



# OCEANIA



**Australia &  
New Zealand**



**Award Winning Group Tours for 18 - 45**

**Real experiences.**

**Real connections.**

**Real travel.**





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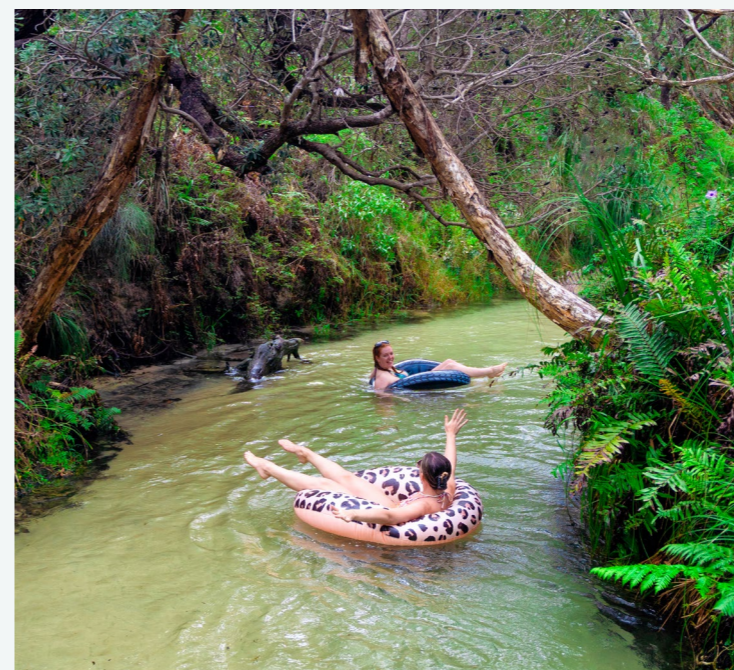
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# Australia

## Sun, surf & seriously good vibes

From buzzing beach towns to outback horizons, Australia serves up a bit of everything. Think dreamy coastlines, epic wildlife, and days that roll into fun, laid-back nights. Whether you're chasing hidden swim spots or soaking up local culture, Oz is all about good times and big memories.



# Oz Intro

Adventure Beach Work & Travel 10 Days Sydney - Brisbane 18 - 45

## Highlights

- Discover Sydney's beautiful harbour & iconic beaches
- Learn to surf with real surf dudes in Byron Bay
- Party in Surfers Paradise and hit the water on a jet boat ride along its iconic coastline
- Sort all the important stuff for living and working in Oz, including setting up a bank account, tax file number, medicare and unlimited job finding assistance with our work add-on

## Itinerary

### Day 1: Arrive in Sydney

**Sydney**  
Touching down in sunny Sydney, we'll meet you at our centrally located hostel to settle in. You'll then meet up with your travel crew and get excited for the adventures to come.

### Day 2: City Orientation

**Sydney**  
We'll get you orientated with one of our favourite cities in the world, Sydney! Where we'll learn about Sydney's fascinating history and culture. Tonight, we'll see what Sydney's nightlife is all about!

### Day 3: Bondi Beach & BBQ

**Overnight bus**  
Today we visit the world famous Bondi Beach where you can take a swim or just relax and work on your tan. We'll then do the famous Bondi to Coogee Coastal walk and enjoy an Aussie BBQ by the beach. We'll also provide you with all the travel information you could need to plan your adventures around Australia and the rest of the world. Tonight we'll jump on our overnight bus to Byron Bay.

### Day 4: Byron Bay

**Byron Bay**  
Spend the day exploring the beautiful and famous surf town of Byron Bay. We'll enjoy a night out this evening.

### Day 5: Surf's Up

**Byron Bay**  
Today you'll enjoy a relaxing yoga class before learning to surf with real surfer dudes. The proper Byron Bay experience!

### Day 6: Lighthouse Sunrise

**Byron Bay**  
This morning we'll wake for sunrise at the iconic Cape Byron Lighthouse. We'll take in the stunning views and enjoy our last day in Byron.

### Day 7: Surfers Paradise

**Surfers Paradise**  
Today we arrive in Surfers Paradise. Explore the city & party the night away. We'll also make sure all the essential stuff you'll need to live and work in Australia is sorted including signing you up to our Oz Jobs Program.

### Day 8: Jet Boating

**Surfers Paradise**  
Get back to nature as you take in the breathtaking views of Surfers Paradise's iconic coastline with an exhilarating jet boat ride.

### Day 9: Brisbane

**Brisbane**  
We head up to Brisbane today and will get to explore the highlights of Queensland's capital with a city orientation tour. We'll then get to chill out at the only city man-made beach in Australia called 'The Lagoon.'

### Day 10: Check Out & Onward Travel

**Brisbane**  
Your epic Aussie adventure comes to an end in Brisbane this morning. If you need help with onward travel or work in Oz we are here to help for the rest of your time in Australia.

## Inclusions

- ✓ 9 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Sydney City Tour
- ✓ Bondi to Coogee Walk & BBQ by the beach
- ✓ Surf Lesson
- ✓ Byron Bay Surf Board Hire
- ✓ Yoga Class
- ✓ Cape Byron Lighthouse Walk
- ✓ Jet Boating
- ✓ Brisbane City Tour
- ✓ Meals: 2B, 1L & 2D

### Not Included:

Arrival & departure flights, airport transfer, travel insurance, visas & some meals

### Work Add-On Inclusions

By doing Oz Intro with the work add-on we'll give you everything you need to find work in Australia including exclusive access to our own 'Oz Jobs' Program.

**Before You Start:** We'll help sort all the important things you'll need before you start working in Australia. We'll assist you with opening up a local bank account with [Wise](#), tax file number and assist with Medicare.

**Training Courses:** Certain jobs such as bar work and construction require you to complete specific training. We'll explain what's needed and can recommend training courses for you to do after the trip.

**INTRO Jobs Website:** You'll get a lifetime membership to our 'Oz Jobs' Program. This includes exclusive access to our INTRO Jobs website, where we post lots of great job opportunities everyday.

