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OUR TRAINING PROGRAM

James Cook University (JCU) through its General Practice Training program, is the regional provider of Australian General Practice Training (AGPT) in regional, rural and remote Queensland.

Registrars training with JCU have a choice of clinically diverse and rewarding training posts, offering the opportunity to develop an extended scope of practice in well supported and educationally enriching clinical environments.

We serve a population of more than 1.5 million people across a diverse geographical area. Northern Queensland offers a vivid mix of people and landscapes.

The training posts extend from remote tropical settings to regional centres, outback towns and Aboriginal Community Controlled Health Services. Explore the region and find out more about training with JCU.

WHY TRAIN WITH JCU?

Highly skilled
Gain plenty of hands-on experience and be equipped with the skills to take on any challenge in any setting. From snake bites, tropical diseases, farming injuries, to chronic diseases, emergency presentations, anaesthetics, obstetrics and much more, you’ll develop a diverse set of skills.

Diverse skill set
Expand your scope of practice through working in private clinics and in hospitals where you’ll gain experience treating a range of conditions in low resource settings.

Excellent training support
Be supported throughout your training and learn from inspirational and experienced doctors who are passionate about helping you succeed.

Make a positive difference
Develop the skills to help improve the health of regional, rural, remote and Aboriginal and Torres Strait Islander communities. Make a real difference in underserved communities while you train and be equipped with the skills to make a difference as a GP.

Unique locations
Learn and live in amazing locations from tropical rainforests and beaches, to rich farmland, mountains and hinterlands, to the red dirt of the Australian outback. You’ll treat a diverse mix of clinical cases and conditions in private clinics and hospitals and health services.
GP TRAINING IN THE CAIRNS REGION

There are six main placement sites in the Cairns region where you may be based during your GP training. These include: Mossman, Port Douglas, Kuranda, Cairns, Innisfail and Tully.

The Cairns and Hinterland Hospital and Health Service is comprised of 21 facilities. The Cairns Hospital is the major referral centre for tropical north Queensland and the major provider of outreach specialist services to remote and rural areas.

Other major hospitals within this region include the Innisfail and Tully hospitals, south of Cairns.

Registrars working in the Cairns region can enjoy opportunities in the varied specialties including in Aboriginal and Torres Strait Islander health.

LIFESTYLE IN THE CAIRNS REGION

- Enjoy relaxed coastal living at its best in the Cairns region, surrounded by beautiful beaches and lush rainforests.
- Cairns is the only place in the world where two World Heritage areas meet - the Great Barrier Reef and the Wet Tropics Rainforest.
- Looking for adventure? There is plenty to do in the Cairns region from bungee jumping, fishing, mountain biking, parasailing, snorkelling, skydiving and white water rafting.
- The region has a rich Aboriginal and Torres Strait Islander culture which you can experience through guided tours, watch traditional performances and view unique Indigenous artwork.
- Have a taste of the tropics by trying locally grown fresh produce including native spices that Aboriginal people gathered from the land for millennia and appear at local markets and restaurants today.
ATTRACTIONS IN THE CAIRNS REGION

CAIRNS
Cairns is described as the heart of Tropical North Queensland, and is the gateway to the Great Barrier Reef. Explore the world’s largest coral reef by boat or on a scenic flight where you will be amazed by the marine wildlife and exotic coral reef that cannot be found anywhere else in the world.

The Daintree Rainforest is a World Heritage listed icon and has the highest number of plant and animal species that are rare, or endangered with near extinction in the world.

MOSSMAN
The picturesque town of Mossman is nestled at the foot of mountains among fields of sugar cane. Just five minutes west of Mossman you will find the Mossman Gorge, part of the World Heritage listed Daintree National Park. There you will discover granite boulders lining the gorge and clear freshwater swimming holes surrounded by mountains. The gorge is home to the Kuku Yalanji people, the area’s traditional Aboriginal landowners. Guided bushwalks are available.

INNISFAIL
Innisfail has a population of approximately 10,000 and is situated 90kms from Cairns. The town is surrounded by beautiful natural attractions including Paronella Park, a National Heritage listed park built in the 1930 inspired by Spanish castles, some of which still exist today.

TULLY
Tully is a small tropical town surrounded by World Heritage rainforest as well as banana and sugar cane plantations. Tully is one of the greenest and wettest towns in Australia.
“Have you ever felt like you ‘hit the jackpot’? Well, that’s how I feel about working at the Babinda MPHS for GP Training! Babinda is a lush tropical paradise and sports the title of “Australia’s wettest town”. I’m totally at home surrounded by a bounty of natural wonders, including the beautiful Babinda Boulders, a tourist hotspot. Born of FNQ farming stock, I feast my eyes on the fertile green world around Babinda that spells exotic fruit, sugar cane, cattle and fishing. The great dividing range fringes the golden east coast line and is a spectacular deep blue reassuring backdrop on the western horizon.”

