# Contents

Important Information and Emergency Contacts ........................................... 2  
Overseas Student Health Cover ...................................................................... 5  
Accommodation .................................................................................................. 7  
Money ............................................................................................................... 8  
Working while you study ................................................................................... 9  
Sydney Olympic Park Transport ....................................................................... 10  
Living in Australia ............................................................................................. 11  
Quick Facts ....................................................................................................... 13  
Frequently Asked Questions ............................................................................. 15  
Tips to get the most out of your time at ACPE: ............................................. 16  
International Student Calendar ......................................................................... 17  
Social Sport at ACPE ......................................................................................... 18
Important Information and Emergency Contacts

**ACPE CONTACT DETAILS**

**ACPE Main Contact Details:**
Telephone Numbers:
Head Office: (02) 9739 3333
Campus: (02)8061 2770

**International Student Coordinator/Advisor**
Jacqueline Simmonds
Phone: (02) 9739 3321
Email: jsimmonds@acpe.edu.au

**ACPE Student Counsellor**
Amanda Percy
Phone: (02) 98061 2704
Email: Counsellor@acpe.edu.au

**Academic Development**
Maureen Rocha
Phone: (02) 8061 2717
Email: mrocha@acpe.edu.au

**International Student Mentor**
Sergio Antonio
Email: 9923@student.acpe.edu.au
Important Information and Emergency Contacts

**EMERGENCY CONTACT DETAILS**

**Emergency Telephone Numbers:**
Police, Fire, Ambulance – Dial **000**

**Embassy**
To find your consulate and embassy please go to the following website for more details

**Department of Immigration and Citizenship (DIAC)**
Dial **131 881**
Parramatta Office
Street address: 9 Wentworth Street
Parramatta
NSW 2150
Counter hours 9am- 4pm
Monday -Friday
Postal address: GPO Box 9984,
Sydney NSW2001
General facsimile 02 8861 4422

Sydney CBD Office
Street address: Ground Floor
26 Lee Street
Sydney NSW2000
Counter hours 9am-4pm
Monday - Friday
Postal address: GPO Box 9984
Sydney NSW 2001
General facsimile 02 8862 6096
Important Information and Emergency Contacts

Local Medical Centres:

Newington Family Medical Practice
3/8 Avenue of the Americas
Newington NSW 2127
Telephone: 02 9648 2224
Monday to Friday 8am-6pm
Saturday 9am - 3pm

Rhodes General Practice
Suite 702B, Level 7
Rhodes Shopping Centre
1 Rider Boulevard
Rhodes NSW 2138
Office Hours: 02 8754 3000
After Hours: 02 8724 6300
Monday to Friday 8am-7pm
Saturday 8.30am-5pm
Sunday 9am-3pm

Public facilities:

Location of Automatic Teller Machines (ATMs)
Commonwealth Bank Building
Dawn Fraser Ave,
Sydney Olympic Park, 2127

Location of Public Telephones
The Novotel Hotel or The Overflow
Olympic Blvd
Sydney Olympic Park, 2127

Post Office
37-39 Egerton Street
Silverwater
NSW 2128
Unit A 21 Victoria Avenue, Concord West, NSW 2138
P: (02) 9743 1030 f: (02) 9743 4124
**Overseas Student Health Cover**

Australia has a special system of health cover specific for international students called Overseas Student Health Cover which you should have obtained prior to your arrival into Australia. The Department of Immigration and Citizenship requires you to maintain OSHC for the duration of your time on a student visa in Australia.

Your OSHC will help you pay for any medical or hospital care you may need while you’re studying in Australia, and it will contribute towards the cost of most prescription medicines, and an ambulance in an emergency.

At a minimum, each OSHC product must include cover for:

- the benefit amount listed in the Medicare Benefits Schedule (MBS) fee for out-of-hospital medical services (for example, a general practitioner)
- 100 per cent of the MBS fee for in-patient medical services (for example, surgery)
- public hospital shared ward accommodation
- private hospital shared ward accommodation (only for hospitals that have contractual arrangements with the overseas student’s health insurer)
- day surgery accommodation
- some prosthetic devices
- pharmaceutical benefits up to $50 per pharmaceutical item to a maximum of $300 a year for a single membership ($600 for a family membership). Overseas students may face significant out of pocket costs if they do not have appropriate coverage for treatment with pharmaceuticals, particularly oncology (cancer) treatment.
- ambulance services.

