in the summer, and quite warm and dry in the winter, while the southern parts are cooler with mild summers and cool, sometimes rainy winters.





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“Going to Manly was one of the best experiences of my career so far. I got the opportunity to play high level cricket in foreign conditions and learn a lot about the game. That, along with good weather and unreal beaches is why I’m heading back again this year. I would advise anyone thinking of going abroad, especially to Australia, to definitely go and experience it!”

BERTIE FOREMAN
Sussex CCC

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BEFORE TRAVELLING TO AUSTRALIA

Planning Your Winter
Preparing To Travel
Arranging Finances



1 PLANNING YOUR WINTER

FINDING A CLUB & COMMS WITH YOUR COUNTY

A. HOW TO FIND A CLUB

Typically, players tend to find Club's through word of mouth and existing relationships. It's likely some of your teammates or coaches will have travelled to Australia before and will be able to help you make connections. Don't be afraid to ask around in your dressing room for someone who might have played in Australia. Often messages will go round a dressing room or WhatsApp group about an opportunity overseas.

Alternatively, you can contact Clubs directly by finding their contact details online. We would usually recommend being quite focused on a particular league or area rather than spreading the search too wide. Make sure you do your homework on the league and its standard before travelling.

Finally, there are agents and connection style services which help players find deals with Clubs. These often come with a commission or sign-up charge but can take the stress and uncertainty out of the search.

CONTACT RICH FOR MORE INFO
RICH.HUDSON@THEPCA.CO.UK

Whichever route you take, always be proactive. Those players who tend to secure the most attractive options or packages tend to be the ones who are proactive about the winter away.

B. COMMS WITH YOUR COUNTY

While you are away on your travels it is important that you keep in regular contact with your county. It is advisable to keep in touch with your coaches and support staff so they can track your wellbeing and performance. If you have any issues with communication with your county, then please contact your PDM.

1 PREPARING TO TRAVEL

TRAVEL DOCUMENTS

PASSPORT

For entry into Australia, your passport should be valid for the proposed duration of your trip. Renew your passport well in advance of your departure date, if necessary.

VISA'S

If you are receiving payment whilst in Australia, you can either apply for a Working Holiday Visa or a Sponsored Visa (Subclass 408). Until 2024, applicants from England could only get one working holiday visa, unless they met certain conditions, although this has now been relaxed.

Accordingly, it is now possible for many cricketers to use a Working Holiday Visa on three different occasions. Alternatively, there is the option for the Club to sponsor you to work in Australia using the Temporary Activity Visa Subclass 408.

You will need to confirm your Club is registered or willing to register as a sponsor to use this route.

FOR MORE INFORMATION:
WORKING HOLIDAY VISA >

FOR MORE INFORMATION:
TEMPORARY ACTIVITY VISA >



If you will not be receiving income while you are playing in Australia, you can enter on an electronic visitor visa – there are options dependant on whether you will be staying more or less than three months.

LINK TO VISITOR VISA
(LESS THAN 3 MONTHS) >

LINK TO VISITOR VISA
(MORE THAN 3 MONTHS) >

EXPLORE ALL VISA OPTIONS
MORE INFORMATION >

1 PREPARING TO TRAVEL

PCA

TRAVEL INSURANCE & MEDICATION

TRAVEL INSURANCE

As a PCA member, you are automatically covered on the PCA Travel Insurance Policy. Please note, there is a £250 excess on all non-medical claims.

FOR MORE INFORMATION:
INSURANCES - THE PCA >

OR CONTACT ALI PROSSER AT
ALI.PROSSER@THEPCA.CO.UK



MEDICATION

If you need prescribed medicine for your health condition, talk to your GP or practice nurse about your travel plans at least 2 months before your departure date. They can tell you if you need to make any special arrangements.

Check the rules for all the countries you're going to, including countries that you're just passing through.

Different countries have different rules and regulations about:

- The types of medicine they allow to be taken into the country.
- The maximum quantity you can take in.

Some medicines available over the counter in the UK may be controlled in other countries and vice versa.

FIND OUT MORE ABOUT
WHAT YOU CAN / CAN'T BRING >

You can also contact the Australian embassy if you are unsure.



1 PREPARING TO TRAVEL

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PACKING CHECKLIST



- [x] HIKING BOOTS



- [x] INSECT REPELLANT



- [x] PASSPORT, VISA & IMMIGRATION DOCUMENTS



- [x] AUD / CREDIT OR DEBIT CARD



- [x] SWIMWEAR



- [x] AUSTRALIAN TRAVEL ADAPTER
  (same as NZ)



- [x] MEDICATION
  especially if unable to order a repeat in Australia.



- [x] SUN PROTECTION
  sunscreen, sun hat, sunglasses, etc.

1 PREPARING TO TRAVEL

VACCINATIONS

There are no vaccinations required to enter Australia, however travellers should be up to date with routine vaccination courses and boosters as recommended in the UK.



PHONE (COUNTRY CODE: +61)

If you would prefer to stick with your UK sim, ensure you check roaming costs before you travel, to avoid any unexpected charges.

The easiest way to use your phone is by purchasing an Australian sim card and pre-paid minutes/text/data package – this can be purchased online in advance and sent to your accommodation, or you can collect in store. Alternatively, there will often be mobile providers advertising sim card/package deals as you leave the airport – this can be a convenient option which will give you access to the network straight away, but you may find a cheaper alternative outside of the airport/by ordering online.

The mobile phone network generally works well in cities and large towns, but coverage elsewhere can be very limited or non-existent. If you're travelling to remote areas, check with your phone provider about coverage.