**Unlimited Help & Advice:** Your group leader will give you a comprehensive 'Work in Oz' presentation, as well as one on one advice and support on CV building, job finding, interview skills and anything else you'll need to secure a great job in Australia.

**Australia Wide Support:** We have friendly staff in our Australian offices that will be there to support you and help you find work for the entire time you're in Oz.

**Farm Work & 2nd & 3rd Year Visas:** If you do 88 days of regional or farm work in Australia you can apply for a 2nd Working Holiday Visa. We'll give you lots more info on this during your trip. (UK passport holders are not required to do farm work).



## Where You'll Stay

### Oz Intro 10 day trips

#### Sydney: Little Drifters Surry Hills

2 nights in a popular hostel in Surry Hills.

Multi-share rooms

Shared bathrooms, Wi-Fi & laundry

Kitchen & cinema

#### Overnight bus

1 night.

Toilet onboard

Air con

#### Byron Bay: Wake Up Hostel

3 nights in a trendy hostel across from the beach.

Multi-share rooms

Shared bathrooms, Wi-Fi, air con & laundry

Swimming pool

#### Surfers Paradise: Bunk Hostel

2 nights in the heart of the Gold Coast!

Multi-share rooms

Ensuite, Wi-Fi, air con & laundry

Swimming pool

#### Brisbane: Bunk Hostel

1 night in a popular hostel close to all the nightlife.

Multi-share rooms

Ensuite, Wi-Fi & air con

Dining area & laundry



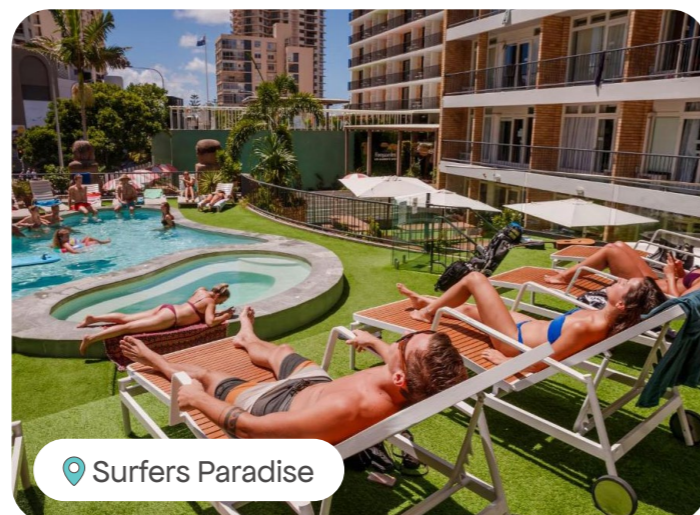
Sydney



Overnight bus



Byron Bay



Surfers Paradise

## Important Trip Information

### Your group

The age range for this tour is 18-45.

Most of our Oz Intro groups have between 10 and 18 people, with a maximum of 28.

You can reach out to your fellow travellers in our designated Facebook groups. If you go to our [INTRO Travel Community Facebook page](#) you will be able to find the relevant group for your destination.

You will receive a 'welcome email' from your group leader approx. 2 weeks before your tour begins if you have any specific questions for them.

### Your accommodation

Rooms on these tours are multi-share. If you are travelling with others, let us know and we will put you together.

If you are travelling solo, we will do our best to keep room allocations to the same gender, however, it may often be mixed.

If you are arriving before the start date you can book extra nights at the tour accommodation. To do this, simply log into the [Manage My Booking](#) area of our website, add the extra nights and pay for them.

Your group leader will book post-tour accommodation for you when you are on tour. Just need to let them know when you arrive.

The accommodation featured in this document is our usual properties. At certain locations we use alternative accommodation (of equal standard) when needed.

### Before & after trip info

For your specific arrival information, like how to make your way to the starting accommodation, as well as what to do after your trip, download our app. If you need to change anything on your booking, please log in to the [Manage My Booking](#) area of our website.

### Travel insurance

Travel insurance is compulsory for all our trips. You'll need to show proof of your policy to your group leader upon arrival (on your phone or printed). [You can get a quote and purchase your travel insurance here.](#)

Download the INTRO Travel App before you go!

Apple App Store

Google Play Store

### Money

All your activities, transport, accommodation and some meals are included in the tour, so you will mainly just need money for extra meals, drinks, shopping, onward travel and any optional activities you might want to do.

The amount of money you'll need depends on the tour you are doing. There's information about how much money you'll need for each tour in our app.

We recommend getting a Wise travel card, which will allow you to pay for things in local currency and avoid getting charged high foreign exchange fees by your bank. [Get a Wise travel card here.](#)

### Visas

Visa requirements vary depending on your nationality. It's your responsibility to check the visa and entry requirements for the country/s you will be travelling to. There is some information about visas in our app.

We cannot apply for your visa for you and strongly recommend that you check on the relevant embassy or consulate website for the country/s you'll be travelling to well in advance of your departure.

### eSIM

We're giving you a free 1GB eSIM (mobile internet) via our partners at Hubby eSIM. You'll receive more information on this in your booking confirmation email.

### Terms & conditions

For the full set of terms & conditions for our tours including your responsibilities as a traveller, please see the [Terms & Conditions](#) section of our website.

## #SMALLCHANGE

### SUSTAINABLE TRAVEL



Protecting the Environment



Supporting Local Communities



Cultural Exchange & Education



Animal Welfare

Making a positive difference to the amazing destinations we travel is at the core of what we do, and we are proud to say that every INTRO tour is 100% carbon neutral.

Small Change is our socially conscious initiative aimed at travelling responsibly and changing the world for the better!