OSHC does not cover dental, optical or physiotherapy. If you want to be covered for these treatments you will need to buy additional private health insurance.

**What if I need treatment?**

You can make an appointment to see a General Practitioner (GP).

In the case you need emergency hospital treatment you should go immediately to the emergency department of the nearest hospital. If appropriate, you can call “000” and ask for an ambulance to take you to hospital.

If you need to go to a public hospital in a non-emergency situation or for an elective procedure, then you should call your OSHC insurer and check that your policy will cover you for that admission. You should also ask your OSHC insurer where their nearest agreement hospital is located. You should call that hospital to confirm that you will be accepted as a patient with OSHC.

It is also important that you contact your OSHC insurer before you are admitted to a private hospital because not all services will be covered if you go to a private hospital and you may have to pay extra if the private hospital does not have contractual arrangements with your OSHC insurer.
**How do I pay for treatment?**

When you receive a bill for medical treatment, there are generally two choices. You can pay the bill and then get a refund from your OSHC insurer, or the unpaid account can be given directly to your OSHC insurer. For pharmaceutical claims, you need to pay the chemist first and then claim back from your health insurer.

Hospital bills are normally sent directly to the OSHC insurer for payment. However, arrangements for payment of treatment expenses will vary between OSHC insurers. You should contact your OSHC insurer for further information.

**How long do I have to have cover?**

It is a visa requirement that from 1 July 2010, students must obtain OSHC for the proposed duration of their student visa. If you extend the length of your student visa, you must renew your OSHC policy. OSHC providers are obliged to provide cover for up to 5 years in respect of the proposed duration of the visa, however they may also choose to provide longer cover.

Further information regarding visa requirements is available at the Department of Immigration & Citizenship website.

For more information on the Overseas Student Health Cover please go to the following website


Accommodation

There are a number of accommodation options that you may like to take up while studying at ACPE:

- **Rent out a room in the surrounding area of Sydney Olympic Park**
  You may like to room with family or friends but there is the option for rooming with other students from ACPE. If you wish to look into this option please contact Student Services at studentservices@acpe.edu.au and they can help you find other ACPE students to room with. Renting close to college is a good idea as it will require minimal transport to and from college and there is plenty of part time work available around Olympic Park.

- **Rent a house in the surrounding areas of Sydney Olympic Park**
  You may like to live with family or friends and find your own place but there is the option for grouping up with other students from ACPE and finding a place that you like all together. If you wish to look into this option please contact Student Services at studentservices@acpe.edu.au and they can help you find other ACPE students prior to finding a place that you are all happy with. There are plenty of rental apartments and houses around Sydney Olympic Park. Renting a place close to college is a good idea as it will require minimal transport to and from college and there is plenty of part time work available around Olympic Park. In most cases the property will be unfurnished and you must provide everything. You lease the entire property and are responsible for all related expenses. Costs will vary depending on the number of bedrooms, the quality of accommodation and the location of the property. Renting usually involves paying rent one month in advance, plus a bond when you first move in. A bond is a payment generally equivalent to one month’s rent which is paid to cover any damage or unpaid bills that may occur whilst you are renting the property. It is refundable when you leave the property if the property is in sound condition when you vacate.

**Cost:** AU$150-AU$350 per week+ living expenses (food, utilities etc)

- **Live in student shared accommodation in Sydney**
  There are a number of live in Shared Accommodation facilities around student specifically targeted to Students and International Students. These facilities are a safe and fun environment where they encourage studying and allow you to make friends. Many are situated in or close to the CBD and are close to transport and other Sydney attractions. Many are equipped with air conditioning, laundry facilities, shared rooms and private rooms, internet, kitchen facilities and 24 hours security.

For more details on all of options for accommodation please see Student Services to receive the Student Accommodation Booklet.

OR

Study Group (ACPE major provider) can assist you to find suitable accommodation

**Sydney campus students please contact:**
accommodationserviceswaterloo@studygroup.com
T +61 2 8303 9700, F +61 2 8303 9777
Money

Students are not encouraged to carry large sums of cash to campus therefore fees should be paid by electronic transfer, credit card or cheque. To cover your initial expenses we recommend you bring a bank draft to a value of AU$1,500. Cheque, Savings and Card (EFT) accounts can be opened. It may take some days for your bank draft to be cleared and the funds made available to you. We strongly recommend that you do not carry large sums of cash with you. We recommend that you bring approxA$300.00 in cash only to cover costs until your bank draft is cleared.

