

The Little Black Book:

A Survival Guide for Winter Staff

Emergency Contacts

000 for medical, fire and police emergencies

112 on your mobile for medical, fire and police emergencies

If 000 does not work on your mobile, dial 112, which connects you to the same emergency operators.

Cooma Hospital

02 6455 3222

The hospital is accessible from Bombala and Vale Streets in Cooma.

Welcome to Australia's highest peak and best winter fun.

We acknowledge that the Ngarigo people are the original snow people. We acknowledge their ongoing connection to Country, and pay our respect to their Elders past, present and emerging.

We love the high country, and hope you will too. That's why we write the Little Black Book: it's a local guide, a survival guide, and our way of making sure your experience on the snow is a good one. It links winter staff, and visitors, to helpful information, local resources, and important support services.

Please note that while we do our best to keep this information up to date, sometimes things change and some details might become incorrect.

Welcome to winter. Thanks for joining us here on the snow!

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Money

You've come to work and play. Trick is, your income needs to keep pace with your spending. Snowy rents are high in the winter, petrol is pricey, food isn't cheap, and neither is the pub. Keeping a close eye on your cash can keep you from going home broke halfway through the season.

Sort out a budget before you spend a cent. Factor in:

- Rent and bond
- Utilities and other bills
- Food
- Entertainment and nights out
- Travel expenses
- Emergencies (i.e., ambulance and medical cover, accidents etc.)

Keep in mind that your end-of-season electricity bill alone could top \$1000, so it's essential to tuck some money away for utilities. It's also wise to set aside some emergency cash (in case you break your car – or your leg) and have enough money to break your lease and travel home should your employment unexpectedly end.

Fortunately, there are lots of ways to save money. You can eat in, car pool, and minimise your time at the pub. Organising fortnightly grocery runs to Jindy or Cooma with your housemates can also save you cash.

Figure out what you can afford to spend each week and stick to it. Smart budgeting should see you walk away from winter with more money than you rocked up with.

Banks and Banking

A whole paycheck's worth of cash has a talent for disappearing if it stays in your wallet. Instead, head Jindabyne's only bank branch, Commonwealth Bank, and open an account.

Commonwealth - 02 6456 2944

You can also access a Westpac ATM in Nuggets Crossing and an ANZ ATM at the Jindabyne town centre.

Employment

It's best to find work *before* you come to the mountains: major resorts begin hiring months in advance and there's heaps of competition for jobs on the hill. That doesn't mean you won't find work when you rock-up in June, it just might be a bit challenging.

Once you do find work remember that, regardless of your nationality, you'll need a tax file number (TFN). Without one you will be taxed through the nose. It's fast and free to obtain (or look up) your TFN online. Just visit www.ato.gov.au or phone 132 861.

Finding Work

There are a number of active employment agencies in the Snowy Mountains happy to help you land your dream snow job (or, you know, something to pay the bills).

Matchworks 02 6132 9589

WorkAbility 02 6438 5910

Salvation Army Employment Plus 13 61 23

And others in Cooma – use jobsearch.gov.au > Find a Provider

Snowy Staff

www.snowystaff.com.au

An online service connecting you with jobs on the snow.

Nuggets Crossing Community Board

Lots of hospitality and retail jobs are listed on this bulletin board, which can be found in the Nuggets Crossing. It's an especially good resource for late-comers.

There are also several Facebook notice boards, including the *Jindabyne Notice Board*, *Jindy People Should Know About*, and *Jindabyne Job Guide*.

Employee Rights

Work drama? Not being paid properly? Have some questions about working conditions? Call these folks.

Office of Industrial Relations

131 628 / industrialrelations.nsw.gov.au

For information about employee, and employer, rights and responsibilities

Workcover

131 050 / workcover.nsw.gov.au

For workplace safety issues / concerns

Accommodation

Like finding work, it's best to sort out accommodation before arriving in the Snowies. Ask your employer or employment agency for accommodation advice and assistance; but keep in mind that many employers do not offer staff accommodation.

There are lots of ways to find accommodation – through real estate agents, notice boards, and word-of-mouth. The trick is to do it quickly: there's only a bit of temporary accommodation in the area, and all have strict limits on length-of-stay. There are also several caravan parks in the area; but, they can be expensive in the long term – and cold. I can assure you that a Snowy winter isn't fun without heat.

When sorting out accommodation, remember to factor in bond, bills (electricity, gas, phone etc.) and expenses (food, entertainment); and make sure you understand the terms of your lease. Most agreements bind you to a building from June to October, which can be a huge problem if the season goes pear-shaped and all of the work disappears by the end of August.

Real Estate Services

Jindabyne Real Estate
02 6456 2216
jindabynerealestate.com.au
Town Centre, Shop 12a Kosciuszko Rd, Jindabyne

Kosciusko First National
02 6457 2079
kfn.com.au
Nuggets Crossing, 26/6 Kosciuszko Rd, Jindabyne

Raine and Horne Snowy Mountains
02 6456 2999 - Jindabyne
02 6457 6387 - Thredbo
raineandhorne.com.au/snowymountains
Shop 1 Town Centre, Jindabyne
Shop 1 Village Square, Thredbo

Snowy River Real Estate
02 6456 3243
snowyriverrealestate.com.au
5/74 Jindabyne Rd, Berridale

Ray White Jindabyne
02 6456 1991
raywhitejindabyne.com.au
1/1 Gippsland St, Jindabyne

You can find lots of ads for shared flats on the Nuggets Crossing Community Notice Board and on Facebook if you search "looking to live around Jindabyne."