Dr Angie Vico
JCU GP Registrar, Cairns Coast
GP TRAINING IN THE CAPE & TORRES REGION

There are five main placement sites in the Cape & Torres Strait where you may be based during your GP training. These include: Bamaga, Cooktown, Injinoo, Thursday Island, Weipa. There are also a number of branch sites for Thursday Island, Cooktown and Weipa.

With a population of Melanesian and Indigenous Australian cultures, training opportunities and experiences include infectious diseases, Aboriginal and Torres Strait Islander health, diabetes, tuberculosis, women’s health and sexual health.

Torres and Cape Hospital and Health Service includes four major hospitals, with visiting medical specialists attending to most locations.

The Torres Strait region is a culturally unique location delivering a captivating work environment with opportunities for fly-in, fly-out clinics to remote outer island communities delivering a variety of work unparalleled in Australia.

LIFESTYLE IN THE CAPE & TORRES REGION

The Torres Strait Islands are north of Cape York and south of Papua New Guinea.

The Islands have stunning, untouched beaches which lead into sparkling, crystal clear waters. Torres Strait Islands are a hidden wonder and visitors will enjoy being in a tropical paradise with a variety of things to do and see.

Cape York Peninsula contains the historic town of Cooktown, remote Savannah and rainforest clad national parks.

From the Western Cape and the Gulf of Carpentaria to the Coral Sea and Great Barrier Reef this remote part of Australia captivates visitors with amazing wildlife, cultural experiences, characters and adventure.

There are plenty of opportunities for great fishing, adventure 4WD and bush camping.
Thursday Island
Thursday Island is a colourful island paradise where time really does seem to stand still. It lies between the northern tip of Queensland and Papua New Guinea in the Torres Strait.

While you walk through town you can also admire the colonial architecture which is left over from World War II.

Make sure you stop and take in the local culture and enjoy the local art and markets. There is a number of restaurants on the islands that serve up some of the freshest and tastiest seafood in all of Australia. You can also go and catch your own seafood and join up with one of the many fishing charters.

Archer Point
The turnoff to Archer Point is about 20km south of Cooktown on the Mulligan Highway, and is 4WD recommended. This is one of the best beach fishing locations on the coast with one of the most spectacular views of the coastline. There is reef close to the shore, which can be walked to at low tide. Bush camping is also permitted.
“Work keeps me busy. But as soon as there’s some down time, there’s always something fun going on. Despite the long hours, I get to spend quality time with my wife and daughter, and seeing her grow into an island girl has been amazing. She’s already got a long list of Aunties and Uncles who are helping raise her in our small community.”

Dr Marlow Coates
JCU GP Registrar Fellow,
Director of Medical Services for the Torres and Cape Hospital and Health Service
GP TRAINING IN THE CENTRAL QUEENSLAND REGION

There are 11 main placement sites in this region where you may be based during your GP training. These include: Biloela, Blackwater, Emerald, Emu Park, Gladstone, Moura, Mt Morgan, Rockhampton, Theodore, Woorabinda and Yeppoon.

The Central Queensland region extends from the Capricorn Coast west to the Central Highlands with Rockhampton as the major regional centre.

The Central Queensland Hospital and Health Service comprises six hospitals. The Rockhampton Hospital is the main referral centre. Other health services are located in towns including Biloela, Blackwater, Emerald, Gladstone, Theodore, Woorabinda and Yeppoon.

Rural outpatient clinics provide services to communities in more remote locations.

LIFESTYLE IN THE CENTRAL QUEENSLAND REGION

Central Queensland is the gateway to the Southern Great Barrier Reef. The Capricorn Coast offers great access to pristine reefs and to the Keppel Island group from Rosslyn Bay Harbour.

There are many beautiful places to enjoy and explore. Camp at Byfield National Park and witness the outstanding coastal scenery, massive sand dunes and rugged pinnacles. Discover the towering sandstone cliffs, vibrantly coloured side gorges, diverse flora and fauna and Aboriginal rock art at Carnarvon Gorge hidden in the ranges of the central highlands.

Central Queensland is renowned for its friendly and welcoming communities and diverse range of natural attractions.

The region’s social scene rivals that of larger centres, with horse racing, rodeos, agricultural shows, art and craft markets and various family fun days all regular features on the calendar.

Major events include Gemfest – Festival of Gems, Rockhampton River Festival and Gladstone Harbour Festival.
ATTRACTIONS IN THE CENTRAL QUEENSLAND REGION

REGIONAL
Soak up the subtropical climate in regional Central Queensland, with endless sunshine in towns such as Rockhampton and Gladstone. Explore the great outdoors and enjoy the vibrant festivals and events.

There is plenty of adventure to be had in Rockhampton, mountain bike off-road down the Mt Morgan ranges or challenge your friends at the go-kart track. Take in a spectacular sunset, and watch the city lights come to life at dusk.

The Gladstone Region also has a variety of attractions to satisfy your inner adventure. Take off on an underwater adventure and come face to face with the most vibrant sea life on the reef or take it easy and nestle around a campfire with family and friends in the peaceful country air.

COASTAL
Cowboys meet the beach, as Rockhampton and the Southern Great Barrier Reef collide in a mix of historic towns, national parks and sandy beaches.