Credit cards
The most commonly accepted credit cards are MasterCard, Visa, Bankcard, Diners Club, American Express and their affiliates. Use may be restricted in smaller towns and country areas and small retail shops.

Banking
Students are advised to conduct their financial arrangements through an Australian Trading or Savings Bank. The Reserve Bank of Australia guarantees these Banks. There are other financial institutions such as Building Societies, Co-Operative Credit Unions, Trustee Companies and various other investment companies which will accept deposits and pay higher rates of interest, but such organisations carry a higher risk and are not as safe as the Banks.

Major Australian banks are:

- ANZ Bank: T 131 314
- Bankwest: T 13 17 18
- Citibank: T 13 24 84
- Commonwealth Bank: T 13 22 21
- Macquarie Bank: T 1800 806 310
- NAB: T 13 22 65
- St George Bank: T 133 330
- Westpac Bank: T 13 20 32

Banks are generally open:
Monday-Thursday 9.00am to 4:00pm
Friday 9:00am to 5:00pm

In some states selected banking facilities are available on Saturday morning. ATM cards can be used in Australia at both ATMs (Automatic Teller Machines) and at participating retail locations, so long as they have been enabled for international access. Your ATM card must carry either the CIRRUS, PLUS or STAR international ATM mark or the Interlink or Maestro POS mark.

Adapted from www.immi.gov.au, 2012
Working while you study

Your student visa allows you to work up to 40 hours per fortnight, however, there are a number of conditions that you will need to meet. These include:

- You cannot commence working in Australia until you have started your course;
- You can only work up to 40 hours per fortnight while your course is in session. This does not include work experience you undertake as part of your course requirements;
- Voluntary, unpaid work is not included in the 40 hour limit if:
  - it is of benefit to the community;
  - it is for a non-profit organisation;
  - it is a designated volunteer position (that is, it would not otherwise be undertaken in return for wages by an Australian resident); and
  - no remuneration, either cash or kind, is received (board and lodging excepted).
- You can work unlimited hours during holiday periods when your course is not in session.

The department considers your course to be 'in session':

- for the duration of the advertised semesters (including periods when exams are being held)
- if you have completed your studies and your Confirmation of Enrolment is still in effect
- if you are undertaking another course, during a break from your main course and the points will be credited to your main course

Many international students find that part-time work is a great way to give them a little extra money, on top of their available funds, to spend on entertainment or unexpected bills.

If you need more help understanding these visa conditions, contact the Department of Immigration and Citizenship (DIAC) at www.immi.gov.au.

Tax file Number

You must obtain a tax file number to be able to work in Australia. This is a unique number issued to individuals and organisations for identification and record-keeping purposes.

You can apply for a tax file number at the Australian Tax Office Website http://www.ato.gov.au/taxprofessionals/content.aspx?doc=/content/64067.htm

Adapted from www.immi.gov.au, 2012
Sydney Olympic Park Transport


**Trains**

Olympic Park services operate every 10-20 minutes between Lidcombe and Olympic Park stations on weekdays and direct services to Olympic Park Station from Central Station.

**Bus**

Sydney Buses operates two full-time bus services to and from Sydney Olympic Park to the following locations:

- Burwood (Westfield)
- Strathfield Station
- Newington
- Rydalmere
- UWS Nepean Campus Rydalmere
- Parramatta Station
- Lidcombe Station
- Sydney Olympic Park Wharf

Sydney Buses Route 401: From Lidcombe Station to Olympic Park Station via Homebush Bay (Monday to Saturday day time service).

Sydney Buses Route 525: From Parramatta Station to Burwood (Westfield) via UWS Parramatta Campus, Rydalmere, Newington, Olympic Park Station, Strathfield Station, Burwood Station (daily full-time service).

Sydney Buses Route 526 – From Sydney Olympic Park Wharf to Burwood (Westfield) via Newington, Strathfield Station, Burwood Station (daily full-time service).

