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Press Release

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Summer Camp USA Offers Carlton Uni Student Valuable Career Experience

While many Australian university students face a daunting career market once they finish their degrees, one Carlton resident has taken a back door approach in gaining specific work experience.

Emma Holmes has lined up a position for the American summer working as a camp leader at US nutrition camp, Wellsprings in Florida.

"It's at a weight-loss camp so ideally I got what I wanted," Ms Holmes explains, "Because I grew up on the water I am going to be doing a lot of water activities which is great and I get to escape the Aussie winter! I've also just been told I will be teaching cooking classes at camp too, I'll be working alongside the dietician and nutritionist so it will really help with my degree. I'll be learning and teaching at the same time."

Ms Holmes secured her position working with kids at camp through the *Summer Camp USA* program run by non-profit organisation International Exchange Programs (IEP). Earlier this year Ms Holmes was thrilled to win IEP's annual Free Flight Competition, with one less cost to consider Ms Holmes has been able to plan more travel throughout the USA after camp.

"Winning the free flights has saved me a lot a lot of money, I was looking up the costs of flights and with what we get paid and having this extra money has allowed me to travel for another 3 or 4 weeks. I'm travelling on the East coast then slowly make my way over to the west."

Ms Holmes is most looking forward to the independence the trip will provide her with, giving her the chance to get out of home and "do something by herself"

Choosing *Summer Camp USA* has allowed Ms Holmes to make the most taking a year off uni, the life and work experience she will gain from her time in America will put her in great stead for the future.

"My camp experience is definitely going to help my career." Ms Holmes explained, "I get to learn more about nutrition and the camp is internationally recognised, they even have a camp here in Melbourne and there are others in the UK, I think it could really open up doors for me."

Ms Holmes departs for her overseas adventure on 8 June 2009 and plans on making the most of it, starting with escaping the cold of the Aussie winter altogether.

"I'd recommend camp to everyone, it's such an amazing opportunity that a lot of people haven't heard about. I get asked a lot if it is like TV. It is kind of a big thing but once you get placed at a camp and it all starts happening, it is so exciting!"

Applications for 2010 *Summer Camp USA* applications will open later in the year. If interested contact IEP on 1800 SUMMER CAMP or visit www.iep.org.au

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