[Find out more.](#)

# Oz East Coast Adventure

 Adventure  Beach  Work & Travel  20 Days  Brisbane - Cairns  18 - 45

## Highlights

- Explore the stunning K'gari by 4x4 safari and camp under the stars
- Sail around 74 tropical islands on the Whitsundays and explore the world famous Whitehaven Beach
- Spot wild koalas and wallabies on Magnetic Island
- Discover the jaw dropping, real Aussie beauty of the Atherton Tablelands
- Snorkel and sail the Great Barrier Reef and visit 2 unique outer reef locations!
- Sort all the important stuff for living and working in Oz, including setting up a bank account, tax file number, medicare and unlimited job finding assistance with our work add-on

## Itinerary

### Days 1-2: Welcome to Oz

 Brisbane

After landing in Brisbane we'll meet you at our hostel, where you'll meet the rest of your travel crew. We have 2 days to explore the highlights of Queensland's capital, and chill out at the only city man-made beach in Australia called 'The Lagoon'.


### Days 3-7: 4x4 Island Safari

 Rainbow Beach & K'gari

We'll kick back beach-side in the coastal town of Rainbow Beach before heading to one of the absolute highlights on the East Coast - K'gari! You'll travel in 4x4's around the biggest sand island in the world. The beach and sand dunes are your highway for the next 3 days. Swim in the incredible turquoise waters of Lake McKenzie, float down the lazy river of Eli Creek, chill in the bubbles of the Champagne Pools, learn about the Aboriginal history on the island, spot dingoes in the wild, and then sleep beneath the stars in a purpose built campsite with your group. Arriving back in Rainbow Beach, we'll explore the colourful sand dunes before catching our overnight bus to Airlie Beach.

*Small Change: Explore K'gari with Eco certified operator Dingos working closely with native Butchulla representatives to follow cultural protocols.*

### Days 8-11: Sail Tropical Islands

 Airlie Beach & Whitsundays

We're jumping straight into another absolute must do on the East Coast - the stunning Whitsundays. Made up of 74 tropical islands, we'll board our boat for the next 2 nights. Relax and sunbathe on the deck as we sail around the islands. Snorkel with an abundance of marine life on the fringing reefs. Later you'll get to explore the amazing swirls of fine white sand on the world-famous Whitehaven Beach. Enjoy some free time at the beachfront lagoon in Airlie Beach for the next 2 nights, with time for some epic optional activities.

*Small Change: Sail the stunning Whitsundays with Eco Certified operator Prosail, where sustainability meets adventure.*

### Days 12-13: Island Exploring

 Magnetic Island

Today we'll jump on the ferry to a slice of paradise - Magnetic Island. Over the next 2 days you'll explore the best of this magical island - exploring the hidden beaches and hiking up the historic Forts Walk. If you're lucky you'll even spot wild koalas and rock wallabies.

### Days 14-15: Heart-Pumping Adventure

 Mission Beach

Time to relax in the chilled out beachfront town of Mission Beach, with your choice of any adrenaline pumping experience this tiny town is known for. If you've ever thought of skydiving this is the place! Jump at 15,000ft and soak up views of both the Great Barrier Reef and rainforests before landing on the beach, or white water raft the Tully River rapids through a specular gorge surrounded by World Heritage Rainforest.

*Today's activities are optional add-ons.*

### Days 16-20: Great Barrier Reef

 Cairns

Cairns is the ultimate backpacker adventure hub. Here you'll tick off a massive bucket list item and experience a full day on the Great Barrier Reef. You'll get to snorkel and sail the Great Barrier Reef and visit 2 unique outer reef locations. While in Cairns we'll also explore the real Aussie oasis of the Atherton Tablelands. You'll swim under epic waterfalls, slide down natural rock slides and swim in dormant volcano craters all while your experienced guide teaches you about this extraordinary place. Tonight we wrap things up with a farewell dinner and drinks to toast the incredible adventures we've had together.

*Small Change: Discover the Great Barrier Reef with Passions of Paradise, a locally owned Eco Certified operator dedicated to sustainability and marine conservation.*

Your epic Aussie adventure comes to an end in Cairns on the morning of day 20. If you need help with onward travel or work in Oz we are here to help for the rest of your time in Australia.

## Inclusions

- ✓ 19 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Brisbane City Tour
- ✓ 3 Day 4WD Tour of K'gari
- ✓ 2 Day 2 Night Whitsundays Sailing Trip
- ✓ 2 Nights Magnetic Island with Ferry Transfers
- ✓ Forts Walk
- ✓ Atherton Tablelands
- ✓ Full Day Snorkelling Great Barrier Reef at 2 Outer Reef Locations
- ✓ Meals: 6B, 7L & 6D

### Not Included:

Arrival & departure flights, airport transfer, travel insurance, visas & some meals

### Work Add-On Inclusions

By doing Oz East Coast Adventure with the work add-on we'll give you everything you need to find work in Australia including exclusive access to our own 'Oz Jobs' Program.

**Before You Start:** We'll help sort all the important things you'll need before you start working in Australia. We'll assist you with opening up a local bank account with [Wise](#), tax file number and assist with Medicare.

**Training Courses:** Certain jobs such as bar work and construction require you to complete specific training. We'll explain what's needed and can recommend training courses for you to do after the trip.

**INTRO Jobs Website:** You'll get a lifetime membership to our 'Oz Jobs' Program. This includes exclusive access to our INTRO Jobs website, where we post lots of great job opportunities everyday.

**Unlimited Help & Advice:** Your group leader will give you a comprehensive 'Work in Oz' presentation, as well as one on one advice and support on CV building, job finding, interview skills and anything else you'll need to secure a great job in Australia.

**Australia Wide Support:** We have friendly staff in our Australian offices that will be there to support you and help you find work for the entire time you're in Oz.

**Farm Work & 2nd & 3rd Year Visas:** If you do 88 days of regional or farm work in Australia you can apply for a 2nd Working Holiday Visa. We'll give you lots more info on this during your trip. (UK passport holders are not required to do farm work).



# Where You'll Stay

## Oz East Coast Adventure 20 day

### Brisbane: Bunk Hostel

1 night in a popular hostel close to all the nightlife.