The three largest mobile phone providers in Australia are:

- One (Vodafone)
- Telstra
- Optus



1 ARRANGING FINANCES

A. USING YOUR BANK CARD

Most bank cards will allow overseas use but be sure to check with your bank about the fees for transacting in a different country. It is a good idea to have a second option such as a credit card in case you lose your primary bank card.

B. LETTING YOUR BANK KNOW

Ensure you let your bank know (via email or private message on your Bank's App) that you will be leaving the country – provide exact dates (if known). This will avoid your card being blocked when the bank flags overseas charges.

C. OPEN AN AUSTRALIAN BANK ACCOUNT

You can open an online bank account before arriving in the country – some banks only require proof of ID, while others may ask for proof of address, visa and your TFN number. The four major banks in Australia are:

- ANZ
- Commonwealth Bank of Australia (CBA)
- National Australia Bank (NAB)
- Westpac

It is important that you do your research and choose a bank that is best suited to your needs.

D. TFN NUMBER

If you are planning on working while you are in Australia, you will need to apply for a TFN number. Like your NI number in the UK, your TFN number keeps track of the tax you pay and helps make sure you pay the right amount or get the right entitlements.

APPLY FOR A TFN NUMBER:
TFN NUMBERS >

E. ONLINE BANKS

Online banks are the most cost-effective and convenient solution for spending overseas. There are several online banking options, some of which allow you convert between currencies for low rates. Examples include:

- Wise
- Starling Bank
- Revolut

If you are being paid to play, or for other work (both for which you must have an appropriate work visa), you may also be able to get your salary/wages paid into your online bank account account. This could be a good option if you are only staying for a few months and don't want to open an Australian bank account.

ARRIVING
TO AUSTRALIA

Arriving Into The Country
Adjusting To Your New Environment



2 ARRIVING INTO THE COUNTRY

QUARANTINE OF GOODS

Australia has strict quarantine rules to keep out pests and diseases that could affect plant, animal or human health. You must fill out an Incoming Passenger Card and either:

- Declare any risk goods including food, animal products and plant material (including wooden articles).
- Dispose of any risk goods in the bins at the airport.

All luggage is x-rayed on arrival. Any items of concern are further inspected, treated and if necessary, confiscated and destroyed. You can be heavily fined for breaches of quarantine regulations. You will also be asked to declare whether you have 'visited a rural area, or been in contact with, or near, farm animals outside Australia in the past 30 days'.

CHECK WHAT YOU CAN / CAN'T BRING INTO AUSTRALIA >

TAKING MEDICATION INTO AUS

Check whether your medication is allowed to be brought into Australia and follow the guidelines below to avoid having your medication seized at the border.

- Always carry medicines and medical equipment in their original, correctly labelled packages.
- Carry your medicine in your hand luggage (although check your airline's regulations before travelling) with a copy of your prescription.
- Consider packing some extra medicine in your suitcase or hold luggage in case you lose your hand luggage.

CHECK WHAT MEDICATION YOU CAN / CANNOT BRING HERE >



2 ARRIVING INTO THE COUNTRY

TRAVEL FROM THE AIRPORT

If you are being picked up from the airport, follow the signs to the pickup area.

If you are required to catch an Uber from the airport, make your way to the taxi rank and order from there.

If you are required to take public transport into the city, you can find more information via the links below:

- Sydney Airport Public Transport
- Melbourne Airport Public Transport
- Brisbane Airport Bus Services
- Adelaide Airport Transport Options
- Perth Airport Public Transport



2 ADJUSTING TO YOUR NEW ENVIRONMENT

JETLAG

ADJUSTING TO THE TIME ZONE

The adjustment period in the new time zone is likely to be the most challenging, as your body is trying to shift its internal clock. As you are adjusting, ask yourself:

- Am I physically and mentally ready to play?
- Am I feeling unsettled?
- Am I struggling to build relationships?

All of these can be negatively affected during the first few days.

Here's a rough guideline for how long it might take to synchronize to a new time zone:

1-2 Time Zones	1 or 2 Days
3-5 Time Zones	2 to 4 Days
6-8 Time Zones	4 to 6 Days

THINGS YOU CAN DO TO HELP YOURSELF:



Pre-Travel Preparation
- Start adjusting to the new time zone.
- Try to arrive in the country well in advance of the competition.



During Travel
- Stay hydrated
- Match your sleep to the new local time.



Upon Arrival
- Expose yourself to natural light as soon as you can.
- Match your sleep to the new time zone.



Training & Performance
- Can you ease in to training as your body adjusts?
- Focus on good nutrition.



Recovery
- Emphasise mobility work early on.
- Communicate with coaches and staff about how you're feeling.

2 SLEEPING IN A NEW **ENVIRONMENT**

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IMPROVING YOUR SLEEP

When you're away for a prolonged period time sleeping in a new environment can become hard work, especially for those who struggle to adapt to different rooms and beds. Disrupted sleep inevitably leads to impaired physical and mental performance and overall wellbeing, especially in the jet lag adjustment period. These are some things to consider to help with better sleep:



HAVE YOU GOT YOUR OWN PILLOW?
Your body is familiar with your regular pillow and can help you get to sleep quicker.



IS YOUR ROOM TIDY?
Cluttered rooms can stop the body from feeling settled.



HAVE YOU SET YOUR THERMOMETER?
Getting this right can increase how comfortable you feel in bed.