For last trips departing or arriving at Sydney Olympic Park, please visit [www.sydneybuses.nsw.gov.au](http://www.sydneybuses.nsw.gov.au)

**Ferry**

Sydney Ferries operates to and from Sydney Olympic Park Wharf on the Parramatta River service. The 526 bus connects the Wharf with the Sydney Olympic Park site. Alternatively, it takes about 40 minutes to walk from the Wharf to ANZ Stadium.

For timetable information, please visit [www.131500.com.au](http://www.131500.com.au)

**Taxi**

A taxi rank is located near the Novotel hotel on Olympic Boulevard, Sydney Olympic Park.

Living in Australia

Climate
The Australian climate is generally pleasant with warm summers and mild winters. On average January is the warmest month of the year with an average of 14 days out of the month being over 30°C.

In winter the temperature rarely drops below 5°C. The coldest month of the year is July with an average temperature of 8-16°C. Snow is rarely seen in the city of Sydney with the last snow report in Sydney City in 1836.

The City of Sydney is not affected by cyclones or tornados but in the past the surround areas of Sydney have been affected by drought, bush fires and flooding

<table>
<thead>
<tr>
<th>Season</th>
<th>Month</th>
<th>Temperature Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer</td>
<td>Dec/Jan/Feb</td>
<td>15°C – 35°C</td>
</tr>
<tr>
<td>Autumn</td>
<td>Mar/Apr/May</td>
<td>10°C – 25°C</td>
</tr>
<tr>
<td>Winter</td>
<td>Jun/Jul/Aug</td>
<td>8°C – 15°C</td>
</tr>
<tr>
<td>Spring</td>
<td>Sept/Oct/Nov</td>
<td>10°C – 25°C</td>
</tr>
</tbody>
</table>

Clothing
During the summer months of December through to February the temperature can be warm to hot and lightweight clothes are suitable for daytime, but keep a jacket or sweater handy as nights may be cool. During the winter months of June to August sweaters and warmer clothes are advisable. Most of the times just keep it light and comfortable. Your wardrobe should include jeans, t-shirts, jumpers (pullovers), jackets, warm shirts, warm trousers/slacks/skirts, both lightweight and warm socks and sturdy footwear. It can rain frequently in winter, so also include a lightweight raincoat or an umbrella.

Greetings
When introduced to a person for the first time, man or woman, it is usual to grasp the person’s right hand firmly but not hard enough to hurt. A weak or limp handshake creates a very poor impression. A simple “hello” or “how are you?” is expected. When greeting your peers or friends, a handshake is not necessary, unless it has been some time since you have seen them. It is common for Australian’s to say, “Hello”, “G-day” or “How are you?” when they pass by you in the street or when you enter a shop. They are simply being friendly. You would generally say “Hello” back or simply smile at the person.
Living in Australia

Social behaviour
Modifying your behaviour to adapt to the social norms of your host country is recommended. Eating habits, dress habits and toilet habits may be different in Australia from many of your home countries. Observe how others act and ask questions of your friends/teachers if you are unsure of accepted habits. It is impolite to clear your nose, throat or to spit in public without using a handkerchief or tissue. It is also extremely important to say “Please” when you ask for anything and “Thank-you” when you receive something or if somebody does something nice for you. It is also polite to say “Please” and “Thank you” in shops and restaurants, such as when ordering food and when the food is delivered to your table. Adapting to these new patterns of behaviour is one of the cultural hurdles that you may face. If you are feeling unsure about anything, please talk to one of our friendly Student Support Services staff.

Taxis
Taxis are plentiful, but relatively expensive. Higher rates apply in the evenings, weekends and public holidays. Heavier penalty rates apply after midnight. There may be additional costs for travelling on toll roads that will be added to your fare at the end of trip and may not appear on the far meter. Make sure to ask your driver before getting in the taxi if this will apply to you. All taxis in Australia must use the fare meter by law. The flag fall (starting charge) is approximately AU$3.50. Taxis can be paid in cash or EFTPOS.

Driving
If you hold a licence to drive a vehicle in your home country and you think you may wish to drive a vehicle in Australia, it is desirable for you to obtain and bring with you to Australia an International Drivers Licence. You may use such a licence for a short time in Australia. However, we do not encourage you to drive in Australia for at least the first year of your studies. Public transport is very good and possession of a car can act as a serious distraction from your studies. If you do wish to drive in Australia you will have to obtain an Australian Driver’s license. Individual applications from certain countries are not permitted to take a knowledge or drivers/ride test. For a full list of these recognise countries please visit http://austroads.com.au/driver-licences/overseas-driver-licences.

