



AIRPORT AIRPORT

### Striving and Surviving in Australia with the GAA

Travelling abroad for any extended period of time, whether by choice or through necessity, brings with it great opportunities but also many challenges.

From obtaining visas, accommodation and employment to maintaining your health and wellbeing and your connections to home, there's a lot to keep you up at night. Finding a little piece of home from home always helps, and your local GAA club, whether in Perth, Bahrain, Seoul, Ottawa, San Francisco, Munich, London, or South Africa, can support you on your journey.

This wallet card aims to highlight some key issues you should be aware of if travelling through or moving to Australia. It includes top tips from Irish people who have already gone through the experience as well as links to social media sites and other services designed to support the Irish Down Under.

A more in-depth resource for the Irish abroad including tips on how our international GAA units contribute to the health and wellbeing of their members, is available at [www.gaa.ie/community](http://www.gaa.ie/community)



### Section 1 – The Warm-up: What to do before you go

Fail to prepare, prepare to fail. Getting your ducks in a row before you go is crucial to ensuring you give yourself every chance of success in those important first few weeks abroad. Here are some top pre-departure tips:

- ✓ Book a return flight – this is your safety valve for the unexpected
- ✓ Have access to adequate funds – you may not find work immediately
- ✓ Purchase comprehensive travel & health insurance – take no chances
- ✓ Organise accommodation before you leave Ireland
- ✓ Organise references for renting and job applications
- ✓ Adapt your CV for local job markets
- ✓ Do your research – many local service providers and social media sites are dedicated to assisting Irish emigrants
- ✓ Link in with a local GAA club abroad to build your social and support network

The contact details for overseas clubs can be found at <http://www.gaa.ie/about-the-gaa/gaa-overseas>

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### The Big Issues

We surveyed our GAA members in Australia to learn from those who had already made the move. Here are some of the three-pointers they fired our way.

#### Top 3 challenges when living abroad?

- Missing family and friends (82%)
- Finding employment (45%)
- Financial pressures (44%)

#### 3 main reasons for moving abroad?

- To explore a new country (43%)
- Seek employment (41%)
- For enjoyment (33%)

#### Where would you typically access information abroad?

- Internet (80%)
- Friend (69%)
- GAA club officer (16%)

Stay connected with a strong support network. Joining your local GAA club can help.

Community & Health Section,  
Croke Park, Jones Road,  
Dublin 3. P: +353 (0)18192300  
W: <http://www.gaa.ie/community>  
E: [community.health@gaa.ie](mailto:community.health@gaa.ie)



Darwin  
1 Club



### List of Gaa Clubs Australasia

#### W Australia (11 clubs)

Morley Gaels  
St. Finbars  
Western Shamrock  
Southern Districts  
Greenwood  
Coastal Breakers  
Imokilly

#### S Australia (9 clubs)

Onkaparinga  
Irish Australians  
Flinders O' Neill  
St. Brendans  
Na Fianna  
Western Ireland  
Port Districts  
Dingoes  
Angry Leprechauns

#### Victoria (7 clubs)

St. Kevins  
Padraig Pearse  
Wolde Tones  
Garryowen  
Shamrocks  
Dan Breens  
Sinn Fein

#### New South Wales (9 clubs)

Bondi Gaels  
Central Coast

Clan Na Gaels  
Cormac Mcanallens  
Craobh Padraig  
Michael Cusacks  
Penrith Gaels  
Sydney Shamrocks  
Young Irelands

#### Queensland (14 clubs)

Souths  
Harps  
Shamrocks  
Na Fianna  
John Mitchels  
East Celts  
Cuchullains  
Emeralds  
St. Gabriels  
Gold Coast Gaels  
Eire Og  
Tara Gaels  
Naomg Padraig  
Brisbane Hurling

#### Tasmania (5 clubs)

Lindisfarne  
Hobart Celts  
Shamrocks  
Lauderdale Bombers  
Southern Falcons

#### Darwin (1 club)

Darwin Shamrocks

#### New Zealand (8 clubs)

8 Teams



We also asked Australians GAA Members what other big issues they had faced. Here's what they had to say on some of the recurring themes.