Yeppoon is situated 38 kilometres north east of Rockhampton, and is the gateway to the Capricorn Coast and the wonders of the Southern Great Barrier Reef and Keppel Bay Islands.

Wander along the town’s picturesque esplanade with its backdrop of offshore islands, sparkling azure sea and clear blue skies and soak up the relaxed and welcoming atmosphere.

Just a scenic 20km drive along the coast from Yeppoon, you will discover Emu Park. Once an exclusive beach resort at the turn of the 20th century, Emu Park is now appreciated as an idyllic seaside village with plenty of character.

RURAL
Enjoy country town perks in towns like Emerald, Biloela, Moura & Theodore where everyone says “G’day” with a smile and a nod as you walk down the street. The rural Central Queensland communities are friendly, warm and welcoming.

Enjoy some fishing at Biloela’s Lake Callide which is a top spot for fishing, chasing red claw or simply relaxing in a very peaceful area.

Fancy a bit of fossicking? There are five fossicking areas on the Central Queensland sapphire fields (near Emerald) which have been set aside for recreational and tourist fossicking. You never know what you’ll find, from a tiny sapphire chip to a rock that could be worth tens of thousands of dollars!
"We all hear about famous and interesting places in Queensland like Sunshine Coast and Gold Coast but not much of Central Queensland or the Capricorn Coast. I think it is a hidden beauty, the blended city, beaches and rural lifestyles make it a unique region to train in and raise a family in.”

Dr Alwand Sherif
JCU GP Registrar, Rockhampton

“I am a GPT 3 registrar and currently working in Central Queensland. I love working here due to the lovely weather, diverse opportunities and amazing people.”

Dr Hein Zaw
JCU GP Registrar, Yeppoon
Central West Health Hospital services include accident and emergency, inpatient care, general and elective surgery, medical imaging and maternity services. Other healthcare services include a range of community and primary healthcare services such as immunisation, child and maternal health, chronic disease, allied health and mental health services.

The model of service delivery is based on five hospital hubs in Alpha, Barcaldine, Blackall, Longreach and Winton with satellite primary health clinics at Aramac, Bedourie, Birdsville, Boulia, Isisford, Jericho, Jundah, Muttaburra, Tambo and Windorah.

Region-wide services for child and maternal health, Aboriginal and Torres Strait Islander health and chronic disease management, together with a range of allied health and community health services are based in Longreach and other service hubs.

Central West Health’s doctors also work in general practices across the region under contract arrangements to deliver an integrated approach to primary and acute healthcare.

Central West Health’s strategic plan was developed following consultation with local communities, councils and healthcare partners, aiming to sustain quality health services in remote Queensland and to improve access to specialist care for our residents.

The plan aligned with the former government’s Blueprint for better health and the government’s objectives for the community to revitalise frontline services, invest in effective planning and infrastructure, realise value for money and increase transparency for performance.

LIFESTYLE IN THE CENTRAL WEST REGION

The Central West is the heart of Outback Queensland, a place built by pioneers and stockmen.

Embrace the country lifestyle with Central West’s wide open skies, breathtaking landscapes and warm, dry climate.

Adventure through rolling red grasslands aboard a multi-day coach, on a 4WD tour, train or plane to the birthplace of Qantas and Waltzing Matilda in Outback Queensland’s Central West.

Watch the sun set over Big Red, the tallest sand dune in the Simpson Desert or spend an unforgettable day with family and friends at the Birdsville billabong.

Swim, kayak, water-ski or cruise the Thomson River or fish for yellow belly and red claw crayfish under the red river gums.
ATTRACTIONS IN THE CENTRAL WEST REGION

Thomson River, Longreach
The Thompson River is located approximately four and a half kilometres north west of Longreach along the Landsborough Highway heading to Winton.

The river offers perfect camping spots along its banks, walking tracks and is also home to a number of species of fish, turtles and yabbies.

For those with boats, an easy-to-access boat ramp is available next to the designated caravan grounds for a perfect day of water-skiing, swimming and fishing.

Boulia Camel Races
As the camels come hurtling down the track through the plume of red dust, you’ll have one of those “this is epic” moments.

It’s the Melbourne Cup of camel racing - the longest camel race in Australia (running a 1.5km cup final) and also offers a rich prize pool in the professional camel races circuit.

It’s an outback adventure, in the land of the legendary Min Min Light, sharing extraordinary events with a bunch of new friends.

Beyond the camel races you’ll find live entertainment, yabby races, the hilarious camel tagging & sheep tagging competitions, markets, food, fireworks, children’s amusements and a host of novelty races.

Birdsville Races
Deep in the heart of wild and isolated country, Birdsville is situated between the eastern edge of the Simpson Desert, the vast gibber plains of Sturt’s Stony Desert to the south and rich Channel Country to the north.

Birdsville’s busiest week of the year occurs in September. Visitors converge in the tiny outback town from all parts of Australia and the world on the first Saturday in September for the Annual Birdsville Racing Carnival held over two days (Friday and Saturday).