For more information on Overseas Drivers licenses and obtained an Australian driver’s license please go the NSW Government Road and Maritime website http://www.rta.nsw.gov.au/licensing/visitorstonsw/overseaslicence.html.
Quick Facts

Quick Facts about Sydney

- As the capital city of NSW Sydney is the biggest and most popular city in Australia housing over 4.5 million people
- Sydney covers over 7,600,000 square kilometres
- Sydney is full of beaches, rural/bush and metropolitan areas
- Sydney is a multicultural city which brings together different lifestyles, food, art and sport together

Quick Facts about Sydney Olympic Park

- Sydney Olympic Park is a suburb of the Western Sydney approximately 16 kilometres from the CBD
- Sydney Olympic Park was originally a development project for the 2000 Olympic and Paralympic Games
- It is a 640 hectare site
- It holds the Sydney Olympic Park Train station
- You can still find the 2000 Sydney Olympic and Paralympic Games Caldron at Sydney Olympic Park
- Since the completion of the 2000 Olympic and Paralympic Games, the Park has undergone a substantial amount of change to support its transformation to a multipurpose facility with a number of businesses and large organisations re-locating to Sydney Olympic Park
- Many of the sporting venues used in the Olympic and Paralympic Games are still used today and are frequently used by schools, clubs and the general public e.g. Aquatic Centre, Tennis Centre, Sports Centre, Athletic Centre and the Archery Centre
- Today the park is used for many popular events held in Sydney. There are more than 5000 events held at the Park each year including Sporting events, Music Festivals, Expos, Concerts and the Annual Sydney Easter Show
- The Park also hosts many free events for the general public including the moonlight cinema. For more information on events held at the park go to www.sydneyolympicpark.com.au/whats_on
Quick Facts

Quick facts of ACPE

- ACPE is one of Australia’s oldest higher education institutions being founded in 1917
- Frank Stuart (Head of college) was a noted swordsman and a physical instructor who taught fencing to members of the Russian and British Royal Families, who also went on to coach the Australian Fencing Teams at the 1950 Empire Games and 1952 Olympics
- ACPE started as a physical educational training institute for young women
- The college commenced operations at the Normanhurst School with an initial induction of seven students, six of whom were Normanhurst graduates
- In 1919 the Australian College of Physical Education and the Swords Club were jointly registered – a connection that is reflected to this day in the ACPE emblem
- In 1948 a company was formed between Stuart and Ruth Hackney, and ACPE became a propriety company limited by shares
- The college’s second principle (Ruth Hackney, a graduate and lecture at the college) moved to the college to a large warehouse in Petersham in 1949
- The college was moved to Croydon after being purchased by the third principal, John Butt in 1970. This was followed by the introduction of the first male students in 1971
- In 1976 the college was registered as a public company, limited by guarantee and not-for-profit. Subsequently the college became a fully accredited degree-granting institution
- In 2000 the college moved to its current site at 8 Figtree Drive, Sydney Olympic Park
- 2009 the College was purchased by global education provider Study Group
Frequently Asked Questions

What form do I need to complete for missing a class?
Generally students are allowed to miss 20% of classes without the need for documentation or explanation. If they go over this due to sickness or family crisis etc, they MAY have grounds for Special consideration.

How do I add or withdraw from units? Change tutorials?
Please complete an Enrolment Variation Form. There are deadlines for each type of change you wish to make and these are outlined on this form.

How do I get an extension for an assignment?
A Request for an Extension form needs to completed and signed by the Lecturer, and have any supporting documentation attached.

How do I replace my Student Card?
You need to collect an ID Card replacement form from the reception area, fill it in, and take it to the Library to arrange for payment.

How do I get a Travel Concession?
Visit the Front Desk at ACPE No. 8 Figtree Drive and complete a green Student Travel Concession Form, we can usually issue the concession on the spot (subject to eligibility/availability).

How do I get a copy of my Academic Transcript?
You can obtain copies of a number of Academic Documents (including Academic Transcripts) by completing a Request for Document form and paying the appropriate charge for the documents.

Where are coversheets located?
Coversheets are available online via the MyACPE Website under Information for Students > General Student Forms, alternatively, there are physical copies available at the Front Desk area.

All forms are on the ACPE website, or physical copies are available at the Front Desk area at the front of No. 8 Figtree Dr.