- Multi-share rooms
- Ensuite, Wi-Fi & air con
- Dining area & laundry

### Rainbow Beach: Freedom Backpackers Hostel

2 nights close to the beach.

- Multi-share rooms
- Ensuite, Wi-Fi, air con & laundry
- Swimming pool

### K'gari: Camping

2 nights camping on the largest sand island in the world.

- Multi-share tents
- Shared bathrooms with hot showers

### Overnight bus

1 night.

- Toilet onboard
- Air con

### Whitsundays: Premium Boat

2 nights sleeping onboard a premium boat.

- Multi-share cabin
- Shared bathrooms

### Airlie Beach: Bounce Hostel

2 nights in a funky hostel with tropical vibes.

- Multi-share rooms
- Shared bathrooms, Wi-Fi & air con
- Bar, laundry & jacuzzi

### Magnetic Island: Bounce Hostel

2 nights in a hostel that's walking distance to the beach.

- Multi-share rooms
- Shared bathrooms, Wi-Fi, air con & laundry
- Swimming pool

### Mission Beach: Mission Beach Resort

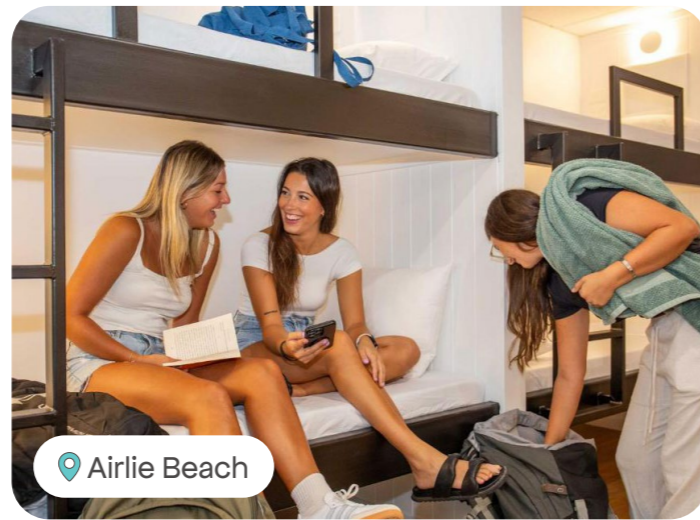
2 nights nestled amongst a tropical rainforest.

- Multi-share rooms
- Ensuite, Wi-Fi, air con & laundry
- BBQ area, gym & swimming pools

### Cairns: Gilligan's Hostel

4 nights in the most popular hostel in Cairns!

- Multi-share rooms
- Ensuite, Wi-Fi, air con & laundry
- Swimming pool



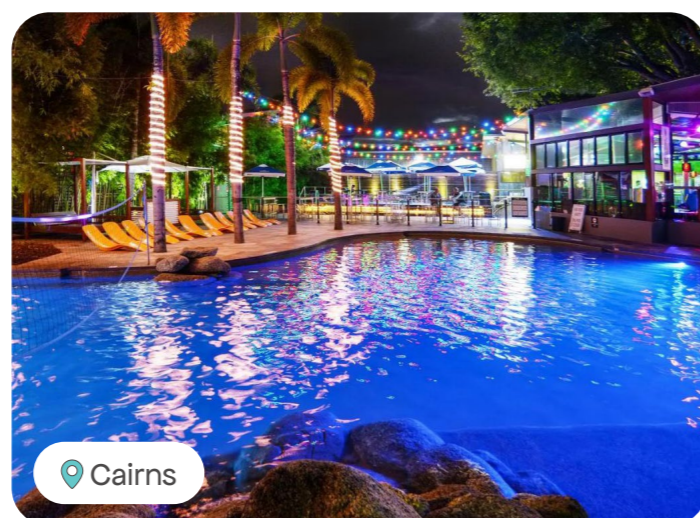
Airlie Beach



Whitsundays



Mission Beach



Cairns

# Important Trip Information

## Your group

The age range for this tour is 18-45.

Most of our Oz East Coast Adventure groups have between 10 and 18 people, with a maximum of 24.

You can reach out to your fellow travellers in our designated Facebook groups. If you go to our [INTRO Travel Community Facebook page](#) you will be able to find the relevant group for your destination.

You will receive a 'welcome email' from your group leader approx. 2 weeks before your tour begins if you have any specific questions for them.

## Your accommodation

Rooms on these tours are multi-share. If you are travelling with others, let us know and we will put you together.

If you are travelling solo, we will do our best to keep room allocations to the same gender, however, it may often be mixed.

If you are arriving before the start date you can book extra nights at the tour accommodation. To do this, simply log into the [Manage My Booking](#) area of our website, add the extra nights and pay for them.

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## Before & after trip info

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## Travel insurance

Travel insurance is compulsory for all our trips. You'll need to show proof of your policy to your group leader upon arrival (on your phone or printed). [You can get a quote and purchase your travel insurance here.](#)

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Google Play Store

## Money

All your activities, transport, accommodation and some meals are included in the tour, so you will mainly just need money for extra meals, drinks, shopping, onward travel and any optional activities you might want to do.

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We cannot apply for your visa for you and strongly recommend that you check on the relevant embassy or consulate website for the country/s you'll be travelling to well in advance of your departure.

## eSIM

We're giving you a free 1GB eSIM (mobile internet) via our partners at Hubby eSIM. You'll receive more information on this in your booking confirmation email.

## Terms & conditions

For the full set of terms & conditions for our tours including your responsibilities as a traveller, please see the [Terms & Conditions](#) section of our website.

# #SMALLCHANGE

## SUSTAINABLE TRAVEL



100%  
CARBON  
NEUTRAL  
TOURS



Protecting the  
Environment



Supporting Local  
Communities



Cultural Exchange &  
Education









Animal  
Welfare

Making a positive difference to the amazing destinations we travel is at the core of what we do, and we are proud to say that every INTRO tour is 100% carbon neutral.

Small Change is our socially conscious initiative aimed at travelling responsibly and changing the world for the better!

