Antipodeans is an educational travel specialist. We provide international group programs and placements for Australian Universities and schools.

We currently work with 29 University Faculties across disciplines including Health, Education, Law, Commerce and student leadership.

Over 10,000 students have travelled across all Antipodeans programs.

Antipodeans has built its reputation on delivering placements and programs that meet the specific requirements of the University or Faculty.

We look after every detail of planning and execution as well as solidly preparing student teams for their experience overseas so that it’s safe, educationally valuable and personally fulfilling.

**Life Changing Experiential Learning**

Our overseas Faculty placements provide out-of-classroom learning that returning students and lecturers describe as ‘life changing’. Students are placed in developing communities where they apply coursework and gain experiential learning in a practical setting that’s vastly different from home.

Students must overcome language, social and cultural barriers – and through this they gain core life skills, critical thinking and problem solving, professional learning and international experience that adds value to their resume.

It was one of the most rewarding things I have ever done as a nurse academic with students. Students learnt about the importance of communication not only with the Thai people but also amongst themselves as a group - being tolerant, sharing opinions, considering other points of view. They learnt that versatility is a trait that all nurses should have and that we as a profession can make a difference.

Kerry Reid-Searl, Nursing Senior Lecturer, CQU, Community Health Placement, Thailand

**29 international faculty placements**

**10,000 students across all Antipodeans programs**

**Leader in Health, Education & Leadership placements**

**25 year track record – solid experience, industry best practice**

**Participating Universities**

**NSW & ACT**
- Charles Sturt University
- Macquarie University
- Newcastle University
- Sydney University of Technology
- University of Technology Sydney
- University of New South Wales
- University of Western Sydney
- University of Wollongong
- Australian National University

**QLD**
- Central Queensland University
- James Cook University
- Griffith University
- Queensland University of Technology
- University of Queensland

**SA**
- Adelaide University
- Flinders University
- University of South Australia

**VIC**
- La Trobe University
- Monash University

**WA**
- Notre Dame Fremantle
- Edith Cowan University
- Murdoch University

*Participating universities for both UniBreak Faculties and Individuals programs*
THE ANTIPODEANS DIFFERENCE

Programs Developed to Requirement
Our tailored programs are developed in collaboration with the university partner to suit individual faculty requirements. We discuss course objectives and learning outcomes and then develop a program to these specifications.

Dedicated Program Manager Looks after Every Detail
This manager is the single liaison point for the university, the supervisors and the students. Their role is to be across all aspects of the program, facilitating all communications, travel logistics, enquiries and paperwork. This relieves the university of the responsibilities of trip management and risk management. It also makes communication seamless and easy.

Risk Management Expertise
We have 20+ years experience managing risk and incidents for travelling university groups. Our extensive risk management procedures ensure groups are well prepared before they travel; and well looked after while away.

Our operations team in Australia and in-country are highly experienced and provide 24-7 back up and support throughout the duration of the program.

Best-Prepared Teams
Antipodeans prides itself on our ability to prepare students and accompanying supervisors for the challenges of a placement in a developing country.

Through the first team meeting and a pre-departure workshop we prepare the group on what to expect as well as issues such as health and safety, cultural sensitivity, code of conduct, emergency scenarios and placement information. We ensure group members arrive as prepared as possible.

Quality Placements with Real Benefit
All Antipodeans projects are created with the needs and requirements of both the overseas community and the university in mind. We’ve worked with many of the same communities for over 15 years so our programs often part of a long-term development focus. Returning university groups have been proud to see the real impact their work has contributed.

Educational Outcomes Achieved
Our representatives on the ground bring extensive experience working with students and managing Antipodeans programs. They work closely with the local community in the lead up to the placement to ensure all educational outcomes and university requirements are met.

Responsible Travel
We are proud to deliver projects that are both sustainable and represent the best practice in responsible travel. We adhere to a Responsible Travel Policy that aims to respect and preserve culture and the environment of the people we visit. We believe taking part in a community project overseas builds respect and confidence between travellers and hosts.

We understand Australian Education because we are Local
We are Australian owned and run with offices in Sydney, Melbourne, Adelaide, Perth, Gold Coast and Auckland. We understand thoroughly Australian and New Zealand students and educational institutions, leaving us best placed to deliver effective programs suited to them.
I cannot speak highly enough of Antipodeans and what they can offer. Their attention to detail is impressive, their risk assessment is extensive and they are always happy to discuss issues and concerns to find workable solutions.