Temporary Accommodation

Thredbo YHA
02 6457 6376

yha.com.au/hostels/nsw/snowy-mountains/thredbo/

2 Buckwong Place, Thredbo

Fills up fast every winter. Min 2 nights- Max stay two weeks.

Alpine Adventist Village
02 6456 2738

alpinevillage.com.au

122 Tinworth Drive, Jindabyne

Bunkhouse Motel
02 6452 2983

bunkhousemotel.com.au

28/30 Soho St, Cooma

Caravan Parks

Caravan parks are not keen to host people for the entire season. Consider this a temporary option until you've found more permanent accommodation.

Discovery Holiday Park
02 6456 2099

discoveryholidayparks.com.au/caravan-parks/new-south-wales/snowy-mountains-jindabyne

6532 Kosciuszko Rd, Jindabyne (just past the Alpine Way turnoff)

NRMA Jindabyne Holiday Park
02 6456 2249

nrmaparksandresorts.com.au/jindabyne/

6 Kosciuszko Rd, Jindabyne (across the street from Nuggets Crossing)

Kosciuszko Tourist Park
02 6456 2224

kosipark.com.au

1400 Kosciuszko Rd, Kosciuszko National Park (Perisher side)

Southern Cross Motor Inn and Tourist Park
02 6456 3289

southerncrossmotorinn.com.au

1 Middlingbank Road, Berridale

Alpine Adventist Village
02 6456 2738

alpinevillage.com.au

122 Tinworth Drive, Jindabyne

Emergency Accommodation

Link 2 Home 1800 052 052

Bond Assistance / Financial Support

Rentstart provides financial assistance for people who've found a private rental property, but need help with the bond. In some cases they'll assist with advance rent.

Contact the South West Tenants Advice Service on 1300 483 786

Or

Visit the NSW Housing site www.facs.nsw.gov.au/housing

Available to Australian citizens and permanent residents only

Getting Around

Hitching

...is not exactly legal. It is, in fact, illegal to "incite a vehicle to stop in a non-stopping zone." Pretty much the whole highway between Jindy and the resorts is a non-stopping zone. Perhaps alternative arrangements are in order?

Odds are that someone at or near your accommodation is headed up the hill when you are. Get to know your neighbours and arrange to car pool. Failing that, use the Jindabyne Notice Board on Facebook to find a lift. Either way, parting with a little bit of petrol money each week is way better than spending an hour or two in the cold every morning.

There are a couple of private / charter transport companies in town. Check out the Jindabyne Notice Board on FB for more info.

Coaches

Coach services run between Cooma and Canberra year 'round, and can get you from Cooma to the snow in winter. Several bus companies also offer winter services from Jindabyne to the snowfields.

Greyhound
greyhound.com.au
1300 473 946

Transborder
transborder.com.au
02 6299 3722

Murrays Coaches
murrays.com.au
13 22 51

Snow Alliance
snowalliance.com.au
0417 234 838

Alpine Charters
Alpinecharters.com.au
0414 400 378
www.alpinecharters.com.au

Please ring the operators for schedules and prices. You can also pick up timetables from the Kosciuszko National Park Visitor Information Centre in Jindabyne.

Trains

Trainlink trains connect Sydney and Canberra. From Canberra you can access loads of points west; but no trains run to the snow – you'll have to take a coach to Cooma, and another to Jindabyne.

Trainlink
transportnsw.info
132 232

Once you're in the Snowies, the Skitube, located halfway up the Thredbo side of the mountain at Bullocks Flat, can connect you with Perisher Valley and Blue Cow. Check out Perisher's website for a timetable.

Skitube
perisher.com.au
1300 655 822

Travelling By Car

Fact: there's not much public transport here in the mountains. Cars are, generally, the easiest way to get around. Being a safe and attentive driver is vital if you're going to survive in the Snowies. Here are a few simple things to remember when you're driving through the mountains.

1. If it's snowing (or wet or icy), **slow down**. A lot. Okay, now halve the speed you were thinking and put chains on your tyres. Gold.
2. Increase your following distance. Remember: three seconds is the rule when the road *isn't* covered with snow and ice.
3. Be prepared! You don't have to kit yourself out with a flint and pocket knife; but there are some essentials: warm clothes, water, chains, and a first aid kit. Oh, and a car blanket. Keep it in the boot. Everyone needs a car blanket.
4. **Pay attention**. Don't drive drunk, hungover, exhausted or distracted. To prevent an all-too-close encounter with a large marsupial (or emu or brumby), try to avoid dawn and dusk motoring. Slow down at night, use high beams as appropriate, keep your eyes on the road, and lookout for animals (including the human variety) on and around the streets.
5. If you drank a lot last night you're probably not okay to drive this morning. Don't rely on how you feel: if your blood alcohol level is still above the legal limit you can still get booked. Police frequently conduct random drug and alcohol tests in the morning and the odds of getting busted are high. The only thing that sobers you up is time. Losing a day's wage is better than losing your license.