Crowds of over 6000 racegoers celebrate the carnival each year enjoying two days of quality outback racing and three great nights of live entertainment.

Australia’s Dinosaur Trail
Walk where the big fellas walked on Australia’s dinosaur trail, through the towns of Richmond, Hughenden and Winton.

Be transported back 120 million years at Kronosaurus Korner in Richmond, when Queensland was covered by an inland sea and underwater giants ruled its interior.

Visit the Lark Quarry Dinosaur Trackways near Winton, where you can see the dinosaur footprints which inspired the stampede in Stephen Spielberg’s movie ‘Jurassic Park’.
“It didn’t take too long for me to fall in love with this little country town which has a strong community focus and offers a quiet and relaxed outback lifestyle ideal for those who want to experience a close-knit community. The central west health district is very supportive of the trainees and operates on a unique model.”

Dr Vijay Akkineni
JCU GP Registrar, Blackall
GP TRAINING IN THE MACKAY REGION

There are seven main placement sites in the Mackay region where you may be based during your GP training. These include: Airlie Beach, Bowen, Collinsville, Dysart, Mackay, Proserpine and Sarina.

The Mackay region is home to a diverse and vibrant community with rural and coastal living opportunities in 30 townships, small rural settlements, and rural residential areas.

The Mackay region is one of the fastest growing in Queensland, with a population of about 115,000 people.

The Mackay Hospital and Health Service is comprised of eight hospitals. Major hospitals are located in Bowen, Mackay, Moranbah, Proserpine, and Sarina. These hospitals offer a range of visiting specialists, ensuring training posts are well supported.

Registrars working in the Mackay region can enjoy opportunities in the varied specialties including Aboriginal and Torres Strait Islander health.

LIFESTYLE IN THE MACKAY REGION

When living in the Mackay region you get to experience an idyllic lifestyle, with unique wildlife and breathtaking landscapes.

There is plenty to do and see from beaches, rainforests, rockpools, wildlife, fishing, water sports, bushwalking, shopping and adventure activities.

The region has a diverse landscape from beaches, islands, mountains, pristine rainforests, to country mining and farming towns.

Within the Mackay region is Airlie Beach, the gateway to the Whitsundays which is made up of 74 Island wonders in the heart of the Great Barrier Reef.

Explore an ancient rainforest in the Finch Hatton Gorge where you can take a walk or zip line through the tree tops, and experience a landscape of waterfalls, lush flora and volcanic boulder formations.
**ATTRACTIONS IN THE MACKAY REGION**

**AIRLIE BEACH**
Airlie Beach is the largest town of the Whitsunday Coast and is the main point of access to the Whitsundays. The town overlooks the bays and islands of the Whitsundays. Whether it be sailing, kayaking, jet skiing, scenic flights, snorkelling, scuba diving, 4WD tours, mountain biking, bushwalking, golfing, camping, shopping or relaxation, Airlie Beach has something for everyone.

The Whitsundays is a must see with 74 islands right in the heart of the Great Barrier Reef where you can explore secluded and crystal clear beaches.

**CAPE HILLSBOROUGH**
Approximately 50km north of Mackay is Cape Hillsborough National Park where dense rainforest meets the ocean with volcanic rock formations.
You will discover the Eastern Grey kangaroos fossicking in the morning tides at sunrise and be able to explore a range of bush walks through the rainforest.

**SARINA**
Sarina is located approximately 36km south of Mackay where you can enjoy a coastal lifestyle within a rural setting. Here you can enjoy hospitality, beautiful beaches, scenic mountain ranges, fishing and prawning.

**CLERMONT**
Clermont is one of the most historic towns in northern Australia. Theresa Creek Dam is an ideal place to go fishing or for a relaxing picnic. Travel the 300km Mining Trail from Clermont to Mackay.
“It’s great living in Mackay and the Whitsundays, there is plenty to do. I’d like to stay in the Whitsundays mostly at the hospital, probably doing a variety of procedures as well as some ED work and general ward work as well.”

Dr Colin Giorcelli
JCU GP Registrar, Proserpine

“Bowen is a little paradise with magnificent views and beaches. I enjoy living here with my family and it’s a great place for kids to grow up. My work at Bowen Medical Centre is interesting and challenging with a great variety of clinical presentations. The community of Bowen is supportive and friendly. I highly recommend to have a part of your GP training in this region.”

Dr Feruza Szollos
JCU GP Registrar, Bowen
There are nine main placement sites in the North West region where you may be based during your GP training. These include: Cloncurry, Doomadgee, Julia Creek, Karumba, Mornington Island, Mt Isa and Normanton.

North Western Queensland provides registrars with unique opportunities to gain medical knowledge and experiences in a region of scenic landscapes and rich Aboriginal culture.

Training posts provide opportunities across Aboriginal and Torres Strait Islander health, retrieval medicine, mental health, sexual health, minor surgery, Public Health, obstetrics and occupational medicine within the surrounding mine industry.

We serve a population of over 1.5 million people across a large and diverse geographical area. The GMT regional office network delivers training and education that is community-oriented and engaged and connected to issues of relevance to the region.