- Loneliness and being isolated from natural support network of home
- "Pressure of being on a 457 visa. Issues with employer leads to heightened stress. Really makes being abroad even more stressful."
- The transition to a second year visa proved problematic for many
- Almost 1 in 3 GAA members in Australia have accessed a support service while abroad. Most common were health, Irish Embassy, and emergency services.
- The challenge of getting home for a family emergency or special event arose frequently
- "My partner works FIFO (Fly in, Fly out) in mines 4:1 (4 weeks on, one week off). Brings loneliness, slightly depressed, isolated."
- Many people mentioned the cultural differences; missing the crack and life back home
- Sickness or dealing with serious injury; the cost of medical services featured heavily
- Obtaining accommodation and work is a challenge; the cost of transferring qualifications and need for references was highlighted



### Striving and Surviving Australia Guide







### The Elephant in the Bar

Travelling abroad can open up a new world of socialising opportunities but your new home may follow very different laws and customs when it comes to alcohol. By the end of October 2014, 21 Irish citizens had sought assistance from Irish Council for Prisoners Overseas (ICPO) after being detained in Australia. Don't become one of these statistics.

According to the ICPO, alcohol is a feature in the majority of offences committed by younger emigrants in Irish communities overseas. Respect your body and your new host country and remember that displays of drunkenness will not be tolerated, culturally or legally, in most parts of Australia.

Dublin's All Ireland winning All Star Alan Brogan, who has lived and played football in Australia and America, is fronting an awareness campaign 'Good to know before you go' for the ICPO. Visit <http://www.icpo.ie/> See also useful information on the GAA's Alcohol and Substance Abuse Prevention (ASAP) programme at [www.gaa.ie/community](http://www.gaa.ie/community)

• **Remember: You owe it to yourself to look after yourself!!**



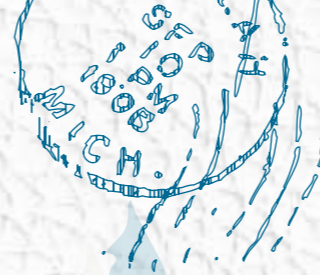
DEPARTURES



### Section 2 - The Throw-in: Arriving in Australia

Here are some of the big issues you need to be aware of about life in Oz (compiled from feedback from GAA members and [www.irisharoundoz.com](http://www.irisharoundoz.com) - a great hub and forum for all kinds of useful information).

- **Accommodation** - cost and lack of supply shock many new arrivals in Australia; plan well in advance and have your references and identification requirements in order.
- **Employment** - depending on your visa you will have to fulfil various requirements before you can even start work.
- **Tax & Superannuation** - these are not one and the same. Tax rates vary depending on your employment status (casual, full-time, resident for tax purposes etc). See [www.ato.gov.au/](http://www.ato.gov.au/) **Superannuation** (Super) is money that your employer sets aside for you every time they pay you and it's usually about 9%. See [taxback.com](http://taxback.com)
- **Networking** - before you depart sign up to all the social media pages dedicated to helping the Irish in Australia, they are a treasure trove of useful, immediate information. See our list.
- **Identification** - it doesn't matter how old you look you will need ID (Irish passport or a proof of age card Australia) to get into a bar or club.
- **Primary health care** - Ireland has a reciprocal health care agreement with Australia covering some essential medical treatments. This is not designed to replace private or travel health insurance (essential) and does not cover the cost of ambulances (which are VERY expensive).
- **Health & Wellbeing** - finding your feet in a new country can be stressful and can impact negatively on your health and wellbeing. Don't be afraid to reach out for help if you need it. Australia is a world leader in mental health care.
- **Undocumented** (unlawful) people - over 1,000 Irish are estimated to be residing unlawfully in Australia. Not getting sponsored or getting visa renewed are the most common reasons. The ramifications can be significant; check in with your Embassy to explore your options and stay legal.
- **Money transfers** - dedicated services such as [currencyfair.com](http://currencyfair.com) or [ozforex.com](http://ozforex.com) offer more competitive rates and less charges than many financial entities, explore your options.
- **Community, cultural & sporting links** - as we do all over the world, we Irish tend to make ourselves at home. Link in with the countless communities and clubs designed to create a little piece of home away from home.