Mechanics and Roadside Service

There are mechanics-a-plenty in the Snowies; but you'll still have to book a week or two in advance if your car requires service. Most are situated along Kosciusko Rd. or the Barry Way. Phone ahead for bookings and directions.

NRMA

nrma.com.au

132 132

Gav's Fine Automotive
4a Nettin Cct, Jindabyne
02 6456 2255

Jindabyne Auto Repairs
34-36 Lee Ave, Jindabyne
02 6456 2400

Kosciuszko Automotive, Jindabyne
Shop 2, Snowline Service Centre, Kosciuszko Road
kosciuszkoautomotive.com.au
02 6456 1300

MB Mechanical
18 William St, Berridale
02 6456 3934

Snow Country Automotive
29 Lee Avenue, Jindabyne
snowcountryautos.com.au
02 6456 2170

Jindabyne Towing and Mechanical Breakdowns
1-5 Crawford St, Leesville
02 6456 1159

Safety

Safe Partying

A message from the Snowy Mountains' licensed venues:

It is illegal to supply alcohol to an intoxicated person. Snowy Mountains' licensed venues do not tolerate intoxication, disorderly, quarrelsome or violent behaviour, smoking outside of designated areas, the possession of prohibited drugs on premises, or persons under the influence of illicit substances on premises. Patrons may also be required to present valid identification (driver's license, RTA photo card, passport) as proof of age. Failure to do so will result in non-service of alcohol.

All major venues have on-site licensed security, video surveillance, and are in constant contact with the police. If asked to leave a premise, do so immediately: no amount of arguing will change the venue's mind.

Failure to leave a licensed venue and the surrounding area when asked is an offence. On-the-spot fines of \$550 apply for each offence, with potential court fines of \$5,500. Attempts to re-enter or remain in the vicinity (within 50 metres) of a licensed premises after ejection or refusal of entry constitute an additional offence. Additional fines will apply. Cool off for 24-hours before returning to the venue. That's the law.

Disorderly patrons can be banned indefinitely.

Alcohol

Different alcoholic beverages contain different amounts of alcohol; and one drink is almost always more than one standard drink. Many venues serve drinks in larger-than-standard glasses, and cocktails often contain several standard drinks. This confusion means you might be over-the-limit after just one wine, beer or cocktail.

One standard drink = 10g of alcohol

That means:

A middy or pot of full-strength beer (285mL)

A stubby of mid-strength beer (375mL)

A schooner of light beer (475mL)

A small glass of wine (100mL)

One shot of spirits (30mL)

All pre-packaged alcohol (cans, bottles, pre-mixed drinks, goon sacks) in Australia must display the number of standard drinks they contain, so check the label and keep track of how much you're really drinking.

If you're planning a big night out, think about when you plan to drive the next day. Alcohol stays in your system for a mighty long time. Even after sleeping, coffee, a greasy breakfast and a shower, you can still be over the limit. Never rely on how you feel before you get behind the wheel of a car, as often people misjudge: you might 'feel' okay and still be over the limit.

It takes approximately one hour for a guy to process a standard drink; ladies, it's two hours for you. These are guides only and can vary with body mass, health, and other factors. There's no way around it: only time will clear the alcohol from your system.

Here's how it can play out:

- Ladies, if you drink a bottle of wine or champagne (12-14%) you won't be back to 0.0 for up to 16 hours. That's 2.00pm the following day if you started drinking at 10.00pm. Even if you share a bottle with a friend, you still won't be safe to drive for up to eight hours from when you started drinking.
- Fellas, drink any of the following and you probably won't be safe to drive for about 12 hours from when you started: six double vodkas, eight schooners, or six cans of OP rum and coke. That's 10.00am the next day if you started drinking at 10.00pm. Drink more and it will take even longer to get your blood alcohol level back to 0.0.

Drink Driving

If you've consumed illegal drugs including ecstasy, cannabis, cocaine and methamphetamine (including speed and ice), don't drive. If you've consumed alcohol and there's any chance you're over the limit, don't drive.

There are alternatives, including taxis and some pubs and hotels have a courtesy bus. Designate a driver before setting off for the night, or stay close to home and hoof it at closing time. Make a mental note: drunk bicycling is also illegal, so leave your pushie at home.

Police in the Snowies conduct random breath tests and mobile drug tests day and night. You can get massive fines for drink or drug driving, and lose your license. If you're on 'L' or 'P' plates it's particularly important to be completely sober (0.00) as having *any* alcohol in your system will result in loss of license.

If you are caught driving while intoxicated or under the influence, you will be convicted of a Prescribed Concentration of Alcohol (PCA) or Driving Under the Influence (DUI) offense. A drink or drug driving conviction can also make it much harder to work overseas as some countries (the USA, for instance) will refuse your application for a working visa.

Most importantly, there's a chance that you'll seriously injure or kill someone if you drive drunk. I can't think of anything worse, can you?

Bottom line: if you're getting amongst it, don't get behind the wheel.

Visit the Centre for Road Safety for more information:

<https://roadsafety.transport.nsw.gov.au/stayingsafe/alcoholdrugs/index.html>

Drink Spiking

Adding drugs or alcohol to someone's drink is a serious crime. Venues will prosecute anyone found to be endangering other patrons. Spiking drinks definitely falls into that category.