You can submit most forms directly to ACPE at the Front Desk at No. 8 Figtree Drive or the Reception Desk at No. 1 Figtree Drive, or by mailing or faxing the form to ACPE.
Tips to get the most out of your time at ACPE:

- Come along to the ACPE Welcome Back Party– it will be a great way for you to socialise out of the classroom.
- Get involved in the events at College including Staff v Student sport, College BBQs and ACPE Day etc. All of these events makes coming to college fun.
- Volunteer at some of Sydney’s biggest sporting events including the Blackmore Running festival and the City to Surf. You can see all of the volunteer and job opportunities on a noticeboard outside the Student Services Offices.
- Join a social sport team – these teams play in the local sporting competitions in the local area. Again this is a great way to feel a part of a team and socialise with ACPE students outside of the classroom. And what better way to blow off some stream then on the sports field.
- Be a part of the ACPE University Games Teams. This is a College highlight for many students. You get to represent the College in a chosen sport and have a lot of fun off the sporting arena as well. This is the sporting trip of a life time that includes a mix of sports and parties and a whole lot of FUN.
- Don’t be afraid to ask the Academic Office for help. They also run plenty of courses and workshops to help you get through your studies at ACPE.
- Add Frank Stuart to Facebook to get all of the up to date info and post on what’s going on at the college.
- Use the ACPE diary – not only will it ensure that you are organised for the year but it also has lots of other helpful information on the college including contact details, important college dates.
International Student Calendar of Events

To get the most out of your ACPE and Sydney experience we encourage you to get involved in the many events that we have on offer at the college and around Sydney. Some of the events will only proceed if we have minimum numbers of 5 students attending.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>February</td>
<td>Football Game - Western Sydney Wanders v Sydney Football Club</td>
</tr>
<tr>
<td>23rd – 27th March</td>
<td>Social Sport Registration Week</td>
</tr>
<tr>
<td>Thursday 2nd April</td>
<td>ACPE Welcome Back Party</td>
</tr>
<tr>
<td>Saturday 18th April</td>
<td>Fun Run – Electric Run</td>
</tr>
<tr>
<td>Sunday 3rd May</td>
<td>Netball Game – Sydney Swifts v Melbourne Vixens</td>
</tr>
<tr>
<td>Saturday 16th May</td>
<td>The Colour Run Night – Sydney</td>
</tr>
<tr>
<td>Wednesday 27th May</td>
<td>Rugby League – State of Origin: NSW v QLD</td>
</tr>
<tr>
<td>Saturday 8th August</td>
<td>Rugby Union – Bledisloe Cup: Australian Wallabies v New Zealand All Blacks</td>
</tr>
<tr>
<td>Sunday 9th August</td>
<td>Fun Run – City2Surf</td>
</tr>
<tr>
<td>Saturday 18th August</td>
<td>AFL Game – Greater Western Sydney Giants v Sydney Swans</td>
</tr>
<tr>
<td>Sunday 20th September</td>
<td>Fun Run – Blackmores Running Festival</td>
</tr>
</tbody>
</table>
Social Sport at ACPE

We want you to get the full experience of Sydney and that your time here is UNFORGETTABLE! ACPE are going to give you the opportunity to get involved in some of Sydney most exciting sporting events. While you’re in Sydney we don’t just want you to study….we want you to have FUN.

In Semester 1 you will have the opportunity to be a part of the ACPE team in the follow events around Sydney. Please see Kez in Student Services to register your interest in the following events during Social Sport Registration Week – 23rd – 27th March, 2015. Some of the events will only proceed if there is a minimum number of 5 attendees so make sure you register your interest to make sure you don’t miss out on these fun filled events.

There will be more events in semester 2 for you to get involved in so keep your eyes and ears open of more details soon.

The Electric Run

Saturday 18th April

Parramatta Park

Registration $70

Whether your group decides to come as a squad of neon cheerleaders, or you want to channel your inner 80’s child and dress as Rainbow Bright, be sure that your costume glows, and expresses your creativity and personality.

The event is also known for its elaborate start line party — the beginning of your Electric Run experience. Dance to the DJ, warm-up, grab a bite and beverage, get your face painted, check out the Electric Run Store and Sponsor booths providing giveaways and interactive displays. An MC will be there to get you warmed up and ready to experience the Brightest 5k on Earth!