HAVE YOU GOT A SLEEP ROUTINE?
Preparing your body and mind for sleep through a routine will improve sleep.



HAVE YOU LIMITED YOUR SCREEN TIME?
Try not to use your phone or laptop at least 1 hour before bed.



WHITE NOISE?
Drown out any noise using white noise or sleep stories.



WHAT DOES YOUR WEARABLE TECH SAY?
Use the data from Whoop or watch to make necessary adjustments.



DID I HAVE CAFFEINE OR ALCOHOL BEFORE BED?
Both drastically impact sleep, limit well before bed (4+ hours)

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EXPERIENCING AUSTRALIA

Driving in Australia
Public Transport
Healthcare & Travel Insurance
VPN's
Cultural & Political Considerations



3 INFO FOR DRIVING IN AUSTRALIA

DRIVING LICENSE

You can drive in Australia using your UK driving licence for a maximum of 3 months, as long as:

- You remain a temporary overseas visitor
- Your UK licence is valid
- You haven't been given a disqualification from driving anywhere
- Your licence is not suspended or cancelled, or your visiting driving privileges withdrawn

To continue driving after 3 months, you must get a local license.

Driving laws and regulations differ in each state and territory. You must always wear a seat belt and have your driving license and passport on you while driving. Driving under the influence of alcohol or drugs is illegal and the penalties can be severe.

Driving long distance/in the outback Australia is known for having larger distances between towns and amenities.

- Ensure you have a roadworthy vehicle fitted with GPS and 2 spare tyres.
- Plan your route carefully, check road conditions and get local advice before you set out
- Leave your route details and expected time of return with the local tourist authorities, police, your hotel or hostel, or friends and relatives, and let them know when you've arrived safely
- Take good maps and extra food, water and fuel.
- Stay with your vehicle if it breaks down
- Avoid travelling in extreme heat
- Sudden storms and strong winds can make driving difficult
- Take particular care when driving on unsealed roads, 4WD tracks and desert or beach roads.



3 PUBLIC TRANSPORT IN AUSTRALIA

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A. SYDNEY



Bus, Train & Ferry
Sydney is very well connected via the Bus, Metro/Train, Ferry and Light Rail.



Uber/Taxi
Both are readily available around the city. Uber is linked to your credit/debit card and will cost less than a taxi.

MORE INFORMATION ON:
ROUTES AND TIMETABLES >



Download the Opal Travel app and use the journey planner or Google Maps to determine the best route.

- The most convenient way to pay for public transport is by tapping a credit/debit card/Apple Pay - all public transport in Sydney can be paid for using this method.
- A pre-paid Opal Travel Card can also be used to pay for all public transport.
- Metro/Train and Ferry single trip tickets can be purchased at the station machines using cash or card, if necessary.
- Opal Travel Card Purchase Method: Online/ via the Opal Travel App or at a retailer.
- Opal Travel Card Cost: FREE but minimum pre-paid top up amount is $20 AUD.



3 PUBLIC TRANSPORT IN AUSTRALIA

PCA

B. MELBOURNE

Bus, Train & Tram
Melbourne is well connected via the Bus, Train and Tram. Some Trams in the CBD are free of charge.

Uber/Taxi
Both are readily available around the city. Uber is linked to your credit/debit card and will cost less than a taxi.

MORE INFORMATION ON:
ROUTES AND TIMETABLES >

Download the PTV app and use the journey planner or Google Maps to determine the best route.

- A myki card must be purchased and used to pay for all public transport – single paper tickets/cash cannot be used.
- Myki Purchase Method: Online/via the PTV App (your myki may take up to two weeks to arrive) or from myki machines at selected stations/stops or at one of the hundreds of retailers across the city.
- Myki Cost: $6 AUD plus pre-paid top up amount.



3 PUBLIC TRANSPORT IN AUSTRALIA

PCA

C. BRISBANE

Bus, Train, Ferry & Tram
Brisbane is well connected via the Bus, Train, Ferry and Tram.

Uber/Taxi
Both are readily available around the city. Uber is linked to your credit/debit card and will cost less than a taxi.

MORE INFORMATION ON:
ROUTES AND TIMETABLES >

MORE INFORMATION:
MAP OF THE CITY NETWORK >

Download the My Translink app and use the journey planner, or Google Maps to determine the best route.

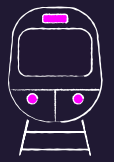
- It is recommended that a pre-paid *go card* is purchased and used to pay for public transport, as it provides a 30%
- It is recommended that a pre-paid *go card* is purchased and used to pay for public transport, as it provides a 30% discounted fare compared to paper tickets – all public transport methods can be paid for using a *go card*.
- Single paper tickets are available for purchase from station fare machines/ ticket offices.
- *Go card* Purchase Method: Online or at selected retailers, attended train station offices or fare machines at public transport stations.
- *Go card* Cost: $10 AUD refundable deposit plus pre-paid top up amount.



3 PUBLIC TRANSPORT IN AUSTRALIA

PCA

D. ADELAIDE



Bus, Train & Tram
Adelaide is well connected via the Bus, Train and Tram.