Antipodeans provide amazing, life-changing experiences for students (and supervising Staff) and truly represent responsible and responsive educational tourism. Thank you for helping me to realise a dream and for providing my students with an opportunity to make a difference and appreciate diversity in a way they could never achieve at home.

Hazel Randz, Dep. Program Director School of Nursing and Midwifery, Griffith University

It is difficult to describe what these placements do for students, however several phrases are echoed by students and they best sum up the experience: ‘I am forever changed as a person’, ‘this has been the most wonderful learning experience ever’ and ‘I am a better person as a result of this placement’.

I would highly recommend any School of Nursing and Midwifery to take up the challenge and work with Antipodeans to give their students a wonderful, once in a lifetime experience.

Dr Kerry Reid - Searl, Associate Professor, Central Queensland University

With Antipodeans the process started 12 months before we actually departed with initial meetings, regular phone calls, emails and information sessions. It continued during our placement in the Maldives with excellent, knowledgeable in-country agents who met us on arrival and who were on-call the entire time. The process even continued after we returned with valuable feedback being sort.

Overall, I could not have asked for a more professional, smoother or enjoyable experience.

Dr Wayne Cotton, Director for Study Abroad, University of Sydney

I could tell that Michelle and all the other Antipodeans staff members I dealt with were extremely well organised. It was obvious that Antips had a 24/7 plan in place for every possible scenario that could arise whilst students were overseas, so it comforting as a travelling supervisor knowing that I had such a good support network in place.

In the Maldives we saw huge changes at a community level - this includes for both the children and adults that were involved in our education and sporting programs. It would be great for the community if future Antips programs (from any university) continue sending students to this region so that this community can continue to build on the skills that they acquired.

Nathan Renwick, Lecturer, University of Technology
I definitely now have a more holistic view on health care and nursing. I realise that nursing can be practiced anywhere with anything and it has made me realise that nursing is so much more than hospital care.

The organisation of the trip was outstanding from my point of view. Everything was smooth and just worked.

**Elsie, Notre Dame University**
**Community Health Placement, Vietnam**

I was welcomed with open arms by the Principal and head teacher. They have been eager to share the Nepali culture with me and have created many opportunities for me to enjoy cultural and spiritual events. I faced challenges as my teaching philosophy is very different to that of the school, but I’ve thoroughly enjoyed the opportunity to share ideas and learn from the teachers here.

**Student, University Of Wollongong**
**Education Placement, Nepal**

We have all gained such valuable skills in leadership, communication, problem solving, reflection and critical thinking. We all embraced a sense of social responsibility and personal activism in participating in the experience and it was great to have the opportunity to learn about a new country, culture and meet new people.

**Louise Mills, Griffith University**
**Nursing And Midwifery Placement, Laos**

It was truly the best, and most life challenging experience and I found that it really put many things into perspective. The school was grateful beyond words and we could not be happier to know that our fundraising efforts were going to such an amazing cause. The people, the sites, the children and landscape could have kept me there for years.

**Emily Tapper, RMIT University**
**Education Placement, Nepal**

The language barrier was the hardest bit to overcome while teaching in a Nepali school (as) more thought and effort has to be put into planning lessons for younger students. The experience has definitely given me some insight into what it is like living and working in a developing country.

Going with Antipodeans Abroad allows you to experience what it is like volunteering in a developing country while giving you the peace of mind that your well being and security is being taken care off. You also have the opportunity to meet other volunteers and make lots of friends in a very short period of time.

**Student, UNSW**
**Community Teaching Placement, Nepal**
OUR EXPERT TEAM

Michele Whealy
UniBreak Head of Operations

Michele has returned to Australia after almost a decade of living and working in Cambodia and Vietnam. In this time she held varied and senior positions for a prominent Asian tour company, including General Manager for their Vietnam operation.

Her wealth of experience working and traveling throughout the developing world, and particularly Asia, has given Michele deep understanding into the nuances of these countries and cultures. As Head of Operations for Faculty Groups she draws on this experience to create programs that bring together the interests of university and overseas communities.

Cathy Starling
UniBreak Operations Manager

Cathy’s role as Faculties Operations Manager at Antipodeans brings together her two areas of passion and expertise – international development and youth development.