Further, a person under the influence of drugs and/or alcohol cannot consent to sex. Taking advantage of someone in an impaired state is rape.

Warning Signs

Feel drunk when you've only had a little bit of alcohol is a sign that your drink's been spiked. Additional symptoms include disorientation, dizziness, drowsiness, confusion, lack of self-control, and problems with coordination.

If you're concerned about a friend or yourself, immediately say something to security, the bar staff and your mates.

If you think there's a chance your drink was spiked, seek help as soon as you can by phoning 000.

If you are concerned that a sexual assault may have occurred, phone the Rape Crisis Centre on 1 800 424 017.

Drugs

Marijuana, ecstasy, speed, cocaine, LSD, GHB, ice, and any other drugs you can think of are illegal to possess. Simple as that.

All drugs alter your body chemistry and can cause lasting mental and physical harm. Immediate consequences might include dizziness, confusion, vomiting, and psychosis. If you're really unlucky, you could die. Long-term impacts include dependence, depression, and all manner of brain damage.

Mixing drugs together, or mixing drugs with alcohol, increases your risk of harm. The effects are more numerous than we can list and will vary from person to person. Age, weight, sex, and general health, as well as what you took and how much, all play a role.

Some drugs are felt immediately; others aren't. Mixing drugs can intensify a substance's effects. Mixing drugs can also depress the nervous system, resulting in overdose. For example, GHB (fantasy, grievous bodily harm, liquid e, liquid x) plus alcohol often = overdose.

Infections like HIV and hepatitis (B and C) can also be passed between drug users whilst sharing injection paraphernalia.

The best way to avoid the ugly consequences is to – surprise, surprise – avoid drugs entirely. If you do chose to use remember to stay hydrated, use small quantities (especially if you don't know your supplier) and never mix drugs or share needles.

Overdose

People that overdose usually can't ask for help. If you have difficulty waking someone under the influence (of drugs or alcohol), or they're having difficulty breathing, don't wait: dial 000.

Remember: ambos are here to save lives, not report you to the police. Don't hesitate to make the call.

Drug Sniffing Doggies (Doggos)

Police conduct random drug searches at venues across the Snowy Mountains. They use specially trained dogs that are great at detecting illegal drugs, even amidst all of the other scents of the pub.

Should these lovely creatures stroll into your pub, please remember that swallowing your drugs is a very bad idea as 1) the dogs'll sniff you out anyway and 2) it could kill you.

Don't do it. Instead, avoid keeping illicit substances on your person. Or, better still, don't use them at all.

Addiction and Support

Information on drugs (including alcohol) and their effects is available at Jindabyne Community Health, or at www.druginfo.nsw.gov.au

Addicted and need help? Contact one of the following organisations:

Alcohol and Drug Information Service
1800 422 599

Cooma Community Health at Cooma Hospital
02 6455 3201
Monday to Friday 8.30am – 5.00pm

Sexual Assault

Sexual assault occurs when a person is forced, coerced or tricked into sexual acts against their will or without their consent; or if a child or young person under 18 is exposed to sexual activities.

Forcing, pressuring, manipulating or intimidating a person to get them to partake in a sex act is sexual assault. Sex without express consent constitutes sexual assault. Silence is not consent. You cannot legally consent if you are drunk, asleep, or unconscious; you cannot consent if you've been manipulated into sexual activity.

No matter what you're wearing or how you behave, no means no. Silence also means no. Intoxication does not excuse sexual assault: no matter how drunk you were, if you commit a crime you will be held responsible for your actions.

Sexual assault can happen anytime and anywhere. Between 80 and 90% of sexual assaults are perpetrated by someone known to the victim. Increase your safety:

- Hang out with a group of friends and don't go out alone
- Have a designated meeting area in case you're separated
- Keep an eye on your friends
- Let someone know when you're going out, and when you'll be back
- Avoid excessive drinking and/or drug-taking as this increases your vulnerability
- Listen to your gut and leave situations that feel uncomfortable
- Carry your mobile: you can phone 000 or 112 even without credit
- Make sure you have enough money to get home safely at the end of the night

Sexual assault is a crime. Sex that you haven't freely agreed to is rape, even if it's a 'friend' or partner that commits the act.

If you are sexually assaulted, seek medical treatment. Cooma Hospital is open 24-hours. There are GPs in Berridale, Jindabyne, Thredbo and Perisher. You can get medical assistance without having to file a police report.

If you do want to file a police report, contact the police directly by calling 000, or 6450 3370 (Jindabyne Station). When local stations are unattended the phone will divert to Queanbeyan. The officers on duty there will assist you.

Having a friend along for support can make filing the report a lot less frightening.

Victims of sexual assault are never at fault. If you need support, call:

Cooma Community Health's Sexual Assault Worker
02 6455 3201
Monday to Friday 8.30am – 5.00pm

NSW Rape Crisis Centre
1800 424 017
Available 24/7

Canberra Rape Crisis Centre
02 6247 2525
7am – 11pm, 7 days per week

Safe Sex

The party vibe that permeates the Snowies during the winter can affect how you make decisions about safe sex, especially with drugs or alcohol into the mix.