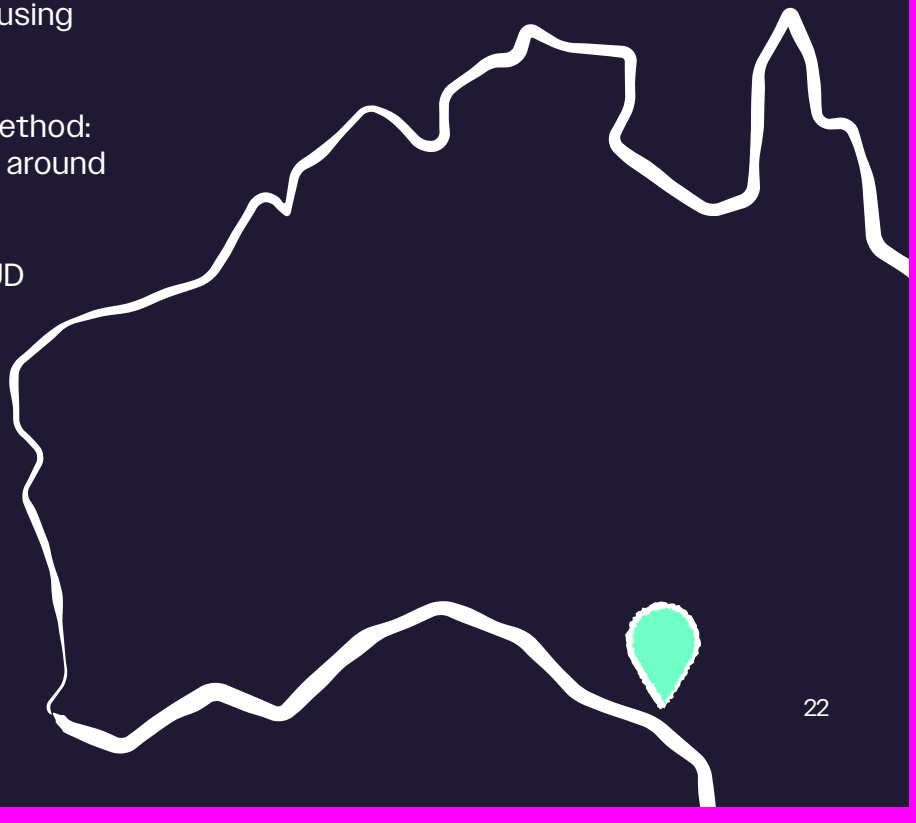


Uber/Taxi
Both are readily available around the city. Uber is linked to your credit/debit card and will cost less than a taxi.

MORE INFORMATION ON:
MAP OF THE CITY NETWORK >

Use Google Maps to determine the best route – unfortunately Adelaid Metro doesn't have an App yet.

- All public transport can be paid for with an Adelaide metroCARD.
- Trams and buses can be paid for by tapping on with a credit/debit card/Apple Pay.
- Trams and trains can be paid for using paper tickets.
- Adelaide metroCARD Purchase Method: Online or at a metroCARD retailer around the city.
- Adelaide metroCARD Cost: $5 AUD plus pre-paid amount (minimum $5 AUD before it can be used).



3 PUBLIC TRANSPORT IN AUSTRALIA

PCA

E. PERTH



Bus, Train & Ferry
Perth is well connected via the Bus, Train and Ferry.



Uber/Taxi
Both are readily available around the city. Uber is linked to your credit/debit card and will cost less than a taxi.

MORE INFORMATION ON:
TRANSPERTH TIMETABLES >

Download the Transperth App and use the journey planner, or use Google Maps to determine the best route.

- The cheapest and most convenient way to use public transport is by purchasing a pre-paid SmartRider card.
- The cheapest and most convenient way to use public transport is by purchasing a pre-paid SmartRider card.
- Cash tickets are available for purchase at train stations, ferry jetties and bus drivers, however are less cost-effective than a SmartRider card.
- Bus drivers also accept exact cash payments, but no change will be given.
- SmartRider Card Purchase Method: Transperth InfoCentres or Retail Sales Outlets around the city.
- SmartRider Card Cost: $10 AUD plus pre-paid amount (minimum $10 AUD before it can be used).



3 HEALTHCARE & TRAVEL INSURANCE

A. EMERGENCY NUMBER - 000
(Police, Fire, Ambulance)

B. URGENT HEALTHCARE:
British nationals who live in the UK and who are on a short-term visit to Australia are eligible for urgent healthcare treatment under the reciprocal health agreement with Australia.

This agreement does not extend to routine, non-emergency medical treatment including prescriptions or GP visits.

C. TRAVEL INSURANCE
If you need a doctor, dentist, x-ray, scan or emergency physiotherapy while away, please pay for treatment there and once you have returned, contact Ali Prosser for a claims form.

CONTACT ALI VIA EMAIL:
ALISON.PROSSER@THEPCA.CO.UK

CONTACT ALI VIA PHONE:
07769 880888

Full receipts should be kept in all circumstances and all claims must be logged within 28 days of occurrence.



3 SETTING UP A VPN

When travelling overseas it is worth looking into using a Virtual Private Network when using the internet.

In fact, using a VPN while traveling abroad can be particularly useful for several reasons:



Privacy and Security
When you connect to the internet using public Wi-Fi networks in foreign countries, your data can be more vulnerable to hackers and cyberattacks. Using a VPN encrypts your internet connection, making it more secure and protecting your data from potential threats.



Access to Geo-Restricted Content
VPNs allow you to bypass geo-restrictions imposed by websites and streaming services. If you're traveling and want to access content from your home country, such as streaming services or websites, a VPN can make it appear as though you're browsing from your home region.



Avoiding Censorship
In some countries, internet censorship and restrictions on specific websites or services are common. A VPN can help you access blocked content and websites by tunneling your traffic through servers in other locations.



Online Banking and Security
If you need to access sensitive online accounts, like your bank, while abroad, a VPN can add an extra layer of security to your connection, reducing the risk of unauthorized access.