[Find out more.](#)

# Oz East Coast Adventure

 Adventure  Beach  Work & Travel  28 Days  Sydney - Cairns  18 - 45

## Highlights

- Discover Sydney's beautiful harbour & iconic beaches
- Learn to surf with real surf dudes in Byron Bay
- Party in Surfers Paradise and hit the water on a jet boat ride along its iconic coastline
- Explore the stunning K'gari by 4x4 safari and camp under the stars
- Sail around 74 tropical islands on the Whitsundays and explore the world famous Whitehaven Beach
- Spot koalas and wallabies on Magnetic Island
- Discover the jaw dropping, real Aussie beauty of the Atherton Tablelands
- Snorkel and sail the Great Barrier Reef and visit 2 unique outer reef locations!
- Sort all the important stuff for living and working in Oz, including setting up a bank account, tax file number, medicare and unlimited job finding assistance with our work add-on

## Itinerary

### Days 1-3: Arrive in Sydney

#### 📍 Sydney

After landing in Sydney we'll meet you at our hostel, where you'll meet the rest of your travel crew. We have 2 days to explore the stunning city and will take a coastal walk to Sydney's best beaches, including the world-famous Bondi, before we head off on our adventure!

### Days 4-6: Surfs Up!

#### 📍 Byron Bay

We'll spend 3 nights in the beautiful and famous surf town of Byron Bay. You'll relax and unwind with a yoga class, learn to surf with real surfer dudes, chill out on the beach and spot wild dolphins and take a sunrise walk to Cape Byron Lighthouse.

### Days 7-8: Beaches & Parties

#### 📍 Surfers Paradise

Experience the best of the iconic Surfers Paradise. Explore the city and party the night away. Get back to nature as you take in the breathtaking views of Surfers Paradise's iconic coastline with an exhilarating jet boat ride.

### Days 9-10: Big City & Sunsets

#### 📍 Brisbane

After landing in Brisbane we'll meet you at our hostel, where you'll meet the rest of your travel crew. We have 2 days to explore the highlights of Queensland's capital, and chill out at the only city man-made beach in Australia called 'The Lagoon'.

### Days 11-15: 4x4 Island Safari

#### 📍 Rainbow Beach & K'gari

Discover the idyllic coastal town of Rainbow Beach. We'll kick back beach-side before heading to one of the absolute highlights on the East Coast of Australia - K'gari! You'll travel in 4x4's around the biggest sand island in the world. The beach and sand dunes are your highway for the next 3 days. Swim in the incredible turquoise waters of Lake McKenzie, float down the lazy river of Eli Creek, chill in the bubbles of the Champagne Pools, learn about the Aboriginal history on the island, spot dingoes in the wild, and then sleep beneath the stars in a purpose built campsite with your group. Arriving back in Rainbow Beach, we'll explore the colourful sand dunes before catching our overnight bus to Airlie Beach.

*Small Change: Explore K'gari with Eco certified operator Dingos working closely with native Butchulla representatives to follow cultural protocols.*

### Days 16-19: Sail Tropical Islands

#### 📍 Airlie Beach & Whitsundays

We're jumping straight into another absolute must do on the East Coast - the stunning Whitsundays. Made up of 74 tropical islands, we'll board our boat for the next 2 nights. Relax and sunbathe on the deck as we sail around the islands. Snorkel with an abundance of marine life on the fringing reefs. Later you'll get to explore the amazing swirls of fine white sand on the world-famous Whitehaven Beach. Enjoy some free time at the beachfront lagoon in Airlie Beach for the next 2 nights, with time for some epic optional activities.

*Small Change: Sail the stunning Whitsundays with Eco Certified operator Prosail, where sustainability meets adventure.*

### Days 20-21: Island Exploring

#### 📍 Magnetic Island

Today we'll jump on the ferry to a slice of tropical paradise - Magnetic Island. Over the next 2 days you'll explore the best of this magical island - exploring the hidden beaches and hiking up the historic Forts Walk. If you're lucky you'll even spot wild koalas and rock wallabies.

### Days 22-23: Heart-Pumping Adventure

#### 📍 Mission Beach

Time to relax in the chilled out beachfront town of Mission Beach, with your choice of any adrenaline pumping experience this town is known for. If you've ever thought of skydiving this is the place! Jump at 15,000ft and soak up views of both the Great Barrier Reef and rainforests before landing on the beach, or white water raft the Tully River rapids through a specular gorge surrounded by World Heritage Rainforest.

*Todays activities are optional add-ons.*

### Days 24-28: Great Barrier Reef

#### 📍 Cairns

Cairns is the ultimate backpacker adventure hub. Here you'll tick off a massive bucket list item and experience a full day on the Great Barrier Reef. You'll get to snorkel and sail the Great Barrier Reef and visit 2 unique outer reef locations. While in Cairns we'll also explore the real Aussie oasis of the Atherton Tablelands. You'll swim under epic waterfalls, slide down natural rock slides and swim in dormant volcano craters all while your experienced guide teaches you about this extraordinary place. Tonight we wrap things up with a farewell dinner and drinks to toast the incredible adventures we've had together.

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Your epic Aussie adventure comes to an end in Cairns on the morning of day 28. If you need help with onward travel or work in Oz we are here to help for the rest of your time in Australia.

## Inclusions

- ✓ 27 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Sydney City Tour
- ✓ Bondi to Coogee Walk & BBQ by the beach
- ✓ Surf Lesson & Surf Board Hire
- ✓ Yoga class
- ✓ Cape Byron Lighthouse Walk
- ✓ Jet Boating
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- ✓ 2 Nights Magnetic Island with Ferry Transfers
- ✓ Forts Walk
- ✓ Atherton Tablelands
- ✓ Full Day Snorkelling Great Barrier Reef at 2 Outer Reef Locations
- ✓ Meals: 8B, 8L & 8D

### Not Included:

Arrival & departure flights, airport transfer, travel insurance, visas & some meals

### Work Add-On Inclusions

By doing Oz East Coast Adventure with the work add-on we'll give you everything you need to find work in Australia including exclusive access to our own 'Oz Jobs' Program.