Hospitals are established in Mount Isa and Cloncurry with visiting health services from the Mount Isa Hospital to Cloncurry regularly. The North West Hospital and Health Services includes nine hospitals.

LIFESTYLE IN THE NORTH WEST REGION

Known as the oasis of the outback, North Western Queensland offers a vivid mix of people and landscapes – from glorious beaches and mountains, hinterlands, spectacular rainforests, rich farmland, to wide savannah country, wilderness and the red soil of the Australian outback.

The North West region is rich in Aboriginal and Torres Strait Islander culture. It also has a strong cattle, fishing and mining industry.

Ample places to fish, camp, relax and enjoy the outback sunset. The rugged terrain makes the region perfect for the four wheeler adventurer. Explore nature’s beauty by canoeing the gentle gorge and creek at Adels Grove. Here you can camp or stay at a bed and breakfast.

60 kms north of Hughenden you will find the Porcupine National Park (often called Australia’s Mini Grand Canyon). Here you will discover the towering cliffs of coloured sandstone, forests and waterholes.
ATTRACTIONS IN THE NORTH WEST REGION

MOUNT ISA
Mount Isa is the rodeo capital of Australia, hosting the largest rodeo in the Southern Hemisphere. It is the biggest event of the year in the region and has been going since 1959. The event is full of action from bull riding, saddle bronc, bareback bronc, rope and tie, poddy riding, steer wrestling, team roping, barrel racing and breakaway roping. The event also includes live performances, the Isa Street Festival and Rodeo Queen Quest.

LAKE MOONDARRA
Lake Moondarra is situated just 17 kilometres north of the city centre of Mount Isa. It provides water to the city and the adjacent Mount Isa Mines. Access to the lake is by a sealed road and offers a picturesque shoreline drive. The lake is a popular place for locals and tourists to visit because of its spectacular scenery. The lake’s safe, still water encourages swimming, boating, sailing and canoeing. It has also been stocked with barramundi to lure the anglers for an excellent spot of fishing.

NORMANTON
Normanton is known as the Barramundi Capital of the North, with locals often catching in excess of 5kg.

JULIA CREEK
Discover the outback at the annual Julia Creek Dirt n Dust Festival which hosts sprint triathlon, horse races, bull rides, live music, bog snorkelling. The event is renowned for being one of the toughest triathlons in Australia.

CLONCURRY
Visit the John Flynn Place Museum and Art Gallery, which takes a historic look at John Flynn and Alfred Traeger and the pioneers involved in the Royal Flying Doctor Service which started in Cloncurry in 1928.

RIVERSLEIGH
The hot dry savanna of north-western Queensland is the unlikely home of one of the world’s most important and abundant fossil deposits. Since the early 1980s a continual stream of amazing fossils preserved in the most exquisite detail has dazzled paleontologists around the world. Riversleigh is a locality that contains hundreds of fossil sites that span an age from about 25 million years ago to a few tens of thousands of years old.
“Mount Isa has provided fantastic training opportunities for me, from student placements and internship right through to a paediatric advanced skill training post in a regional hospital with outreach to remote communities. Not only is it an incredible place to train, it’s an amazing place to live and explore. Great people, great place, great opportunities.”

Dr Erica West
JCU GP Registrar, Mount Isa
There are three main placement sites in the South West region where you may be based during your GP training. These include: Charleville, Roma and St George.

The South West is a remote region in Queensland, covering over 319,808km².

There are 11 hospitals in the South West Hospital and Health Service, including eight multi-purpose health services, four outpatient clinics, two residential aged care facilities and two community health centres.

Registrars working in the South West region can enjoy opportunities in the varied specialties including Aboriginal and Torres Strait Islander health.

The South West region is home to the southern Queensland base of the Royal Flying Doctor Service in the town of Charleville.

LIFESTYLE IN THE SOUTH WEST REGION

Experience life on a working outback station, relax in a rejuvenating mud bath or with a spot of fishing by a lazy river. The locals out this way sure know how to show you a good time.

The locals in outback Australia just love a party. The biggest, quirkiest, most unique and fun outback festivals and events can be found in South West Queensland.

As you explore the region, you’ll uncover curious animals and rare plant species found nowhere else on earth.

Enjoy off-road driving, birdwatching, camping, farm stays, fishing and fantastic bush walks.

Go on an adventure as you travel through the outback along “The Adventure Way” route.
**ATTRACTIONS IN THE SOUTH WEST REGION**

**EASTER IN THE COUNTRY**
Roma’s Easter in the Country festival is a five day celebration of all things country.

Now entering its 41st year, it is widely recognised as one of South West Queensland’s premier Easter events, and brilliantly showcases the country lifestyle.

The festival offers a range of activities from bull rides and motocross, country music festivals and competitions, to historical examinations of the Maranoa region. There truly is something to catch the attention of anyone visiting the festival.

The event gives an opportunity for the residents of Roma to invite their relatives and friends to spend a long weekend in the country to enjoy the atmosphere and friendliness that Roma and the Maranoa has to offer.