Sex without a condom can lead to an unplanned pregnancy – as well as Chlamydia, gonorrhoea, syphilis, HPV, HIV and other sexually transmitted infections.

Some STIs, like Chlamydia and HPV, are very common; many don't have symptoms, so people don't know they're infected. You can't tell whether someone has an STI by looking at them, or even whom they've slept with. STIs are (very) easily circulated between sexual partners. Lots of people have multiple sexual relationships in a snow season, and each one increases your risk of exposure.

Having an STI can also increase your chances of contracting HIV. Safe sex with a condom dramatically reduces your likelihood of infection.

Remember: unprotected sex (i.e., without a condom) means potential exposure to a raft of infections. Protect yourself.

- Know how to use a condom
- Always carry a supply of condoms and water-based lube
- Use a condom every time you have sex
- Don't have oral sex with ejaculation without a condom
- Be clear with your partner about what you do and don't want

Condoms are available at all area pharmacies and supermarkets. You can also find free condoms at Snowy Mountains Neighbourhood Centre, 21 Snowy River Ave.

When to See a Doctor

See a doctor:

- When starting a new sexual relationship
- To check up on your (sexual) health
- If you've had sex without a condom or shared injecting equipment
- If you have any symptoms of an STI, including new or unusual discharges, pain, lumps, or blisters
- If a sexual partner is diagnosed with, or has symptoms of, an STI

Assessment and medication after exposure to some viruses (like HIV and hepatitis) are available from Cooma Hospital. Go to the hospital as soon as possible after exposure. Local doctors are listed in Health and Well Being, Get Local, and the index.

For sexual health counselling and information, call a sexual health service such as the Sexual Health Info Line on 1800 451 624.

Pregnancy

You can take a pregnancy test as soon as your period is overdue. At-home tests are available from pharmacies and supermarkets. See a doctor or women's health nurse (via Cooma Community Health) for advice and additional pregnancy testing.

Emergency Contraception

Emergency contraception (EC; the morning after pill) is available over-the-counter at all pharmacies without a prescription. EC can be taken up to 120-hours after unprotected sex; however, it's most effective within 24-hours and effectiveness decreases dramatically after 72-hours. EC will cost you about \$40.

EC is not a substitute for condoms or regular contraceptive pills. EC and contraceptive pills do not protect against STIs.

Pregnancy Choice

Free, confidential counselling and information on pregnancy choices are available via:

Community Health Women's Health Nurse
02 6455 3201

Family Planning Health Line
1300 658 886
Monday-Friday, 9.00am – 5.00pm

Health and Well-Being

A Note on Nutrition

Eating right means playing longer and harder. Try two (or three) handfuls of spinach in your spaghetti, and an apple instead of a sausage roll for afternoon tea. Cook at home instead of going out. Your waist and your wallet will thank you.

Also, if life gets tough, you can get food vouchers, and welfare support, from:

Jindabyne Uniting Church
Food bank, group meals, support and referral
Op Shop open: Monday, Wednesday & Saturday

Snowy Mountains Neighbourhood Centre
02 6457 1044
Toastie Tuesdays 5.30pm - 7pm

The Salvation Army
Mittagang Rd Cooma
02 6452 1798
Tuesday, Wednesday & Thursday 9.30am – 4pm

St. Vincent De Paul
27 Vale St, Cooma
02 6452 2646
Monday- Friday 8.30am – 4.30pm
Saturday 9am - 1pm

Health and Medical Services

Police, Fire and Ambulance: 000

Hospitals

Cooma Hospital
02 6455 3222
Bent St, Cooma
Open 24 hours

General Practitioners

Please note that local GPs do not bulk bill.

Snowy Mountains Medical Centre
02 6456 2545
8.00am – 5.00pm Monday - Friday
Shop 22, Upper Level, Nuggets Crossing Shopping Centre

Jindabyne Medical Centre
5 Thredbo Tce, Jindabyne
02 6457 1221
8.00am – 5.00pm Monday - Friday
9.00am – 12.00pm Saturday

Perisher Valley Medical Centre
02 6457 5266
7.00am – 5.00pm daily (winter only)
Skitube Terminal, Perisher Valley

Thredbo Medical Centre
02 6457 6254
9.00am – 5.30pm daily (winter only)
Valley Terminal, Thredbo Village

Healthline Direct
1800 022 222

Sharps Disposal

Sharps cannot be thrown away with the regular rubbish. Fortunately there are a number of places in the mountains where needles can be safely disposed of. These are:

Jindabyne Health One Building
5 Thredbo Tce, Jindabyne
02 6457 2074

Look for the big metal disposal boxes (silver or yellow) outside of community health centres. Community health can also advise as to additional drop-off points that might be easier to get to. For instance, some public toilets (such as the ones in Nuggets Crossing, near the Perisher office) have sharps disposal boxes.

Dental

Love your teeth and gums. They're more important to your health than you may realise!

NSW Public Health Dental Service
1800 450 046
A healthcare card is required to access this service

Snowy Mountains Dental
02 6456 1870
8.30am- 5.00pm Tuesday- Friday
Shop 5/ 6 Park Rd, Jindabyne

Dental services are also available in Cooma.