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# Where You'll Stay

## Oz East Coast Adventure 28 day

### Sydney: Little Drifters Surry Hills

2 nights in a popular hostel in Surry Hills.

Multi-share rooms  
Shared bathrooms, Wi-Fi, laundry, kitchen & cinema

### Byron Bay: Wake Up Hostel

3 nights in a trendy hostel across from the beach.

Multi-share rooms  
Shared bathrooms, Wi-Fi, air con, laundry & swimming pool

### Surfers Paradise: Bunk Hostel

2 nights in the heart of the Gold Coast!

Multi-share rooms  
Ensuite, Wi-Fi, air con, laundry & swimming pool

### Brisbane: Bunk Hostel

1 night in a popular hostel close to all the nightlife.

Multi-share rooms  
Ensuite, Wi-Fi, air con, laundry & dining area

### Rainbow Beach: Freedom Backpackers Hostel

2 nights close to the beach.

Multi-share rooms  
Ensuite, Wi-Fi, air con, laundry & swimming pool

### K'gari: Camping

2 nights camping on the largest sand island in the world.

Multi-share tents  
Shared bathrooms with hot showers

### Overnight bus

2 nights (not consecutive).

Toilet onboard  
Air con

### Whitsundays: Premium Boat

2 nights sleeping onboard a premium boat.

Multi-share cabin  
Shared bathrooms

### Airlie Beach: Bounce Hostel

2 nights in a funky hostel with tropical vibes.

Multi-share rooms  
Shared bathrooms, Wi-Fi, air con, bar, laundry & jacuzzi

### Magnetic Island: Bounce Hostel

2 nights in a hostel that's walking distance to the beach.

Multi-share rooms  
Shared bathrooms, Wi-Fi, air con, laundry & swimming pool

### Mission Beach: Mission Beach Resort

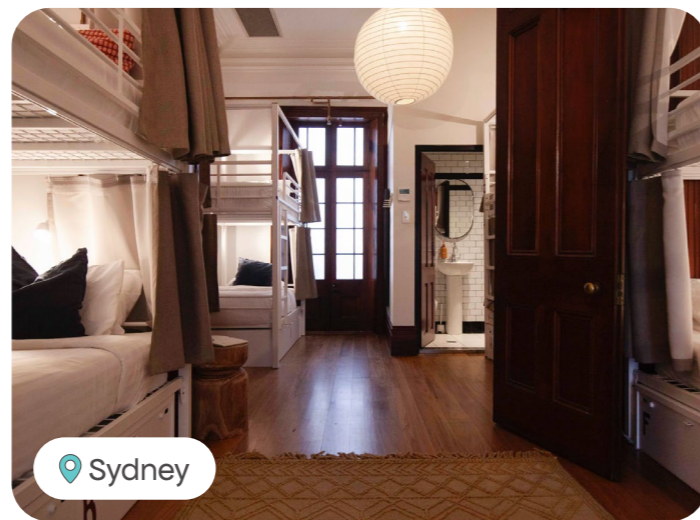
2 nights nestled amongst a tropical rainforest.

Multi-share rooms  
Ensuite, Wi-Fi, air con, laundry, BBQ area, gym & swimming pools

### Cairns: Gilligan's Hostel

4 nights in the most popular hostel in Cairns!

Multi-share rooms  
Ensuite, Wi-Fi, air con, laundry & swimming pool



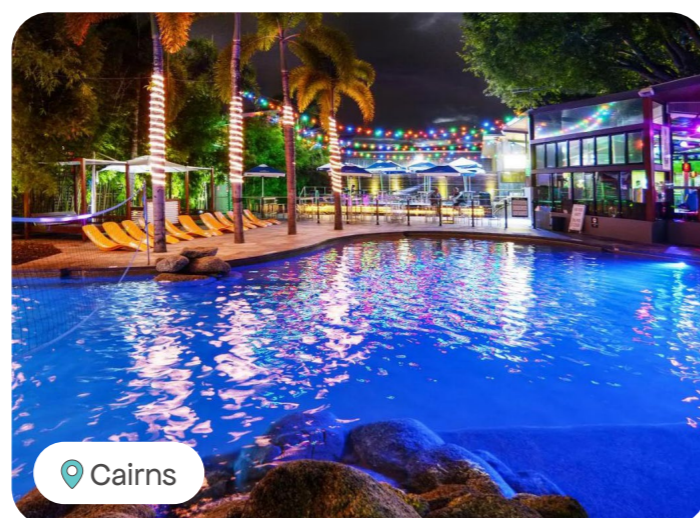
Sydney



Byron Bay



Whitsundays



Cairns

# Important Trip Information

## Your group

The age range for this tour is 18-45.

Most of our Oz East Coast Adventure groups have between 10 and 18 people, with a maximum of 28.

You can reach out to your fellow travellers in our designated Facebook groups. If you go to our [INTRO Travel Community Facebook page](#) you will be able to find the relevant group for your destination.

You will receive a 'welcome email' from your group leader approx. 2 weeks before your tour begins if you have any specific questions for them.

## Your accommodation

Rooms on these tours are multi-share. If you are travelling with others, let us know and we will put you together.

If you are travelling solo, we will do our best to keep room allocations to the same gender, however, it may often be mixed.

If you are arriving before the start date you can book extra nights at the tour accommodation. To do this, simply log into the [Manage My Booking](#) area of our website, add the extra nights and pay for them.

Your group leader will book post-tour accommodation for you when you are on tour. Just need to let them know when you arrive.

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## Before & after trip info

For your specific arrival information, like how to make your way to the starting accommodation, as well as what to do after your trip, download our app. If you need to change anything on your booking, please log in to the [Manage My Booking](#) area of our website.

## Travel insurance

Travel insurance is compulsory for all our trips. You'll need to show proof of your policy to your group leader upon arrival (on your phone or printed). [You can get a quote and purchase your travel insurance here.](#)

Download the INTRO Travel App before you go!