**CHARLEVILLE**
Locals say once you drink the water from the Warrego river which runs through (and once every 100 years, all over) Charleville, you’ll be hooked.

Charleville is known as the “hub” of the South West.

Charleville also lays claim, in 1922, to have provided the first freight service of a little airline called Qantas, delivering small freight and mail to Cloncurry.

Away from the name dropping, there is no doubt the most important planes to have taken off from Charleville Airport would be the Royal Flying Doctors Service. Charleville acts as the southern Queensland base for the R.F.D.S.

Charleville is another one of those outback towns where you can cram your itinerary full of events and attractions or simply lay back and unwind!

There are many interesting places to see and activities to do around Charleville. You can enjoy magical stargazing, jazz under the stars and relaxing by the banks of the Warrego River.
“I was drawn to St George for my Provisional Fellow training, because of its cohesive medical workforce, senior leadership, and warm and welcoming close-knit hospital community. I thoroughly enjoy practising across a wide range of clinical settings. Not only is my clinical learning and practice rewarding, but so too is the relaxed lifestyle of living in the picturesque ‘bush’ setting on the banks of the Balonne.”

Dr Josephine Pearson
JCU GP Registrar, St George
GP TRAINING IN THE SUNSHINE COAST REGION

The Sunshine Coast is north of Brisbane and includes various towns in which you may undergo your placement. These towns include: Beerwah, Caloundra, Gympie, Malaney, Maroochydore and Nambour.

The Sunshine Coast Hospital and Health Service provide a comprehensive range of services through the Sunshine Coast University Hospital, Nambour General Hospital, Caloundra Health Service, Gympie Hospital and Maleny Soldiers Memorial Hospital.

The Sunshine Coast University Hospital commenced services in March 2017, and will expand to a 738-bed facility by 2021.

LIFESTYLE IN THE SUNSHINE REGION

With a variety of beaches, shopping precincts, the coast’s hinterland area, the Sunshine Coast region offers an idyllic lifestyle.

Enjoy fresh food from farmers markets, browse at cutting edge fashion boutiques and shopping centres and explore unique and hand-made items at the local markets.

The iconic Australia Zoo, home of The Crocodile Hunter is located near Beerwah/Glass House Mountains.

With visitors coming from all over the world, the Sunshine Coast has an array of beaches suited to beginners and advanced surfers.

For the outdoor lovers, there is plenty to do including golfing, walking, mountain biking, surfing, horse-riding trails, cruises, fishing, sailing, hiking, canoeing, boating and swimming.
ATTRACTIONS IN THE SUNSHINE COAST REGION

THE SUNSHINE COAST HINTERLAND
Malaney sits above the Sunshine Coast on the Blackall Range, where there are amazing views to the Glasshouse Mountains.

The Mapleton Falls National Park is ideal for hikers, mountain bikers and birdwatchers, where you will be surrounded by a lush landscape.

Nambour hosts a number of events including the annual Big Pineapple Music Festival, Queensland Garden Expo and The Sunshine Coast Agricultural Show.

NOOSA
Noosa has a relaxed and casual lifestyle and offers a diverse landscape from beaches to riverside areas and hinterland communities. For those who are keen surfers, Point Break in Noosa is one of the most sought after long-board breaks in the world.

Noosa is renowned for its boutique shopping and nationally acclaimed restaurants. The Noosa National Park is where you will discover turquoise water, dolphins, white sand and native forests with koalas.

MAROOCHYDORE / MOOLOOLABA
Maroochydore is considered the heart of the Sunshine Coast, with its commercial and business centre and the largest shopping complex on the Sunshine Coast.

Mooloolaba Beach has been featured on TripAdvisor’s Top 10 Beaches list two years in a row and its surf club is one of the premier Surf Lifesaving Clubs in Australia. Savour the fresh, juicy prawns direct from the trawlers at Mooloolaba Spit or take a leisurely twilight canal cruise.

GYMPIE
Gympie has a vast landscape, from white beaches to the green hinterlands. It is also home to The Gympie Music Muster, a camping and festival experience like no other featuring homegrown Aussie lineup and international artists under one big open roof.

Mary Valley with its rolling hills and national parks offer a diverse range of activities such as camping, canoeing, four wheel driving, horse riding, with quaint B&B’s, homesteads and farmstays to choose from.
“It has been a transmortative experience working and living in the Hinterland Region. Training in Maleny has given me the perfect work-life balance that I need as a starting GP Registrar. It is a real privilege being a part of this beautiful community.”

Dr Wayne Lee
JCU GP Registrar, Maleny
GP TRAINING IN THE TABLELANDS REGION

There are five main placement sites in the Tablelands region where you may be based during your GP training. These include: Atherton, Malanda, Mareeba, Yungaburra and Ravenshoe.

The Tablelands region offers a diverse range of rural general practice training opportunities. There are major hospital facilities in Atherton and Mareeba, with outreach services to surrounding locations. Training posts are supported by onsite visiting specialists and allied health practitioners from the Cairns Base Hospital.

