



# RESPITE

# GOLD COAST

Monday 18<sup>th</sup> to Friday 22<sup>nd</sup> March 2024 (4 Nights)

Please call 0408 660 448 if you have any questions, or would like to book in for this wonderful adventure *(Only 10 spots available)*

The Gold Coast is a metropolitan region south of Brisbane on Australia's east coast. It's famed for its long sandy beaches, surfing spots and elaborate system of inland canals and waterways. It's also home to theme parks such as Dreamworld, Sea World and Wet'n'Wild. Inland, hiking trails crisscross Lamington National Park's mountain ridges and valleys, home to rare birds and rainforest.



EMPOWER ME'S 3 MOST IMPORTANT GUIDELINES WHILE YOU ARE ON REPITE IS THAT TO YOU:

1. Challenge yourself into doing something you have never done before!
2. Build on your confidence to make new friendships and discover your inner spirit!
3. Explore & learn ways Empower Me can Empower You!

## GOLD COAST ITINERARY

### Monday 18<sup>th</sup> March 2023

- Pick up from home between 9am to 10am
  - Meet at Sydney Airport at 11am
- Departure at 12.30pm to Gold Coast (Yayyy!!!)
  - Arrive at Gold Coast Airport at 1.30pm
- Lunch at Currumbin Beach Vikings Surf Club
  - Check into Hilton Accommodation
  - Free Time (swimming, gym, sauna etc.)
- 7.30pm Dinner at Harvest Buffet at Gold Coast Casino



## Tuesday 19<sup>th</sup> March 2024

- Breakfast at 9.30am Pancake on the Rocks
- 10.30am Drive to Tambourine Mountain
  - 11.30am Glow Worm Caves Tour
  - Lunch at The Bush Turkey Bistro
- Optional Rainforest Skywalk or Free time (Bushwalk, Local Shopping etc.)
  - Labrador stop over Lagoon for a swim
  - 7pm Hogs Breath at Main Beach



## Wednesday 20<sup>th</sup> March 2023

- Leave hotel at 9.30am
- Breakfast at Seaway Café at 10am
  - Sea World Day
- Free time - choose your rides, shows and create your own adventure at the park!
  - Meet up for lunch at 1pm
  - Return to the hotel at approx. 4pm
  - Free time (pool, gym, sauna, beach etc.)
  - 7pm Pizza & Games night at the hotel





## Thursday 21<sup>st</sup> March 2024

- Depart Hotel at 9am
- Breakfast & swim at Tallebudgera Creek
  - Lunch at 12.30pm Burleigh Pavillion
- Return to Surfers Paradise at approx. 2pm
- Ripley's Believe It or Not (Combo Incl. Odditorium, 7D Theatre, Mirror Maze, Laserace)
- Dinner at Alfresco Italian



## Friday 22<sup>nd</sup> March 2024

- Pack Up & Leave Hotel
- Buffet Breakfast SkyPoint Q1 at 10am
  - Observation Deck
- Arrive at Gold Coast Airport at 12pm
  - Flight departure at 1.30pm
  - Arrive in Sydney at 4pm
  - Transfer home



## **IMPORTANT - PLEASE NOTE**

Unfortunately, NDIS does not cover airfare for respite, and therefore it is up to the participant to pay this cost.

Below are the flights Empower Me believe to be best value for the travel dates.

You can either:

- **Book the airfare directly yourself**  
(Flight details are below)

Or

- **Transfer \$218 to Empower Me to book the airfare for you**  
(Empower Me – Commonwealth Bank BSB 062-656 ACC 1055 0513)

### Your selected departing flight

✈ Sydney to Gold Coast 📅 Mon, 18th Mar 2024 [Modify Search](#)

<b>12:30pm</b> Sydney - SYD	✈	<b>12:50pm</b> Gold Coast - OOL	<b>ZL 540</b> • Non Stop • 1hr 20min • Boeing 737 • Operated By Rex	<b>\$109.00</b> Promo
<b>Inclusions</b>				
<b>Meal</b> Snack, water, tea/coffee	<b>Seat selection</b> from \$6	<b>Carry-on baggage</b> 1 piece + 1 personal item, max 7kg total (dimensions restricted)		
<b>Checked baggage allowance</b> 15kg (regional) or 23kg (domestic or regional with Rex domestic connection)	<b>Flight changes</b> Permitted with \$33 fee. <a href="#">Fare Rules</a>	<b>Name Changes</b> Not permitted		
<b>Get Me Home</b> \$55 fee if earlier flight has seats (standby at airport)	<b>Cancellations</b> Fare forfeited	<b>No Show</b> Fare Forfeited		

### Your returning flight

✈ Gold Coast to Sydney 📅 Fri, 22nd Mar 2024

<b>1:30pm</b> Gold Coast - OOL	✈	<b>4:00pm</b> Sydney - SYD	<b>ZL 545</b> • Non Stop • 1hr 30min • Boeing 737 • Operated By Rex	<b>\$109.00</b> Promo
<b>Inclusions</b>				
<b>Meal</b> Snack, water, tea/coffee	<b>Seat selection</b> from \$6	<b>Carry-on baggage</b> 1 piece + 1 personal item, max 7kg total (dimensions restricted)		
<b>Checked baggage allowance</b> 15kg (regional) or 23kg (domestic or regional with Rex domestic connection)	<b>Flight changes</b> Permitted with \$33 fee. <a href="#">Fare Rules</a>	<b>Name Changes</b> Not permitted		
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