

THE FLAWED JOURNEY

EXPATS IN SYDNEY



Step out of your comfort zone , make new connections and try something new

Infinite You Yoga

Classes weekly in Coogee - Instagram @infiniteyou for more

Sunrise Social

At Bronte Beach each Saturday- Instagram @acountydownunder for more.

A County Down Under has also organised many events for expats here in Sydney to give people the opportunity to meet other expats in similar situations.

Bondi beach babes

Facebook community page for women in and around the Bondi area looking to meet new people and to support one another.

Sydney Irish RFC

Women and men's rugby club - Sydney Irish Women's Rugby caters for players of all skill level. Some of the ladies playing are new to the sport, while others have played previously and bring experience to the team. If you are interested in finding out more about the Sydney Irish Ravens, please email womensrugby@sydneyirishrfc.com or join the group on Facebook: Sydney Irish Women's Rugby.

NSW GAA

There are currently 9 GAA clubs within NSW. GAA is a winter sport here in Sydney, usually kicking off got pre season in January and then the Australian Championships closing out the year in September/October.

Being apart of the team allows for a sense of community as well as the opportunity to be included in many club events.

Find out about your local clubs at facebook.com/NSWGAA

Sydney Clubs include:

- Michael Cusacks
- Cormac Mc Anallens
- Penrith Gaels
- Craobh Phadraig
- Bondi Gaels
- Clan na Gael
- Young Irelands
- Sydney Shamrocks

Chloe Rose Coaching

Sunrise boxing boot camp - each Friday 6:15-7am at Coogee. Women's boxing classes @ Bondi Boxing Club on Tuesdays, Thursdays & Saturdays. Instagram - @chloerosecoaching for more

InterNations -

www.internations.org/sydney-expats

With InterNations, you never stand alone. Whether you are moving to another country or going on a business trip somewhere — our communities around the world are there to make you feel at home wherever you are.

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Bondi Adult Beginner Surf Group

Why not learn to Surf while living in Sydney? Meetup.com is a good place to find groups of people coming together to take on the waves. Or why not take a lesson or two with Lets Go Surfing School. Check them out on letsgosurfing.com.au

Sydney Striders Running Club

Sydney Striders Running Club welcomes runners of all abilities. Their objective is to support members in their running interests, as well as provide organized events that benefit the broader running community. The common thread within Sydney Striders is a place where all enjoy running. The club has a great reputation for fun, fellowship and mutual support. Check them out on sydneystriders.org.au

Salty Fit

Salty Fit provides a gateway to adventure and empowerment through swimming and aims to pass on a love of swimming in saltwater. Call them on 0422093277 or check out their website Saltyfit.com.au

Bondi Beautcamp

Morning Bootcamp classes week days in Waverly Oval and Saturdays at Bondi Beach with Irish and British girls living in Sydney. Saturday morning classes followed by coffee and chats! Instagram- [@bondibeautcamp](https://www.instagram.com/bondibeautcamp)

Irish Support Agency

The Irish Support agency promote a sense of connection, social inclusion and health and wellbeing programs to the extended Irish community in NSW. Find out more on their website www.irishsupportagency.org.au or call (02) 9300 8019

SBG Australia

A world class mixed martial arts facility in the same international network of schools as UFC Champion Conor McGregor! Contact SBG Australia on 02 9572 6975

Sydney Girls Meet-Up

Facebook community page with the aim to bring girls of all nationalities together.

British/Irish Girls in Australia

Facebook community page for expat women in Australia to come together for different activities such as going for coffee, drinks or being active.