Before joining Antipodeans, Cathy worked for an NGO organisation as project manager for community development programs focusing on skills transfers between expert volunteers and international developing communities. She is also formally trained in outdoor education having spent 5 years with Outward Bound Australia as an Instructor and Coordinator.

Rachel Finch
Program Development Manager

Rachel knows first-hand the positive impact Antipodeans groups have on local communities, having travelled to Nepal on a teaching placement back in 2010.

The experience cemented her passion for sustainable development and ecotourism, which lead her to complete a Bachelor of Science (Honours), before joining Antipodeans in the operations team. Now in her role as Faculties Program Development Manager, Rachel is passionate about helping students gain a global perspective in their chosen field, whilst facilitating positive knowledge exchange between students and overseas communities.

Chris Abfalter
Program Development Manager

Chris brings solid experience in creating and managing youth leadership and student development programs. Over the past 8 years he has worked with students and organisations spanning Australia, North America and New Zealand running placement programs in the areas of conservation and humanitarian aid.

A bit of an adrenaline junkie, Chris has crossed off his bucket list cliff diving in Latin America, trekking the Cotopaxi volcano glacier, sand-boarding the dunes of the Chilean desert and black water rafting in New Zealand.

“...The most beneficial thing about going with Antipodeans was that they were very professional and organised. It was obvious there was a lot of pre-planning that went on before departure as everything ran very smoothly and the local staff knew exactly what was required of them. I’d definitely recommend travelling with Antipodeans as it is a safe and well-planned way to travel to remote countries.
Kate Barnewall, Griffith University, Community Health Placement, Laos
Who is Antipodeans Abroad?

Antipodeans Abroad is an independent Australian educational travel company that has been creating unique student travel and volunteering experiences for over 20 years.

The UniBreak program is ideal for students who want to gain valuable professional experience while immersing themselves in another culture.

On our placements you will:

- Travel as an Antips team and meet other like-minded health students.
- Have the support of our experienced local In-Country Partner.
- Participate in training workshops prior to departure.
- Feel secure knowing we have you covered by 24 hour back up, support and comprehensive risk management practices.

About Our Healthcare Placements

Antipodeans Abroad health placements are designed specifically for students who are studying in a relevant field.

Volunteer placements range from community health promotion, physical rehabilitation, children’s disability care, nursing and midwifery, dentistry and so much more. If you are unsure of what type of placement is right for you or don’t see your discipline listed within this document, please get in touch and we will help match you with a suitable project!

Students participating in these placements are required to provide a copy of their resume and proof of student status once they have booked.

Destinations

India
Vietnam
Cambodia* (*Expressions of interest)

What’s in this brief?

- Why Antipodeans?
- Overview of each placement by destination.
- FHS Abroad dates and prices.
- How to apply.
- OS-HELP Loan
Why Antipodeans?

Having two organisations to choose from, it can difficult to determine what the key differences are between each organisation. Here are some points to consider when deciding why you might like to go with Antipodeans:

- Antipodeans is a family run Australian owned organisation, with our head office in North Sydney.
- We have been running placements for 24 years
- Antipodeans provides a face-to-face pre-departure workshop before you leave, which will help prepare you for your placement, and allow you to meet our friendly staff and other Sydney-based students on your placement.
- For your next of kin or family, it’s great to know there is a Sydney number they can call at any time of day whilst you’re away if they’re worried about you, rather than having to call an operations team in the UK.
- Antipodeans will always place you in country as a team of students. Our UniBreak program is open to all Australian and New Zealand university students. You will always find yourself with a small group of 4 – 15 student students, never on your own.
- As the group will be made up of university students, you will find you are all at similar stages in life. You will be able to share your highlights and challenges with your new ‘Antips’ family.
- As our past Antips UniBreak teams have proven, going as a team gives you the ability to have a far greater impact on the local community with the support, manpower and variety of skills sets of other students around you.
- In turn, we have the ability to provide the team with a specific project you will all work towards. These projects have been requested directly by the local communities. Often these projects are continuing on from what past UniBreak teams have achieved. Community involvement, participation and continuity are the keys to ensuring our projects are sustainable in the long term.
### FHS Abroad Healthcare – At A Glance

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India

India is a destination like no other. It will delight each and every one of your senses – and equally challenge and frustrate you. There’s no doubt it will be a life changing and completely memorable experience.