Registrars have opportunities to gain experience across Aboriginal and Torres Strait Islander health, minor surgery, tropical medicine, procedural obstetrics, anaesthetics, counselling, sexual health and women’s health.

The Cairns and Hinterland Hospital and Health Service is comprised of 21 hospitals.

LIFESTYLE IN THE TABLELANDS REGION

With a cool tropical climate, the Tablelands is 500-1100 metres above sea level. The region has a diverse landscape including mountains, coastal ranges, green dairy country and open savannah woodland.

There is plenty to do and see in the region including The Crater lakes (Lake Barrine and Lake Eacham), Tinaroo Dam, hot air balloon rides, scenic vistas at every turn, lush rainforest and rugged outback, unique wildlife, fascinating geological history plus the amazing waterfall circuit, and the highest mountain in Queensland, the 1622m Bartle Frere.

Indulge yourself with gourmet food and wine amidst beautiful scenery. The Tablelands region produces some of the highest quality and most delicious produce where you will find coffee, chocolate, wines, cheese and tropical fruits.

Discover the region’s natural wonders such as Undara Lava Tubes, Chillagoe-Mungana Caves National Park and Innot Hot Springs.
ATTRACTIONS IN THE TABLELANDS REGION

ATHERTON TABLELANDS
Millions of years ago, the Atherton Tablelands were covered by an ancient ocean and the Chillagoe Caves were a vast reef system. Today you can take a guided tour through the Chillagoe Caves which has been transformed into a limestone formation featuring over 700 caves, some of which are more than 10km.

With almost 60km of purpose-built mountain bike trails, the Atherton Forest Mountain Bike Park is the perfect sport for bike enthusiasts to take a ride through picturesque open forests.

Did you know that the Tablelands region produces approximately 70% of Australia’s coffee. Take a tour through the Skybury Coffee plantation and see the beans being processed and sample an award-winning Arabica blend.

The region is acknowledged by birding experts as the richest region for birdlife in Australia with nearly half of Australia’s 750 bird species found in the area.

MALANDA
Malanda is great for bushwalking, scenic drives and bird watching. One of the main attractions in Malanda is the Malanda Falls on the North Johnstone River, where water tumbles over basalt rock formed by an ancient lava flow. Take a tour guided by local Ngadjon people and see the Malanda Falls rainforests through the eyes of Ngadjon people.
“Who wouldn’t want to live, work, play and train in Paradise? The Tablelands was the obvious choice for us: the ideal location where we could both get training positions, and I could start to use my DRANZCOG Advanced in a well supported environment. The combination of adventure right on your doorstep, seriously fascinating medicine, and legendary mentors has meant that these last couple of years have been a thrill!”

Dr Grace Neely and Dr Duncan MacLean
JCU GP Registrars, Tablelands
GP TRAINING IN THE TOWNSVILLE REGION

There are six main placement sites in this region where you may be based during your GP training. These include: Ayr, Charters Towers, Ingham, Palm Island and Townsville.

Townsville lies in the Burdekin Dry Tropics Region, which covers approximately 95,000 square kilometres and includes Bowen, Ayr and Charters Towers.

Townsville is Australia’s largest urban centre north of the Sunshine Coast and is considered the unofficial capital of North Queensland. Townsville hosts a significant number of government, community and major business administrative offices for the northern half of the state.

The Townsville Hospital and Health Service comprises 18 hospitals and community health campuses.

Offering big city opportunities without the traffic. Practice small town medicine with the beach or the outback at your door, whilst accessing GP focussed training in areas such as skin cancer management or sports medicine. Train with specialists at the Townsville University Hospital in pain management or palliative care amongst other specialties, and of course there are incredible opportunities to work in the Aboriginal and Torres Strait Islander health sector too.

LIFESTYLE IN THE TOWNSVILLE REGION

With over 300 days of sunshine a year, this region provides a laid back tropical lifestyle that is complemented by nearby capital city comforts.

Travel to the local islands and explore an abundance of marine life at your own leisure or stroll through the beachside markets at Palm Island.

Discover The Strand, Townsville’s thriving beach foreshore! The two and a half kilometre walkway offers spectacular views across to Magnetic Island and is popular for runners, walkers and children. Enjoy the ocean breezes with a meal at one of the nearby restaurants or cafes.

Launch your boat at one of the ramps in The Burdekin to try a bit of beach fishing, mudcrabbing or chase the elusive barra.
ATTRACTIONS IN THE TOWNSVILLE REGION

MAGNETIC ISLAND
With 23 bays and beaches, Magnetic Island is the island playground of Townsville. The island is only 20 minutes from the city centre.

Do as little or as much as you like on Magnetic Island with activities ranging from snorkeling, boat charters, guided tours, water sports, golf, diving expeditions, jet skiing, fishing, horse riding, bush walks and more.

CHARTERS TOWERS
Take a step back in time and discover the enchanting outback town of Charters Towers, just an hour and a half west of Townsville. Driving through the streets of Charters Towers is like viewing a living montage of Australian history and heritage.