You will witness between five themed Course Lands which consist of light and music. As you run through the darkness between each zone, you can anticipate elements such as larger than life candies, ethereal jellyfish, and dancing rainbows.

You’ll finish your journey back at an epic Finish Line Celebration. After the run we turn up the music and celebrate your return with an awesome dance party. Show your moves, flaunt your stuff, and let those runner’s endorphins give you a high to carry you through the night!
State of Origin

Wednesday 27th May

ANZ Stadium, Sydney Olympic Park

The State of Origin is a major highlight on the National Rugby League Calendar and the NSW Calendar each year. Three games held on separate nights are played against the Queensland Maroons and New South Wales Blues. Each year it attracts sold out crowds and television audience. Players are selected to represent the Australian state in which they played their first senior rugby league game, hence the name 'state of origin'. Since its inception, total victories for each side were once extraordinarily even, however between 2006 and 2013 Queensland won every series. New South Wales reclaimed the series shield in 2014, putting an end to their opposition's record of eight series wins in a row.

The Colour Run Night

Saturday 16th May

Sydney

Registration - $69

The Color Run is staying up late for an incredible night time edition and it’s going to be GLOWTASTIC! Come dance, skip, walk or run your way around the 5k course, while we douse you in magical glow powder! You’ll just need to make sure your head lamp is shining bright so you can catch all the glow in the dark suprises along the course too! Sounds amazing right!?

The Color Run is an all ages event that encourages participants of all shapes, sizes and fitness levels to party with us into the night. The event is strictly alcohol and drug free and is all about promoting happiness, healthiness and individuality while getting COLOURFUL!
So instead of trying to beat your fastest 5k (at a completely un-timed event!) focus more on practicing your dance moves, getting your grove on and preparing to glow! Your dance moves will be essential at our EPIC Finish Festival, which kicks off after the run and involves even more colour and party tunes. Your Ticket/registration includes:

- The Color Run Night official event shirt
- The Color Run Night sweat band
- The Color Run Night wristband
- The Color Run Night shoulder bag
- The Color Run Night headlamp
- 1 bottle of water at the finish line
- 1 packet of glow powder at the finish line
- Temporary tattoos
- Race bib
- Free transport on trains*
- Entry to The Finish Festival

City to Surf

Sunday August 9th

Sydney CBD to Bondi Beach

Registration $75

City2Surf is a popular road running event held annually in Sydney covering a 14 kilometres running course. The event is a "fun run" as well as a race, attracting both competitive runners and community participants who can choose to run or to walk. The event attracts more than 80,000 participants who start in staggered groups based on previous running times and early entry. The race starts in the heart of the Sydney CBD and ends at Bondi Beach where participants are met with lots of festivities at the end to celebrate the completion of the race.
Blackmores Running Festival

Sunday 20th September
Sydney City
Registration $40 - $135

Described as one of the most scenic and spectacular courses in Australia, the Blackmores Sydney Running Festival attracts around 36,000 participants annually. The competitors can choose between 4 different race distances:

- the marathon (42.1km)
- half marathon (21km)
- the Bridge run (9km)
- family fun/run walk (3.5km)

With all four events crossing the Sydney Harbour Bridge, it is by far the only time to uniquely explore the extraordinary scenic views of Sydney.

Runners of all skill levels, as well as walkers and joggers of all ages will be able to experience a challenge or a fun day out with family and friends.

Nike She Runs

Date – to be confirmed
Centennial Park, Sydney
Registration $70 or $180 with Shoes

The Sydney event forms part of a global Nike movement to empower women to run together. Nike She Runs participants run a 10km twilight course at Centennial Park, which featured several live activations including a 50 strong drumming crew,
marching band and cheerleaders. In 2014 the running event also includes

- A giant inflatable pillow mimicking the natural and "free motion" of running in Nike Free running shoes
- Massage, stretch, warm-down and chill-out zones
- 8m x 8m scaffolding entry cube
- 3m high She Runs letters with each 6,000 runner names printed
- Social Media Cube, which worked as a hub and interactive backdrop for social images
- Start line - crane carrying giant floating neon Nike swoosh
- Course Pretty Zone - kilometres of mirror balls and bright lighting sequences
- Course Party Zone - 50 cheerleaders and dancers, LED effects and DJ
- Stage area for live post-race entertainment