Chemists / Pharmacies

Jindabyne Pharmacy
02 6456 2977
8.00am - 7.00pm
Shop 21, Upper level, Nuggets Crossing

Perisher Pharmacy
02 6457 5652
8.30am – 5.30pm daily
Upper level, Perisher Centre

Village Pharmacy
02 6457 6140
9.00am – 5.00pm daily
Squatters Run, Mowamba Pl, Thredbo Village

Health Insurance

All Australian citizens and permanent residents have Medicare coverage, but it isn't always enough. International guests and Australians wanting additional coverage should look into private medical insurance. Those on working holiday or work and holiday visas are required to have medical cover.

Bupa
134 135
Bupa.com.au

NIB
13 16 42
Nib.com.au

HCF
13 13 34
Hcf.com.au

Ambulance Cover

Regardless of your nationality, make sure you invest in ambulance cover. The closest hospital is in Cooma; a single ambulance run from the mountains to Cooma costs about \$2000 and is not covered by Medicare.

Ambulance cover can be purchased online for about \$60/year from most private health companies (see above).

Be sure to check the details of your policy to make sure your cover is adequate (you know, on the off chance you have to be airlifted).

Mental Health

Getting your head right is just as important as keeping your body healthy. In fact, your mental health often affects you physically. Take care of yourself mind, body, and soul this winter:

- Understand that drinking and / or taking drugs may depress your mood
- Balance partying with sleep (so that you wake up refreshed)
- Balance work with relaxation and exercise
- Make time to enjoy things that aren't related to work or the snow
- Identify someone that you can go to for support: a trustworthy friend, a workmate, etc.

If you already have a mental illness and need support, or if you're not coping and you want to talk, there is a great mental health team based in Cooma. You can contact them via the 24-hour mental health access line: 1800 011 511.

If your problem is specifically related to drug and/ or alcohol abuse, please call:
Drug and Alcohol Access Line
1800 809 423

GPs also offer mental health support. To make an appointment, simply ring one of the local GPs:

Jindabyne - 02 6457 1221
Perisher - 02 6457 5266
Thredbo - 02 6457 6254
Berridale - 02 6456 3250
Ochre Medical Cooma - 02 6455 0000
Bombala St. Surgery Cooma - 02 6452 5888

Mental Health Services and Support

For anxiety, depression, and general mental health support try:

Mental Health Access Line - 1800 011 511, then press "1"

Beyond Blue - 1 300 224 636

Lifeline (24-hours) - 131 114

Get Local

There's heaps to discover in the mountains, so make sure to explore all of the high country's towns and villages.

Information

Cooma Visitor Information

1800 636 525

9.00am – 3.00pm daily

119 Sharp Street, Cooma

The Cooma Visitor Information Centre is full of great advice and very cute souvenirs. Stop in for directions, a chat about the local area, or to pick up some Australian-made goodies.

Snowy Region Visitor Information Centre

02 6450 5600

8.30am – 5.00pm daily

Kosciuszko Rd, Jindabyne

The National Parks Visitor Information Centre has bus timetables, weather conditions, heaps of information about what's on in the mountains. Stop in to check out the corroboree frogs while you're getting your national parks pass.

Supermarkets

It's important to do your grocery shopping during daylight hours as there are no 24-hour supermarkets in the Snowies. You can do your shopping at:

Perisher Supermarket in the Skitube Terminal, Perisher Valley

IGA Thredbo, Near T-Bar, Thredbo Valley

Woolworths at Nuggets Crossing, Jindabyne

Aldi at Hilton St, Cooma (behind Rhythm)

Coles at Commissioner St, Cooma (accessible from Sharp St.)

Woolworths at Vale St, Cooma (just behind the park)

Laundry

Snow White Laundry

02 6456 2475

Shop 3/1, Snowy River Avenue, Jindabyne

Cooma Red Express Laundromat

0414 395 629

164 Sharp St, Cooma

Second Hand Gear

Jindabyne Uniting Church Op Shop

19 Gippsland St, Jindabyne

Monday 12.00pm- 6.30pm

Wednesday 12.00pm- 7.00pm

Saturday 10.00am- 1.00pm

St. Vincent De Paul (Vinnies)
27 Vale St, Cooma
Monday - Friday 8.30am – 4.30pm
Saturday 9.00am – 1.00pm

Salvation Army Family Store
Monday - Friday 9.00am – 4.30pm
Mittagang Rd, Cooma

Phones

Mobile coverage is very patchy in the mountains, no matter which network you're on. Keep this in mind when you're making plans / headed out.

Schools

snowymonaro.nsw.gov.au/Community/Young-People/Local-Schools-Directory

Libraries

Snowy Monaro Regional Library
02 6455 1730
Monday - Friday 9.30am - 5.00pm
Saturdays 9.30am - 1.00pm
61 Vale St, Cooma

snowymonaro.nsw.gov.au

Please note: proof of permanent address is required to join the library.

The Mobile Library visits Jindabyne every week. Find it:

Every Tuesday - Kalkite Street (by the school) from 12.35pm to 2.15pm; and at Lower carpark Old Town Centre from 2.30pm to 6.00pm

Every second Friday - Lower carpark Old Town Centre from 9.30am – 11.30pm

Film

Jindabyne Cinema is at the National Parks Information Centre, Jindabyne. Cooma Twin Cinema is on Commissioner St., Cooma. 02 6457 1777 will tell you what's on at both theatres.