3 CULTURAL & POLITICAL CONSIDERATIONS

A. PERSONAL SAFETY

Terrorism
The UK Government website advises that terrorist attacks in Australia cannot be ruled out – always remain vigilant.

Crime
Take precautions to protect yourself from petty crime:

- Don't leave your bag or luggage unattended – keep out of sight in cars
- Leave copies of important documents with family/friends in the UK
- Carry a photocopy of your passport for ID
- Be particularly careful at night in busy tourist areas

Scams
Be aware of different types of scams targeting people in or travelling to Australia, including dating and romance scams, websites offering fake services, or building repair scams.

Illegal Drugs
The Australian authorities will take action against anyone who imports or is found to be trafficking illegal drugs. Prosecution can lead to a lengthy jail sentence and deportation.

Swimming Safety
Take precaution at beaches and follow local guidelines to avoid rip currents, which can occur at any beach and sweep even the strongest swimmer out to sea. Remain vigilant when swimming in rivers and pools, as they can be subject to sudden flash floods. Make sure there is sufficient depth of water before diving.

Natural Disasters
Bush fires are high risk at the height of summer (Nov to Feb) and can start and change direction with little or no notice. Heavy rain and tropical cyclones can cause flooding, including flash floods in some areas. Dust storms occur regularly in Australia, usually in the outback areas. If you're in or near an area affected by any of the above, follow the advice of local authorities.

3 CULTURAL & POLITICAL CONSIDERATIONS

A. PERSONAL SAFETY

Dangerous Wildlife

Australia has a number of dangerous animals including crocodiles, jellyfish, sharks and a number of venomous insects, spiders and snakes – remain vigilant and do not approach.

MORE INFORMATION:
PERSONAL SAFETY & SECURITY >

B. CULTURAL DIFFERENCES

LGBT+ travellers

Same-sex marriages are legally recognised. Australia is generally open minded about homosexuality, but there are still isolated incidents of homophobia-related crime.

Vaping bans

Laws on vaping differ between states. Liquid nicotine is classed as a poison and banned from sale nationwide, however some states allow importation for personal use and use of vapes without nicotine. Get local advice on any restrictions.

Aboriginal Culture

Australia's Indigenous people are the world's oldest living culture, having lived on the country's vast lands for tens of thousands of years.

10 THINGS TO KNOW ABOUT
AUSTRALIA'S INDIGENOUS CULTURE >

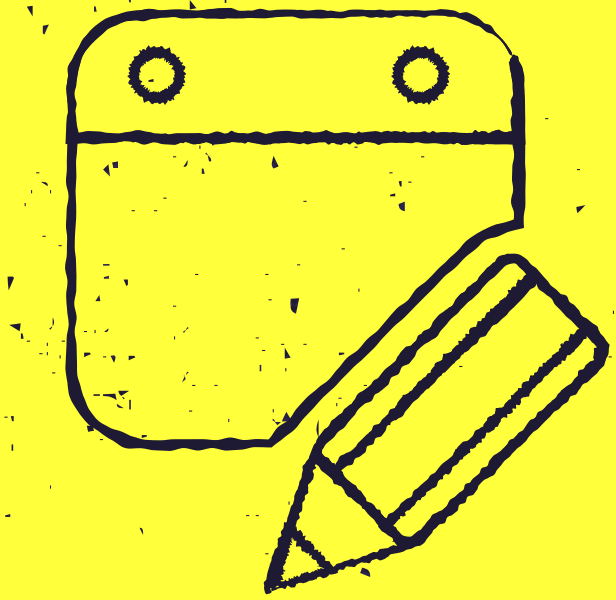
C. POLITICAL CONSIDERATIONS

Generally, there are low levels of political tension in Australia - protests are generally peaceful but can attract large crowds, so it is recommended that you follow the advice of local authority.



LIVE THE EXPERIENCE

Using Your Spare Time Wisely
Recommended Reads
Podcasts
Isolation & Loneliness



4 USING YOUR SPARE TIME WISELY

LIVING THE FULL AUSTRALIAN EXPERIENCE

While away you should utilise your time as much as possible to learn about new cultures, make new friends and create a support network around you to assist with your development and general wellbeing.

You may find yourself with spare time – it is important that you use this time wisely to make the most of your time away from the UK.

...NOT JUST PLAYING CRICKET

Utilise your time to experience the many delights that Australia has to offer with examples highlighted in this pack. Exploring a new country on the other side of the world will help you develop a renewed perspective and gratitude for the position you are in, as well as have a significant positive impact on your overall personal development. You may never travel to that part of the world again, so make the most of it and experience what Australia has to offer.

NETWORKING & BUILDING RELATIONSHIPS

The people around you in your new environment are likely to be supportive of your endeavour to forge a professional cricket career and therefore will want to get to know you. Talk to as many people as possible, ask questions, be curious! You might find that these relationships help you later in life.

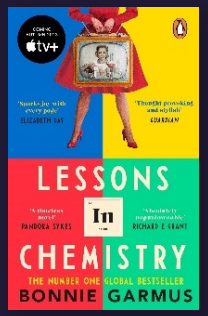
WORK & STUDY

Although your primary purpose in travelling to Australia is to develop your cricket, you might find you have spare time to either work or study. There are many long-distance study options in a variety of subjects – if this is something you want to explore, please discuss this with you PDM either before you travel or while you are away. Engaging in part-time work while you are away is another way of taking a significant step forward in your personal development. Speak to people in your network or around your club in Australia to find out what options are available. Don't be too picky, experiencing working life in a different country will offer brilliant perspective for the future!