Apple App Store

Google Play Store

## Money

All your activities, transport, accommodation and some meals are included in the tour, so you will mainly just need money for extra meals, drinks, shopping, onward travel and any optional activities you might want to do.

The amount of money you'll need depends on the tour you are doing. There's information about how much money you'll need for each tour in our app.

We recommend getting a Wise travel card, which will allow you to pay for things in local currency and avoid getting charged high foreign exchange fees by your bank. [Get a Wise travel card here.](#)

## Visas

Visa requirements vary depending on your nationality. It's your responsibility to check the visa and entry requirements for the country/s you will be travelling to. There is some information about visas in our app.

We cannot apply for your visa for you and strongly recommend that you check on the relevant embassy or consulate website for the country/s you'll be travelling to well in advance of your departure.

## eSIM

We're giving you a free 1GB eSIM (mobile internet) via our partners at Hubby eSIM. You'll receive more information on this in your booking confirmation email.

## Terms & conditions

For the full set of terms & conditions for our tours including your responsibilities as a traveller, please see the [Terms & Conditions](#) section of our website.

# #SMALLCHANGE

## SUSTAINABLE TRAVEL



Protecting the Environment



Supporting Local Communities



Cultural Exchange & Education



Animal Welfare

Making a positive difference to the amazing destinations we travel is at the core of what we do, and we are proud to say that every INTRO tour is 100% carbon neutral.

Small Change is our socially conscious initiative aimed at travelling responsibly and changing the world for the better!

[Find out more.](#)

# New Zealand

## Mountains, magic & wild adventure

From glacier-fed lakes to lush valleys, New Zealand feels like one big natural playground. Explore lively towns, chase stunning viewpoints, and dive into Māori culture along the way. Whether you're road-tripping or hiking, NZ brings the adventure every step of the way.



# NZ Adventure

Adventure Work & Travel 18 - 45

9 Days North Auckland - Wellington

9 Days South Christchurch - Queenstown

17 Days Auckland - Queenstown

## Highlights

- Marvel at the world-famous Waitomo glowworm caves
- Explore the real Hobbiton film set and filming locations featured in the Lord of the Rings and Hobbit trilogies
- Experience New Zealand's incredible volcanic landscapes and thundering waterfalls
- Immerse yourself in Māori culture
- Sail across Lake Taupo and soak up the cultural capital of Wellington
- Explore Aoraki/Mount Cook National Park and kayak on Lake Wanaka
- Discover the adventure capital of the world; Queenstown
- Cruise around the remarkable Milford Sound and jet boat through canyons
- Get unlimited assistance securing a paid job in New Zealand with the NZ Intro work add-on



## Itinerary

### Day 1: Arrive in Auckland

📍 Auckland

Kia ora! Touching down in New Zealand's largest city, we'll meet you at our centrally located hostel to settle in. This evening you'll meet up with the rest of your travel crew.

### Day 2: Glowworm Caves & Hobbiton

📍 Rotorua

First we're stopping at Waitomo, home of the glowworm caves. Explore underground rivers and watch the glowworms light up. This afternoon we head to Hobbiton to wander the real-life Shire, with a drink at the Green Dragon before heading to Rotorua.

👉 *Small Change: The Waitomo Glow Worm Caves is a meaningful cultural exchange and a way to support the Māori community.*

### Day 3: Explore Rotorua

📍 Rotorua

Waking up to the whiff of sulphur, you'll know you're in Rotorua. We'll visit Kerosene Creek for a soak, then explore Wai-o-Tapu, with its dramatic geysers and bubbling mud pools.

👉 *Small Change: A visit to the Wai-o-tapu is more than a natural wonder, it's a meaningful way to support the local Māori community.*

### Day 4: Māori Cultural Experience

📍 Rotorua

This morning you'll have free time for optional activities. In the evening we visit Mitai Māori Village for an introduction to Māori culture, food and traditions.

👉 *Small Change: Experience an authentic exchange at Mitai Māori Village, where a traditional Powhiri ceremony and captivating Kapa Haka performances welcome you into Te Ao Māori.*

### Day 5: Taupo & Sail

📍 Taupo

We travel to Taupo, a lakeside town in the heart of the North Island. This afternoon we'll head out sailing across the lake to see the incredible Māori rock carvings.

👉 *Small Change: Sail across Lake Taupō on NZ's only 100% electric yacht. This eco-friendly experience supports sustainable tourism and the preservation of the region's natural environment.*

### Day 6: Waterfalls & Adrenaline

📍 Taupo

This morning we visit Huka Falls, a powerful rush of crystal-clear water. Afterwards, it's your chance to skydive, bungy or take on another adrenaline-filled activity.

### Day 7: Travel to Wellington

📍 Wellington

Today we head to New Zealand's capital, Wellington. Spend the evening exploring its cafés, restaurants or just soaking up the laid-back city vibes.

### Day 8: Explore Wellington

📍 Wellington

Get ready to explore the best of Wellington with a city orientation tour! Hop aboard the iconic cable cars for stunning views, then dive into the rich history and vibrant culture at Te Papa Tongarewa Museum, ranked among the world's best museums.

### Day 9: Fly to Christchurch

📍 Christchurch

After a short included flight you'll land in Christchurch. You'll have some time to explore the city, and this evening you'll meet up with the rest of your new travel crew and get excited for all the adventures to come!

📅 *The NZ North 9 Day trip finishes in Wellington today.*

### Day 10: Christchurch & Lake Tekapo

📍 Lake Tekapo

Discover the vibrant city of Christchurch, before we make our way to the breathtaking beauty of Lake Tekapo!

### Day 11: Lake Tekapo

📍 Lake Tekapo

Today, we'll hike up the stunning Mount John, where 360-degree panoramic views of the majestic Southern Alps await. Afterward, we'll unwind and recharge by soaking our tired muscles in soothing hot pools. For those on the NZ Intro work add-on, our team will also help make sure you've got everything sorted for living and working in NZ, and get you signed up to our NZ Jobs Program.