Health placements are available in the lush green hills of Palampur in India’s north, where you can help improve the lives and future prospects for members of the local community.

**Accommodation: Share house**

**Hospital & Clinic**

_Suggested discipline areas:_ Nursing, Midwifery, Medicine, Paramedicine, Radiography

Spend your first three weeks of placement shadowing staff at a local private hospital, or women’s health clinic and rotate around different departments to gain a broad understanding of India’s health care system.

Where possible we will match your interests and experience, however your main role will be to shadow local doctors and nurses in ward rounds, outpatient departments and in major or minor procedures.

To get the most out of this experience, you must be flexible, self-sufficient and able to direct your own learning. Take this opportunity to build a strong rapport with local staff and share occupational knowledge, while also recognising and learning from differences in practices that may arise.

**Rehabilitation & Disability**

_Suggested discipline areas:_ Physiotherapy, Speech Pathology, Occupational Therapy, Exercise Physiology, Nutrition

We offer a range of rehabilitation and disability placements in Palampur where you will be matched depending on your interests, skills and study area.

Options include a private physiotherapy clinic, school for children with disabilities and a small private hospital. Each placement provides a unique insight to local practices and the daily difficulties faced by physicians who operate with limited resources.

During these three weeks you will primarily shadow staff to gain an understanding of local practices, provide general assistance and help treat patients using available resources and your initiative.
Dentistry

*Suggested discipline areas: Dentistry, Oral Health*

Dentistry students will work in a variety of settings. You will spend time in the dental department at a large government hospital. The department is busy and treatment is basic, and often free for many who live below the poverty line.

You will also work at a private dental clinic. Here, you will have the chance to spend more time with each patient, and get to know your supervisor very well. Both settings will give you a good insight into the health system in India and the opportunity to learn a lot about local practices.

Ayurvedic Medical Centre

*Suggested discipline areas: Nursing, Physiotherapy, Occupational Therapy, Exercise Physiology, Nutrition*

Students interested in naturopathy and traditional Indian medicine can also spend some time working at an Ayurvedic centre in Palampur.

It offers its patients a holistic approach to curing and overcoming systematic ailments through yoga, pranayama, meditation, naturopathy, panchakarma, physiotherapy, diet therapy and massage, among many other alternative methods.

This is not a full time placement and you will be spend time working at one of the other centres as well.

Health Promotion

Health care placements in Palampur involve three weeks of volunteering with a local project, followed by spending your final week working as a team to carry out health promotion sessions in the local community.

Antipodeans has established this program in the surrounding tea plantation villages outside of Palampur. You will work with the rest of your team to develop and deliver health education workshops in areas such as oral health, nutrition, sanitation, exercise, correct lifting techniques and more. We provide all students with materials to assist them in the design and delivery of successful workshops.
Vietnam

Vietnam is the perfect place to visit and experience some of the most vibrant cultures in all of Southeast Asia. With a history spanning 4,000 years and a population of over 90 million, Vietnam has a diverse culture that has been formed by years of Chinese and French occupation, which can still be found in the country’s beautiful architecture and cuisine.

The region is a true wonderland for those with a sense of adventure – lush mountains in the north, the plains of the Mekong Delta and gorgeous coastlines stretching for miles - there’s plenty to explore.

Accommodation: Guesthouse

Rehabilitation & Disability

Suggested discipline areas: Nursing, Physiotherapy, Exercise Physiology, Medicine

Due to the use of Agent Orange during the Vietnam War, many children now three generations on are still born with a variety of birth defects. Often, these children are not able to fully participate in society in terms of health care, education and employment opportunities, as disabilities are often misunderstood.

This is largely due to a lack of knowledge and awareness that many impairments can be treated or dramatically improved to increase quality of life for both the individual and their family.

As a volunteer, you will shadow local carers in consultations to help develop and implement treatment plans for patients with a range of mental and physical disabilities. The centre struggles to employ long-term professional therapists therefore you may have limited local professional support. In light of this, you will need to be prepared to use your initiative to get involved and provide basic care using the resources available. Volunteers must be flexible, self-sufficient and able to direct their own learning.

Cambodia*

The kingdom of Cambodia is one of Asia's most enthralling destinations. Cambodia is a country with a history well known for the Khmer Rouge genocide in the 1970s. After enduring so much, the people of Cambodia are now optimistic about the future and are considered to be some of the friendliest people in South-East Asia.