Radio

	Jindy	Thredbo	Perisher	Charlotte's	Cooma
<i>SnowFM</i>	94.7FM	92.9FM	101.9FM	91.7FM	97.7FM
<i>XLFM96.1</i>	96.3FM	92.1FM	98.7FM		918AM
<i>ABC</i>	95.5FM	88.9FM	88.9FM		1902AM
<i>South East</i>					
<i>Radio</i>					
<i>National</i>	97.1FM	90.5FM			100.9FM
<i>Triple J</i>	105.9FM	105.9FM	105.9FM	105.9FM	100.1FM

Skate Parks

Area skate parks are there for everyone to share, meaning that everyone is welcome no matter their age or what they ride. That includes kids on scooters. Be nice to them. Teach the locals a trick or two; you might even learn something from them.

Skate parks are located in Jindabyne (Banjo Paterson Park), Berridale (just off Kosciuszko Road) and Cooma (Commissioner Street).

Pushie Tracks (Bike Trails)

Jindy is a push-bike town. There are plenty of tracks for all ages and abilities, including the Lake Jindabyne Shared trail stretching from Curiosity Rocks to Tyrolean Village, and they're generally accessible throughout the winter months. Pump tracks are also popping up all over the place, including Crackenback Resort and Bungarra (on the Barry Way) Note most of these trails are closed during winter months

For the inside scoop, see the staff at SacredRide in Jindy. They have fantastic local knowledge (and maps!), carry cheap, second-hand pushies, and have shiny new bikes for the truly keen.

Ladies: a Facebook group called 'Jindy Girl Riders' posts regular group rides and updates about local trails.

Gyms and Pools

Pools and gyms are a fantastic way to relax and stay fit during the winter. The Jindabyne Indoor Pool, tucked away behind Nuggets Crossing offers bargain winter passes. Drop in for more information or call 02 6456 1051. You can also get your fitness fix at:

High Country Fitness
02 6456 2296
Monday - Friday 5.30am – 8.00pm
Saturday 6.30am – 6.30pm
1 Snowy River Avenue, Jindabyne

Jindabyne Indoor Pool
02 6456 1051
Monday - Friday 11.00am – 6.30pm
Saturday & Sunday 11.00am- 6.00pm
Nuggets Crossing, Jindabyne

Thredbo Leisure Centre
1300 020 589
02 6459 4138
7.00am- 7.00pm daily
7 Friday Drive, Thredbo
Gym, pool, fitness classes

Anytime Fitness Cooma
108 Commissioner St, Cooma
02 6452 1522
Full Gym, Classes 24/7 access

Government Agencies

Australian Taxation Office
13 28 61 (personal tax, including TFN)
13 10 20 (superannuation)
ato.gov.au

Centrelink
13 24 68
servicesaustralia.gov.au
Monday - Friday 8.30am – 4.30pm
65 Massie St, Cooma - opposite the park

Department of Communities and Justice
02 6455 0200
13 21 11 Child Protection Hotline
1800 656 463 Domestic Violence Line
dcj.nsw.gov.au

Department of Industrial Relations
13 16 28
industrialrelations.nsw.gov.au

Housing NSW
1300 422 322
service.nsw.gov.au

Legal Aid
1300 888 529
legalaid.nsw.gov.au

Roads and Maritime Service
13 22 13 General Enquiries
13 27 01 24hr Traffic Enquiry Line
roads-waterways.transport.nsw.gov.au
Monday- Friday 9.00am- 4.00pm
125 Sharp St, Cooma

WorkCover
13 10 50 SafeWork NSW
workcover.nsw.gov.au

Welfare Assistance and Support

We know that, sometimes, life gets tough. Financial problems, relationship dramas: there's lots of things that can bring us down. Fortunately, there are also people and services available to provide support.

Emergency Accommodation

Link2Home 1800 152 152

Mission Australia

02 6452 3623

missionaustralia.com.au

8.30am- 4.30pm Monday - Friday

52 Vale St, Cooma

Monaro Community Access Service

02 6452 6174

monarocommunityaccessservice.com

8.30am- 4.30pm Monday - Friday

90 Vale St, Cooma

Welfare Support

Area churches and religious organisations offer support to those in need:

Baptist Church – 02 6452 5524

Catholic Church – 02 8331 7609

Salvation Army – Mittagang Rd Cooma

02 6452 1798

Monday - Friday 9.30am - 4.30pm (please ring ahead to book)

St. Vincent De Paul – Vale St Cooma

02 6452 2646

Monday- Friday 8.30am – 4.30pm

Jindabyne Op Shop at the Alpine Uniting Church

Monday 12pm - 6.30pm

Wednesday 12pm - 7pm

Saturday 10am - 1pm

Snowy Mountains Neighbourhood Centre

Monday - Friday 12pm- 5.30pm

Personal Support

Monaro Family Support Service (MFSS)

02 6452 3450

MFSS offers free counselling and support for families across the Monaro. They can visit you in your home, at a café, or meet with you in their Cooma or Jindabyne offices.