### Section 3 - The final whistle - Coming home

According to the Central Bank's statistics the number of Irish emigrants returning home has been remarkably consistent since 2008. For every 2 people leaving Australia 1 person is returning back to the Emerald Isle. Even though there is an inherent desire in Irish people to travel and see the world this is coupled with a desire to come home. Often emigrants spend many agonising, sleepless nights weighing up options which often boil down to good jobs aboard versus family, friends and a strong community. One of the GAA's strengths is it can enhance this sense of community both home and aboard. Whether you have been living aboard for a few years or you have been away for a short time here are some points to consider before you return home.

- ✓ Accommodation - what type will I need?
- ✓ Finding a job - Where to look to find a job?
- ✓ Benefits and entitlements - What are my entitlements?
- ✓ Banking - What documentation do I need?
- ✓ Pensions - Is my pension transferable to Ireland?
- ✓ Health Care - Entitled to a medical card? Health Insurance?
- ✓ GAA Club - Do I need to organise a transfer or sanction?

If you are thinking about returning home and wish to speak to someone or gather more information please contact a social support agency such as Crosscare Migrant Project.

Email: [migrantproject@crosscare.ie](mailto:migrantproject@crosscare.ie)  
Phone: +353 (0)1 8732844  
Website: <http://www.migrantproject.ie>



### Contact information:

Link Irish Australia - a group of DFA funded community-based support organisations throughout Australia

- Australian Irish Welfare Bureau (Melbourne)  
Email: [aiwbmel@inet.net.au](mailto:aiwbmel@inet.net.au)  
Phone: +61 (0) 3 9482 3865
- Irish Australian Welfare Bureau and Resource Centre NSW (Sydney)  
Website: [www.iawb.org.au](http://www.iawb.org.au)  
Email: [iawb@bigpond.net.au](mailto:iawb@bigpond.net.au)  
Phone: +61 (0) 2 9300 8019  
Facebook: [www.facebook.com/IrishAustralianWelfareBureau](http://www.facebook.com/IrishAustralianWelfareBureau)
- The Claddagh Association Inc. (Perth)  
Website: [www.claddagh.org.au](http://www.claddagh.org.au)  
Email: [support@claddagh.org.au](mailto:support@claddagh.org.au)  
Phone: +61 (0) 8 9344 7204  
Facebook: [www.facebook.com/claddagh.perth](http://www.facebook.com/claddagh.perth)
- Irish Australian Support Association of Queensland Inc. (Brisbane)  
Website: [www.iasaq.com.au](http://www.iasaq.com.au)  
Email: [info@iasaq.com.au](mailto:info@iasaq.com.au)  
Phone: +61 (0) 7 3391 1300 or +61 (0) 432 087 328  
Facebook: [www.facebook.com/irishqld](http://www.facebook.com/irishqld)
- Your local regional GAA Club  
Clubs can be found in the following states: New South Wales, Queensland, South Australia, Tasmania, Western Australia, Victoria.  
The website for the GAA in Australia is [www.gaelicfootball.com.au](http://www.gaelicfootball.com.au)

### Moving with the times - List of social media pages

Gaelic Football & Hurling Association of Australasia (GFHAA)  
Facebook: <http://www.facebook.com/GaelicFootballHurlingAssociationOfAustralasia>  
Twitter: <http://www.twitter.com/australasiagaa>  
Social media hub  
Irish People Living in Australia:  
[www.facebook.com/IrishPeopleLivingInAustralia](http://www.facebook.com/IrishPeopleLivingInAustralia)  
Irish families in Perth: [www.facebook.com/groups/irishfamiliesinperth](http://www.facebook.com/groups/irishfamiliesinperth)  
Irish around Brisbane: [www.facebook.com/irisharound.brisbane](http://www.facebook.com/irisharound.brisbane)  
Irish around Melbourne: [www.facebook.com/irisharound.melbourne.5](http://www.facebook.com/irisharound.melbourne.5)  
Irish around Sydney: [www.facebook.com/irish.aroundsydney.56](http://www.facebook.com/irish.aroundsydney.56)