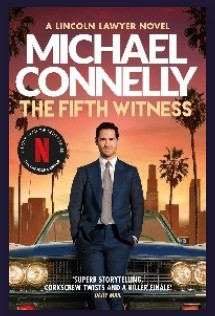
4 RECOMMENDED READS

PCA

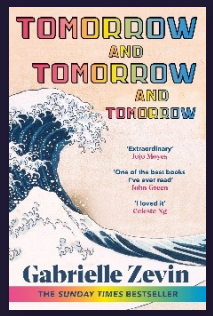
SOME RECENT RECOMMENDED READS TO PASS THE TIME WHILE YOU ARE TRAVELLING:



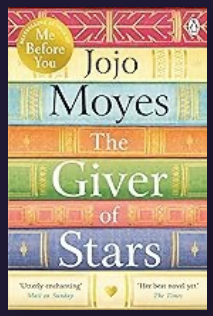
Lessons in Chemistry
By Bonnie Garmus



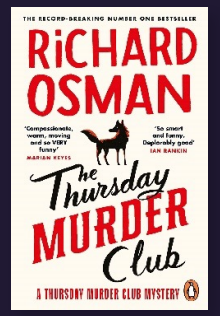
The Fifth Witness
By Michael Connelly



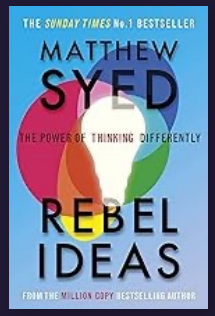
Tomorrow, and Tomorrow, and Tomorrow
By Gabrielle Zevin



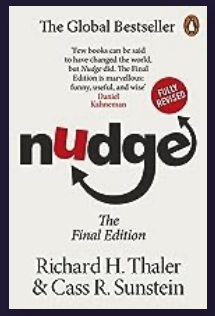
The Giver of Stars
By Jojo Moyes



The Thursday Murder Club
By Richard Osman



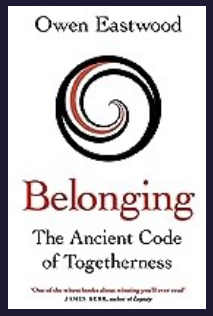
Rebel Ideas
By Matther Syed



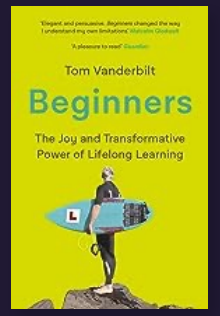
Nudge
By Richard Thaler



Back From The Edge
By Luke Sutton



Belonging
By Owen Eastwood



Beginners
By Tom Vanderbilt

4 RECOMMENDED PODCASTS

SOME RECENT RECOMMENDED LISTENS TO PASS TIME WHILE YOU ARE TRAVELLING:



The Huberman Lab
Andrew Hubermann is a neuroscientist who has made a podcast covering a wide variety of behavioural based topics such as growth mindset, maximising mental wellbeing, shaping identity and goal setting.



Empire
How empires rise and fall and how they have shaped the world around us.



Diary of a CEO
Entrepreneur Steven Bartlett talks to highly successful people from all walks of life.



Jonny Wilkinson - I am...
Conversations about human potential, uncovering new connections with life. Through discussions about peace, performance and potential, this podcast takes you to places you may not expect with people you may not expect it from.



High Performance Podcast
Award winning podcast covering high performance stories are a variety of industries and backgrounds.



The Rest is Politics
Rory Stewart and Alastair Campbell review the current affairs in the UK politics scene.

4 ISOLATION AND LONELINESS

THINGS YOU CAN DO TO HELP YOURSELF

Playing in a different country is a really exciting opportunity, and for most leads to great experiences meeting new people. However, we know that this isn't always the case and some players struggle with feelings of isolation and loneliness.

Cultural differences, language differences, accommodation and security considerations can all be a barrier to establishing new relationships whilst being away from home for any period of time can lead to you missing loved ones and friends.

1. CONSIDER CONNECTING

Before you leave, check if anyone else you know is heading to the same country. If they are, consider connecting before you depart and set time aside to socialise.

2. POSITIVE CONVERSATIONS

Schedule regular time to catch up with home. You'll need to consider time difference but building that time with your family and friends will help maintain connection. Try to keep conversations positive but make sure you have people you can confide in.

3. SETUP ONLINE SESSIONS WITH FRIENDS

If you're a gamer, think about setting up online sessions with your mates back home.

4. BUILD KEY RELATIONSHIPS

Before you leave, connect with important people at your Club – this will help build key relationships for when you arrive. There maybe someone there who enjoys padel, golf or other similar activities that you can do together or as a group.

5. BE CURIOUS & ASK QUESTIONS

You may have to do a little more work at the start, but by going that extra mile with your teammates at the start may help you build some vital connections.

6. CONFIDENTIAL HELPLINE

Don't forget your contacts at your club. This includes coaches, science and medicine and of course your PDM.
In addition, the PCA Confidential Helpline is available both domestically and abroad.

