



**Institute of Health and Wellbeing**  
2024 NCP Solomon Islands 35848  
Exercise & Sport Science Study Tour

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# Discover the wonders of the tropical Solomon Islands in our Exercise & Sport Science Study Tour

## What is the program?

The program is a dynamic educational collaboration between Federation University Australia and the Solomon Islands National Institute of Sport (SINIS). It offers final-year Exercise and Sport Science students from Federation University a two-week immersive experience at SINIS, aimed at enhancing their practical and academic knowledge in sports science. SINIS serves as a key training hub for elite athletes in the Solomon Islands, supporting over 1000 athletes and 200 coaches across 27 sports.

This initiative allows students to apply their theoretical knowledge in real-world settings. It underscores Federation University's commitment to providing high-quality education and practical experience, enhancing student employability on a global scale. The program is part of a broader partnership, supported by a mutual understanding and objectives aligned with the Australian Sport Diplomacy Strategy, aiming to foster international collaboration and community enhancement through sports and education.



## What is involved?

Federation University's final-year Exercise and Sport Science students will undertake a unique two-week placement at the Solomon Islands National Institute of Sport (SINIS).

The aim is to broaden both academic and practical knowledge across a range of sports science disciplines, including athlete testing, programming, prescription, and areas crucial for athlete wellbeing such as nutrition, hydration, sleep, and recovery techniques.

Students will work alongside SINIS staff and students and elite athletes. Students will be exposed to national-level programs often unavailable in Australian programs in a regional university. This mobility project thus facilitates the practical integration of their theoretical knowledge.

## Who is this for?

The program is initially open to third year students enrolled in any sports and exercise science degree who have an average GPA above 4.5 and available space in their course plan.

The programs will take place in July 2024 and will fulfill some of the requirements of **HMPRC3170**.

## What are the benefits?

Students will gain:

- A hands-on sports science experience.
- International perspective through high-level programs
- Enhanced skills in various athletic disciplines.
- Preparation for global sports careers.
- Better employability options in premier international sport organizations
- Gain a Australia-Solomon Islands cultural exchange.
- Strengthening of global understanding and ties.

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## Who is eligible for funding?

The New Colombo Mobility Program is open to an Australian university undergraduate student who:

- a) is an Australian citizen.
- b) is not a (dual) citizen or permanent resident of Nepal.
- c) is enrolled in an Australian on-shore campus and undertaking a bachelor degree or bachelor honours degree at Federation University for the duration of the mobility project
- d) meets the age requirements (aged between 18 and 28 years inclusive)  
Please note that 30% of the participants may be over 28 years of age and it is very likely that Federation University will be exempt from this restriction.
- e) not be an employee of the branch of DFAT that administers the NCP.
- f) does not during the course of their bachelor degree or bachelor honours degree:
  - i. receive more than one student grant for the same mobility project.
  - or
  - ii. receive more than two student grants during the course of their Bachelor Degree or Bachelor Honours Degree

Please note that in this round we will only be able to take 10 students to the Solomon Islands

**All students who meet the criteria or wish to participate are invited to submit an [Expression of Interest \(Eoi\)](#) by Friday the 3<sup>rd</sup> of May 2024.**

## Where are we going?

Students will be staying at the athlete dorms at the Solomon Islands National Institute of Sport (SINIS) High Performance Centre in Honiara, Solomon Islands. Note that these dorms are shared rooms.

## When are we going?

It is expected this two (2) week program will commence on Tuesday, 2<sup>nd</sup> of July 2024 to Wednesday 17<sup>th</sup> of July 2024 \*

## What is included?

Accommodation, most meals, local transport in the Solomon Islands, travel insurance, all field excursions and use of the SINIS facilities, some cultural field trips & return airfare to and from Honiara (group travel to be arranged; all students to be on the same flight).

## What will it cost?

It is expected that the trip will cost approximately \$3,000 with the trip being subsidised \$2,500 by the Australian Government New Colombo Plan (NCP). So approximately AUD \$500<sup>1</sup>



**Australian Government**



**NEW COLOMBO PLAN**

Connect to Australia's future - study in the region

Students selected for this study tour will automatically be eligible for the NCP grant as will not have to apply.

Note: NOT included in this cost are passport and personal expenses

## Is there additional financial support?

All participating Australian students will also be able to access OS HELP up to the value of \$8,500 (a loan placed on their HECS bill)

More Information may be found on our [OS-HELP Loan Program link](#).

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<sup>1</sup> Total costs are an approximation at this stage - students will be informed of exact costs closer to the date.





### Explore:

The richness of Solomon Island culture.

The opportunity to participate in national level high performance programs.

SINIS's acclaimed programs and facilities

The exchange of knowledge and practices in sports science, benefiting athletes and the sports community at large.

### Credit to your degree

The study tour is available to students enrolled in any sport and exercise science degree, have completed at least 240 credit points and currently enrolled in HMPRC3170. The study tour hours will go towards the required placement hours for HMPRC3170, and fit within the ESSA requirements.

### Assistance with Costs

All participating Australian students will be able to access OS HELP (a loan placed on their HECS account) up to \$8500



This opportunity counts towards your



Federation  
Advantage  
Award

This opportunity counts towards the Bronze and Silver levels of your Federation Advantage Award

# My Next Steps

Ready to go? Just follow these steps  
and you're on your way\*

## Step 1

Check eligibility requirements: you need to have had successfully passed at least 16 courses by the time of the excursion.  
You also need to ensure that you are eligible to enroll in HMPRC3170.

## Step 2

Check that you are financially able to undertake this trip. You will be able to get an OS-HELP loan (if you are an Australian citizen). You should apply to receive this loan at least one month before departure.

## Step 3

Check essential requirements you need to complete in addition to your application.

- A valid passport
- You are willing to undertake appropriate vaccinations for entry & study in the Solomon Islands
- Travel availability in July, 2024.

## Step 4

Complete your **Expression of Interest (EOI)** to undertake this tour –  
(all applications are submitted on-line).

Expressions of interest due: Friday the 3<sup>rd</sup> of May 2024

Interview for candidates: May 2024



## Questions?

If you want some help getting started, or you need to know more information, we can help.

### Contact the Student Mobility Office:

Coordinator, Study Abroad and Student Mobility  
Global Academic Services

Iain Johnson T +61 3 5327 6561  
[i.johnson@federation.edu.au](mailto:i.johnson@federation.edu.au) or [studyabroad@federation.edu.au](mailto:studyabroad@federation.edu.au)

### Or speak to the course coordinators:

Project lead:                      Lindy Hall [m.hall@federation.edu.au](mailto:m.hall@federation.edu.au)  
or                                      Dr Mathew O'Grady [m.ogrady@federation.edu.au](mailto:m.ogrady@federation.edu.au)

\* Please note that submitting an expression of interest does not guarantee a placement on this trip. Places are limited and a selection process will be undertaken to select candidates according to merit



*"The NCP program allows students to immerse themselves in the day-to-day operations of jobs in their field of study and enrich their experience with cultural and practical knowledge."*

Professor Duncan Bentley

Federation University Vice-Chancellor and President.