Reference Guide

Accommodation (Real Estates)

Forbes Styne Real Estate	02 6457 2144
Jindabyne Real Estate	02 6456 2216
Kosciusko First National Real Estate	02 6457 2079
Raine and Horne Snowy Mountains	02 6456 2999
Snowy River Real Estate	02 6456 3243

Accommodation (Temporary)

YHA, Thredbo	02 6457 6376
Bunkhouse Motel	02 6452 2983

Accommodation (Emergency)

Monaro Community Access Service	02 6452 6174
Southern Cross Community Housing	02 6452 1298
Mission Australia	02 6452 3623
Link2Home	1800 152 152

Automobiles

NRMA	13 11 11
Jindabyne Auto Repairs	02 6456 2400
Jindabyne Towing and Mechanical Breakdowns	02 6456 1159
Kosciuszko Automotive	02 6456 1300
Laszlo's Automotive Repairs and Gas Fittings	0427 260 190
MB Mechanical Services	02 6456 3934
M&T Motors	02 6452 5250
Snow Country Automotive	02 6456 2170
Jindabyne Crash Repairs	02 6417 3290

Banks

Commonwealth Cooma	02 6452 1311
Commonwealth Jindabyne	02 6456 2944
NAB Cooma	13 22 65
Westpac Cooma	02 6455 1633
Westpac Jindabyne	02 6450 5944

Caravan Parks

Alpine Tourist Park Adaminaby	02 6454 2438
Discovery Holiday Park Jindabyne	02 6456 2099
NRMA Jindabyne Holiday Park	02 6456 2249
Kosciusko Tourist Park Jindabyne	02 6456 2224
Providence Holiday Park Adaminaby	02 6454 2357
Rainbow Pines Tourist Caravan Park Old Adaminaby	02 6454 2317
Southern Cross Motor Inn and Tourist Park Berridale	02 6456 3289

Chemists

Jindabyne Pharmacy	02 6456 2977
Perisher Pharmacy	02 6457 5652
Village Pharmacy Thredbo	02 6457 6140
Hooks Pharmacy Cooma	02 6452 1744
Monaro Chemist Cooma	02 6452 1599

Coaches

Greyhound	1300 473 946
Transborder	02 6299 3722
Murrays Coaches	13 22 51
Cooma Coaches	02 6452 4841
Snow Alliance	0417 234 838
Alpine Charters	0414 400 378

Dental

Alpine Dental	02 6452 2213
Cooma Family Dental	02 6452 5005
Dawson Street Dental	02 6452 2060
NSW Public Health Dental Service	1800 450 046
Snowy Mountains Dental	02 6456 1870

Employment

Max Employment	1800 603 503
Salvation Army Employment Plus	13 61 23
MBC Employment Services	02 6452 2736
Industrial Relations	13 16 28
WorkCover NSW	13 10 50

Health and Medical Services

Alcohol and Drug Info Service	1800 422 599
Snowy Mountains Medical Centre	02 6456 2545
Jindabyne Medical Centre	02 6457 1221
Berridale Surgery	02 6456 3250
Bombala Street Surgery (Cooma)	02 6452 5888
Community Health Cooma	02 6455 3201
Jindabyne Health One	02 6457 1221
Cooma Hospital	02 6455 3222
Emergency	000 or 112
Family Planning Healthline	1300 658 886
Gynaecology Centres Australia	02 6299 5559
Narcotics and Alcoholics Anonymous	1300 652 820
Perisher Valley Medical Centre	02 6457 5266
Rape Crisis, NSW	1800 424 017
Sexual Health Info Line	1800 451 624
Ochre Medial Centre Cooma	02 6455 0000
Thredbo Medical Centre	02 6457 6254
Perisher Valley Medical Centre	02 6457 5266

Government

Australian Tax Office	13 28 61
Centrelink	13 24 68
Department of Community and Justice	02 6455 0200
Housing NSW	1300 422 322
Industrial Relations	13 16 28
Legal Aid	1300 888 529
Roads and Maritime Services NSW	13 22 13
WorkCover	13 10 50

Gyms

High Country Fitness	02 6456 2296
NSW Sport and Rec (Jindabyne)	02 6450 0200
Thredbo Leisure Centre	02 6459 4138
Anytime Fitness Cooma	02 6452 1522

Information

Cooma Visitor Centre	1800 636 525
Snowy Region Visitor Centre	02 6450 5600

Mental Health Support

Lifeline	13 11 14
Mental Health Line	1800 011 511
Beyond Blue	1300 224 636

Police

Police Assistance Line	131 444
Adaminaby	02 6454 2244
Cooma	02 6452 0099
Jindabyne	02 6450 3370
Perisher Valley	02 6457 5477
Thredbo	02 6457 6284

Pools

Jindabyne Pool	02 6456 1051
Thredbo Leisure Centre	02 6459 4138

Trains

Trainlink	13 22 32
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Welfare

Baptist Church Cooma	02 6452 5524
Catholic Church Jindabyne	02 8331 7609
Salvation Army	02 6452 1798
Snowy Mountains Neighbourhood Centre	02 6457 1044
St. Vincent de Paul	02 6452 2646
Alpine Uniting Church	0412 252 293