### Day 12: Aoraki/Mount Cook

📍 Wanaka

This morning we'll make our way to the charming lakeside town of Wanaka, nestled beneath towering snow-capped peaks. Along the way, we'll take a beautiful hike, that leads us to unbeatable views of Aoraki/Mount Cook—the tallest mountain in New Zealand!

### Day 13: Explore Wanaka

📍 Wanaka

Today we check out all Wanaka has to offer, including going kayaking on the beautiful Lake Wanaka and discovering the famous Wanaka Tree. Later, we'll tackle the Mount Iron hike, where we'll be rewarded with breathtaking views of the surrounding landscape.

### Day 14: Discover Queenstown

📍 Queenstown

After travelling to buzzing Queenstown, we'll get oriented with the high-octane adventure capital of NZ (and dare we say, the world!)

### Day 15: Milford Sound

📍 Queenstown

Jumping on a fjord cruise, we'll experience the spellbinding combination of towering peaks, forested cliffs, wildlife, and plummeting waterfalls up close and personal.

### Day 16: Jet Boating

📍 Queenstown

Today we'll get a splash of adrenaline with a jet-boat ride. Feel the thrill as the highly skilled driver keeps things pumping with 360-degree spins and speeds more than 80km/h. Tonight we'll get the gang together for final dinner and night out on the town!

### Day 17: Check Out & Onward Travel

📍 Queenstown

This morning your Kiwi adventure comes to an end. You can either check out and journey home, stay on longer in Queenstown or continue your travels in New Zealand. If you need any assistance planning onward travel, we're here to help!

## 9 Day North Inclusions

- ✓ 8 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Waitomo Glowworm Caves Boat Tour
- ✓ Hobbiton Film Set Tour
- ✓ Kerosene Creek & Wai o Tapu
- ✓ Māori Experience
- ✓ Lake Taupo Sailing & Huka Falls
- ✓ Wellington City Orientation
- ✓ Te Papa Tongarewa Museum
- ✓ Wellington Cable Car
- ✓ Meals: 4B & 2D

## 9 Day South Inclusions

- ✓ 8 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Christchurch City Orientation
- ✓ Lake Tekapo Hot Pools
- ✓ Mount John Hike
- ✓ Mount Cook / Aoraki National Park
- ✓ Kayaking on Lake Wanaka
- ✓ Mount Iron Hike
- ✓ Queenstown City Orientation
- ✓ Milford Sound Cruise
- ✓ Jet Boating on Lake Wakatipu
- ✓ Meals: 4B, 1L & 2D

## 17 Day Inclusions

- ✓ All 9 Day North & 9 Day South inclusions
- ✓ 16 Nights Accommodation
- ✓ Meals: 8B, 1L & 4D

### NZ Intro Work Add-On Inclusions

- ✓ NZ Sim Card
- ✓ NZ Bank Account Assistance
- ✓ IRD Number
- ✓ NZ Jobs Program Lifetime Membership
- ✓ Unlimited Job Finding Assistance

### Not Included:

Arrival & departure flights, airport transfer, travel insurance, visas & some meals

## Where You'll Stay

### NZ Adventure 9 day North

### NZ Adventure 9 day South

### NZ Adventure 17 day

#### Auckland: Haka House Auckland City Hostel

1 night in a modern hostel in a great location.

Multi-share rooms

Shared bathrooms, Wi-Fi, laundry, kitchen & dining area

#### Rotorua: Haka House Rotorua Hostel

3 nights in a stylish centrally located hostel!

Multi-share rooms

Shared bathrooms, Wi-Fi, laundry, kitchen & dining area

#### Taupo: YHA Finlay Jacks Hostel

2 nights in a laid-back, homely hostel.

Multi-share rooms

Shared bathroom, Wi-Fi, laundry, kitchen & dining area

#### Wellington: Haka House Wellington Hostel

2 nights right in the heart of the city.

Multi-share rooms

Shared bathrooms, Wi-Fi, laundry, kitchen & dining area

#### Christchurch: Haka House Christchurch Hostel

1 night in a great location.

Multi-share rooms

Shared bathrooms, Wi-Fi, laundry, kitchen & dining area

#### Lake Tekapo: Haka House Lake Tekapo Hostel

2 nights in a fantastic hostel right on the lake.

Multi-share rooms

Shared bathrooms, Wi-Fi, laundry, kitchen & dining area

#### Wanaka: Haka House Wanaka Hostel

2 nights in a cozy hostel in the centre of town.

Multi-share rooms

Shared bathrooms, Wi-Fi, laundry, kitchen & dining area

#### Queenstown: Haka House Queenstown Hostel

3 nights right in the heart of the city

Multi-share rooms

Shared bathrooms, Wi-Fi, laundry & kitchen



## Important Trip Information

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Rooms on these tours are multi-share. If you are travelling with others, let us know and we will put you together.

If you are travelling solo, we will do our best to keep room allocations to the same gender, however, occasionally it may be mixed.

Private rooms are available for most tours, and can be booked on our website or requested by contacting us.

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### Terms & conditions

For the full set of terms & conditions for our tours including your responsibilities as a traveller, please see the [Terms & Conditions](#) section of our website.

### Work Add-On Inclusions

By doing NZ Adventure with the work add-on we'll give you everything you need to find work in New Zealand including exclusive access to our own 'NZ Jobs' Program.

**Work in NZ:** We'll help sort all the important things you'll need before you start working in New Zealand. We'll assist you with opening up a local bank account with [Wise](#), along with a SIM card and IRD Number.

**INTRO Jobs Website:** You'll get a lifetime membership to our 'NZ Jobs' Program. This includes exclusive access to our INTRO Jobs website, where we post lots of great job opportunities everyday.

**Unlimited Help & Advice:** Your group leader will give you a comprehensive 'Work in NZ' presentation, as well as one on one advice and support on CV building, job finding, training courses, interview skills and anything else you may need!



introtravel.com  
agents@introtravel.com



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