Charters Towers offers a real Australian outback experience with many activities lending a nod to an era gone by including gold mining, farming and more.

THE BURDEKIN
Famous for being the sugar capital of Australia, The Burdekin district is located an hour south of Townsville. Its two popular townships, Ayr and Home Hill, are linked by the iconic Burdekin Bridge.

By far the district’s greatest claim to fame is its fishing. The Burdekin is well-known for its barramundi, mudcrabs and off-coast reef fishing.

Along the coast you will find Alva Beach, a popular launching spot for dive boats heading out to explore the S.S Yongala shipwreck. This shipwreck has been ranked as one of the top 10 wreck dives in the world.
"I chose to complete my GP training in Townsville due to the lifestyle Townsville offers. My weekends include a morning stroll and coffee along the strand with friends, a picnic and swim at crystal creek and not to mention my favourite weekend activity visiting beautiful Magnetic Island where I grew up. It is also within close proximity to some of the most beautiful holiday destinations in Australia including Cairns and the Whitsundays which provide great weekend escapes."

Dr Eliza Elsworth
JCU GP Registrar, Townsville
There are six main placement sites in the Wide Bay region where you may be based during your GP training. These include Biggenden, Bundaberg, Childers, Hervey Bay, Maryborough and Monto.

Wide Bay Hospital and Health Service comprises 11 hospitals and service providers. The Bundaberg and Hervey Bay hospitals are the major hospitals in the Wide Bay region, providing intensive care, obstetrics, paediatrics, general surgery, emergency medicine, medical imaging, pathology and a range of other allied health services.

Hervey Bay offers an acute facility and works closely with the Maryborough Hospital to deliver health care to communities.

Registrars working in the Wide Bay region can enjoy opportunities in the varied specialties including Aboriginal and Torres Strait Islander health.

The Wide Bay region is just over four hours’ drive from Brisbane and includes beaches, coastline, small towns, and villages and stunning mountain ranges.

**LIFESTYLE IN THE WIDE BAY REGION**

The Wide Bay region is complemented by a stunning coastline of pristine, white sandy beaches and stunning mountain ranges.

You will find an affordable oasis away from the hustle and bustle and at a pace that many will envy. Residents can access all of the necessary educational, medical, sporting and recreational facilities while enjoying a relaxed lifestyle and a low cost of living.

The splendour is certainly not confined to the coast, with wide open country side and inspiring heritage towns along with national parks, native woodlands, dense rainforest and the beautiful Mary and Burnett Rivers.

Rolling hills and national parks offer a diverse range of outdoor activities such as camping, canoeing, water skiing, four-wheel driving and horse riding.
ATTRACTIONS IN THE WIDE BAY REGION

MYSTERY CRATERS
Visiting the Mystery Craters is a journey of discovery! Halfway between Bundaberg and Gin Gin, 100m off the main road, is Australia’s most baffling phenomenon. Since their discovery in 1971, the origins of the 35 oddly shaped craters have remained the subject of controversy.

Mystery Craters have been featured on many documentaries including Unsolved Mysteries of the World, Getaway, Ripley’s Believe It Or Not, Great South East, Creek to Coast, Caravan and Motor Home magazine, and more!

BUNDABERG RUM DISTILLERY
Sunny Bundaberg is the perfect choice for a memorable getaway. They’re famous Australia wide for their subtropical weather, friendly locals, and of course delicious Bundaberg Rum.

Book a tour at the iconic Bundaberg Rum Distillery. Come and discover firsthand why it is the most awarded rum distillery in the country. The moment you set foot inside you’re in for an immersive experience like no other.

MT WALSH UTOPIA ROCK POOLS
Visit the Mt Walsh Utopia Rock Pools just outside of Biggenden. The rock pools are a 1.5km walk located in a section of the Mt Walsh National Park.

Climb up and over the rocks to see Waterfall Creek and the rock pools. Walk a short way along the creek in each direction exploring the bush and hillsides, or simply sit and enjoy the sounds of the bush. The pools are very inviting and full of crystal clear water.

CHILDERS
Childers is the southernmost township of the Bundaberg region and the gateway to the Southern Great Barrier Reef, only three and a half hours by car from Brisbane. This historical town is set on top of rolling hills of red soil framed by vivid green sugarcane, avocados and macadamias.

Ohana Winery and Exotic Fruits is a must-see. Drop in and taste varieties of both red and white wines made from both grapes and exotic fruits. The exotic fruits that aren’t successful in the making of wine are then turned into exotic fruit jams.

On the last weekend of July, the town delivers a weekend of festivities, with non-stop multicultural music and entertainment, hundreds of market stalls and a smorgasbord of food.

WHALE WATCHING
Hervey Bay is blessed with being the favourite stopover for humpback whales migrating between their main feeding grounds in the Antarctic and breeding grounds of the Great Barrier Reef.

Ohana Winery and Exotic Fruits
“Bundaberg has huge potential, I think it’s really undiscovered and beautiful. It’s a great place to raise the kids, there are good schools and everything is close by.”

Dr Amanda Kasper
Medical Educator, Bundaberg