4 ISOLATION AND LONELINESS

Not everything you can do is about speaking with others, both locally and back home. There are a number of activities that you can do to pass the time and keep your mind active:



Journaling



If possible, get stuck into the local culture by exploring the sights



Reading and Podcasts



Mindfulness and Meditation

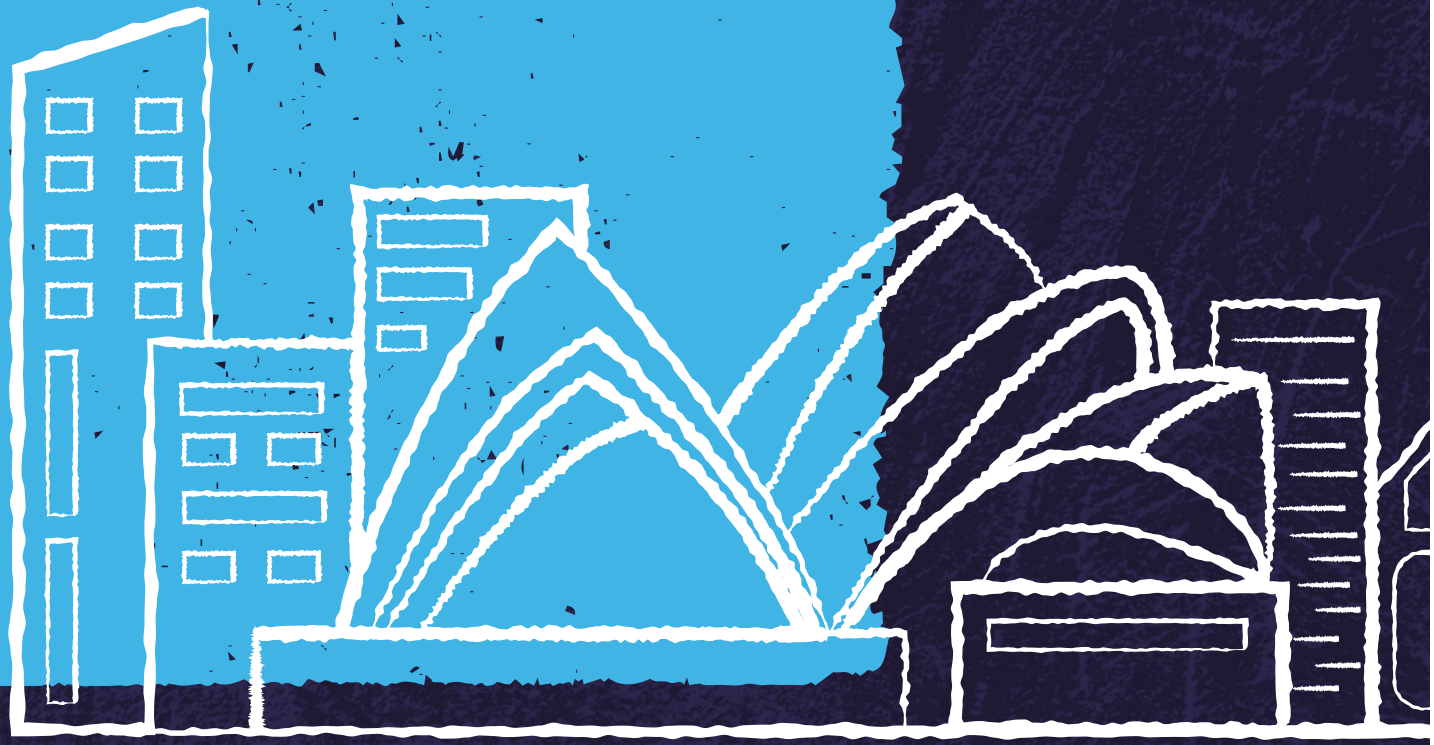


Career development including online learning and education

PCA

TO DO IN AUS

Sydney
Melbourne
Brisbane
Adelaide
Perth



5 THINGS TO DO IN SYDNEY

PCA

SYDNEY FERRIES
Ferry rides from Circular Quay provide scenic travel to local attractions.





SYDNEY HARBOUR BRIDGE
Iconic bridge providing breathtaking skyline views.

SYDNEY OPERA HOUSE
Historic venue under iconic architecture which hosts a variety of performances.



ROYAL BOTANIC GARDEN SYDNEY
Tranquil green sanctuary with manicured gardens and scenic views of iconic landmarks.



MANLY BEACH
Serene beach, ideal for swimming, snorkelling and beach walks.

DARLING HARBOUR
Vibrant waterfront hub with scenic harbour views and array are dining and entertainment.



QUEEN VICTORIA BUILDING (QVB)
This historical five level building is Sydney's most iconic and prestigious shopping destination.

THE ROCKS
Historic neighbourhood known for cobblestone streets, diverse dining and artisan markets.

ART GALLERY OF NEW SOUTH WALES
Grand architecture and diverse art collection.

BONDI BEACH
Coastal haven with iconic rock pools and scenic coastal walks.

5 THINGS TO DO IN MELBOURNE

PCA



ROYAL BOTANIC GARDENS VICTORIA
Tranquil urban oasis featuring diverse flora, serene lakes and meandering pathways.

CITY CIRCLE TRAM
Historic tram service providing a relaxed way to navigate the central business district.

MELBOURNE CRICKET GROUND (MCG)
Iconic stadium with a rich sporting heritage.





SHRINE OF REMEMBRANCE

QUEEN VICTORIA MARKET
Bustling food market with a diverse array of local cuisine, fresh produce and live music.

NATIONAL GALLERY OF VICTORIA
Art museum in Southbank set in a spacious building with a stained glass ceiling.

MELBOURNE SKYDECK
Sky-high observation deck on the 88th floor provides 360-degree city views.