* We are currently collecting expressions of interest for this placement.
FHS ABROAD DATES & PRICES 2015 / 2016

<table>
<thead>
<tr>
<th>DESTINATION</th>
<th>DATES</th>
<th>DURATION</th>
<th>PLACEMENT FEE</th>
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<tbody>
<tr>
<td>India</td>
<td>22 November – 19 December 2015</td>
<td>4 weeks</td>
<td>$2990</td>
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<tr>
<td></td>
<td>03 January – 30 January 2016</td>
<td>4 weeks</td>
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<td></td>
<td>26 June – 23 July 2016 (TBC)</td>
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<tr>
<td>Vietnam ** ^</td>
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</tr>
</tbody>
</table>

* 2016 prices to be confirmed
** Placement does not include (all) meal costs
^ Minimum number of students needed to operate

Inclusions
- Antipodeans Abroad pre-departure workshop
- Placement Handbook and In-Country Manual
- Access to a number of discounts through Antipodeans preferred partners
- Meet and greet on arrival
- Airport transfer on arrival
- In-country orientation
- Accommodation and meals (unless stated otherwise)
- Pre-screened community placement
- 24-hour support by In-Country Partner
- 24-hour emergency back-up from Antipodeans Abroad

Exclusions
- Airfares
- Travel insurance
- Visas
- Vaccinations
- National Police Check / Working with Children Check

Booking transfers
Any volunteer unable to travel due to an exam or placement timetable clash is permitted to transfer their booking to an alternate travel date and/or destination within 8 months of the original travel date. Standard cancellation conditions apply and selection of alternate travel date/destination is subject to availability at the time of request. Strictly one transfer allowed.

Placement extensions
For some destinations you are also able to extend your placement beyond 4 weeks. Please ask us for the cost of an extra weeks placement.
How to Apply
Applications NOW OPEN

FHS Abroad Placements are limited with each team comprising of maximum of 12 - 14 people. To give students and volunteers the best chance of securing their first preference placement and destination, Antipodeans offers positions on a ‘first in, best dressed’ basis. As soon as you know where and when you want to go, follow the application steps below!

Applications for FHS Abroad close Monday 31st August 2015.

Application Steps
1. Submit the FHS Online Application Form at www.antipodeans.com.au
2. Receive Acceptance Email from Antipodeans
3. Submit Booking Form and $500 Deposit

The Booking Form should be completed and returned, along with the first instalment of $500 to secure your place in the program. This contributes to the final cost of the placement. You will be sent an official welcome email and details of the remaining payment schedule. A further two instalments will follow as required by the payment schedule and the final balance is due 60 days prior to departure.

For further information regarding this placement, please contact:

Rachel Finch
E: rachel@antipodeans.com.au
T: 1800 502 014 (AUS) or 0800 268 477 (NZ)
Facebook: www.facebook.com/Antipodeans.Abroad
OS-HELP Loan

Students participating in the FHS Abroad Program may be eligible for a Government OS-HELP loan to help cover any costs incurred with your placement overseas.

The Australian Government provides loans to assist eligible students to undertake studies overseas that will contribute to their Australian courses. An overview of the criteria are listed below and more detail can be found in the application kit, available from International Services, Level 4, Jane Foss Russell Building

You are eligible for OS-HELP if you meet ALL of the below criteria:

• You have been selected by your provider to receive an OS-HELP loan for a six month period (students must contact their provider regarding the application process)
• You are an Australian citizen or permanent humanitarian visa holder;
• You have not received an OS-HELP loan on more than one other occasion;
• You are enrolled with an Australian provider as a Commonwealth supported student and have completed one equivalent full-time student load (EFTSL) - which is usually one year of full-time study;
• You will be undertaking full-time study overseas and your overseas study will count towards the course requirements for the Australian course of study in which you are enrolled;
• You will have at least 0.125 EFTSL of your course of study left to complete once you have finished your overseas study (usually one unit of study); and
• You meet the tax file number (TFN) requirements:
  o You must give your provider your valid TFN; OR
  o If you don’t have a TFN you can give your provider a Certificate of application for a TFN. This certificate is available from the Australian Taxation Office after you have applied for a TFN.

For more information about the OS-HELP Loan as a University of Sydney student, please visit: http://sydney.edu.au/current_students/student_exchange/os_help_loan.shtml