BLOCK ARCADE
Historic arcade with classical architecture, intricate mosaics and unique shops.

MELBOURNE ZOO
Sprawling zoo with a diverse array of animals.



ST KILDA
A buzzing sea-side hub of fitness activity and home to a weekly market, the iconic pier and heated Sea Baths.

5 THINGS TO DO IN BRISBANE





SOUTH BANK PARKLANDS
Urban beach and lagoon with lifeguard patrols set amidst lush gardens.

LONE PINE KOALA SANCTUARY
Interactive encounters with native wildlife, including koala holding and kangaroo feeding.

CITY CAT (FERRY)
Scenic river transport perfect for viewing the changing skyline and local landmarks.





XXXX BREWERY TOUR
Experience the inner workings of the heritage brewery and gain insight into the 135 year history.

MOUNT COOT-THA SUMMIT LOOKOUT
Panoramic lookout with breathtaking views.

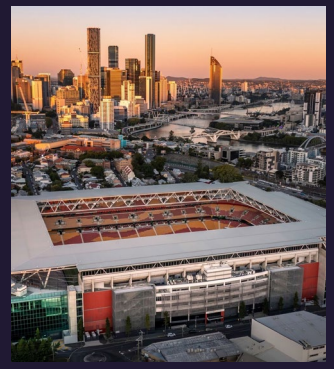
ROMA STREET PARKLAND
Tranquil parkland with multi-level green spaces, picturesque gardens and water features.

BRISBANE BOTANIC GARDENS MT COOT-THA
Lush botanical sanctuary featuring themed gardens, with trails leading to a city view lookout.

THE BRISBANE RIVER
Riverfront area known for its scenic walks, cruises and vibrant night scene.

EAT STREET NORTHSHORE
Lively market with a range of street food stalls, complemented by live music and communal dining.





SUNCORP STADIUM
Queensland's state-of-the-art, world-class, premier sports and outdoor concert venue.

5 THINGS TO DO IN ADELAIDE

PCA



ADELAIDE CENTRAL MARKET
Vibrant food market showcasing fresh produce, artisan cheeses and a myriad of international cuisines.

ADELAIDE BOTANIC GARDEN
Explore the beauty and diversity of plants from across Australia and around the world.

GLENELG TRAM
Tram journey to the coast with scenic suburban vistas, comfortable air-conditioned carriages and a relaxing vibe.

ADELAIDE ZOO
Botanical garden zoo with lush landscapes and diverse animal habitats.

ART GALLERY OF SOUTH AUSTRALIA
Art museum in Southbank set in a spacious building with a stained glass ceiling.

ADELAIDE OVAL
One of Australia's most recognisable and prestigious sporting and concert venues.

SOUTH AUSTRALIAN MUSEUM
Presents a sweeping array of indigenous and Pacific artifacts, natural history and a famed multi-level giant squid exhibit.





RUNDLE MALL
Central shopping area blends old-world charm with contemporary retail enhanced by unique street performers and iconic sculptures.

STATE LIBRARY OF SOUTH AUSTRALIA
Historic library with vast rare book collections, tranquil reading nooks and exhibits detailing regional history.

ADELAIDE GAOL
Historic correctional facility tour provides an informative journey through the lives of past inmates.

5 THINGS TO DO IN PERTH

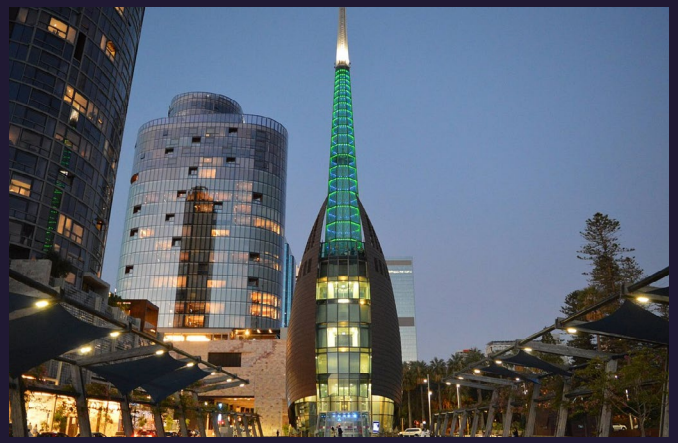
PCA

KINGS PARK AND BOTANIC GARDEN
Tranquil botanic haven displaying a rich variety of native Australian flora and panoramic views.

THE PERTH MINT
Interactive tours delve into the history and modern processes of minting, complete with a live gold pour.

SWAN RIVER
Tranquil waterway with scenic skyline views, ideal for kayaking, sailing and cruises.





THE BELL TOWER
Historical bell tower with interactive bell-ringing tours, set by the river with panoramic views.

STATE WAR MEMORIAL
Framed by lush greenery, providing panoramic city and river views and featuring a serene reflective pool.

ELIZABETH QUAY
Riverside spot featuring a scenic boardwalk, skyline views and a variety of dining options.

FRASER AVENUE LOOKOUT

HEIRISSON ISLAND
Natural reserve near the CBD where visitors can enjoy tranquil riverside walks and spot kangaroos in their habitat.

ST MARY'S CATHEDRAL
Catholic Cathedral which combines portions built over three centuries into the one beautifully renovated building.



THE LOTTERYWEST FEDERATION WALKWAY
Walk among the treetops and enjoy spectacular views if the city skyline.

KEY CONTACT INFORMATION

PCA CONTACT INFO

If you require any tournament specific support please reach out to one of the following from the PCA.



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